

# Why Beautiful Buildings = Better People

A Pando Presentation with Annabelle



# Architecture has been around for a long, long, time

- + Think about it! Most of the most iconic buildings in the world aren't even from this century!
- + Can you think of some famous buildings? In the next few slides, I'll show you some examples of famous architecture. Raise your hand if you know the name of the building! Can you guess how old it is?





Do you know  
what these  
buildings are  
called? How old  
are they?

- + The Great Pyramids of Giza!
- + 4,500 years old!



**What building is this? How old is it?**

- + The Colosseum!
- + It's >1,950 years old!

# What building is this? How old is it?

+ Notre Dame Cathedral!

+ > 850 years old!



What building is this? How old is it?

- +That's the Taj Mahal!
- +It's >390 years old!

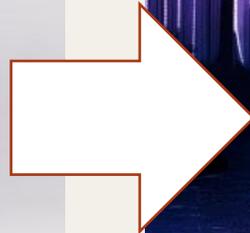


# Why is so much modern architecture so ugly?

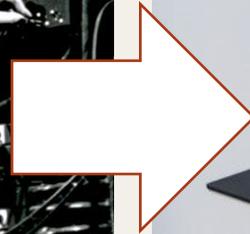
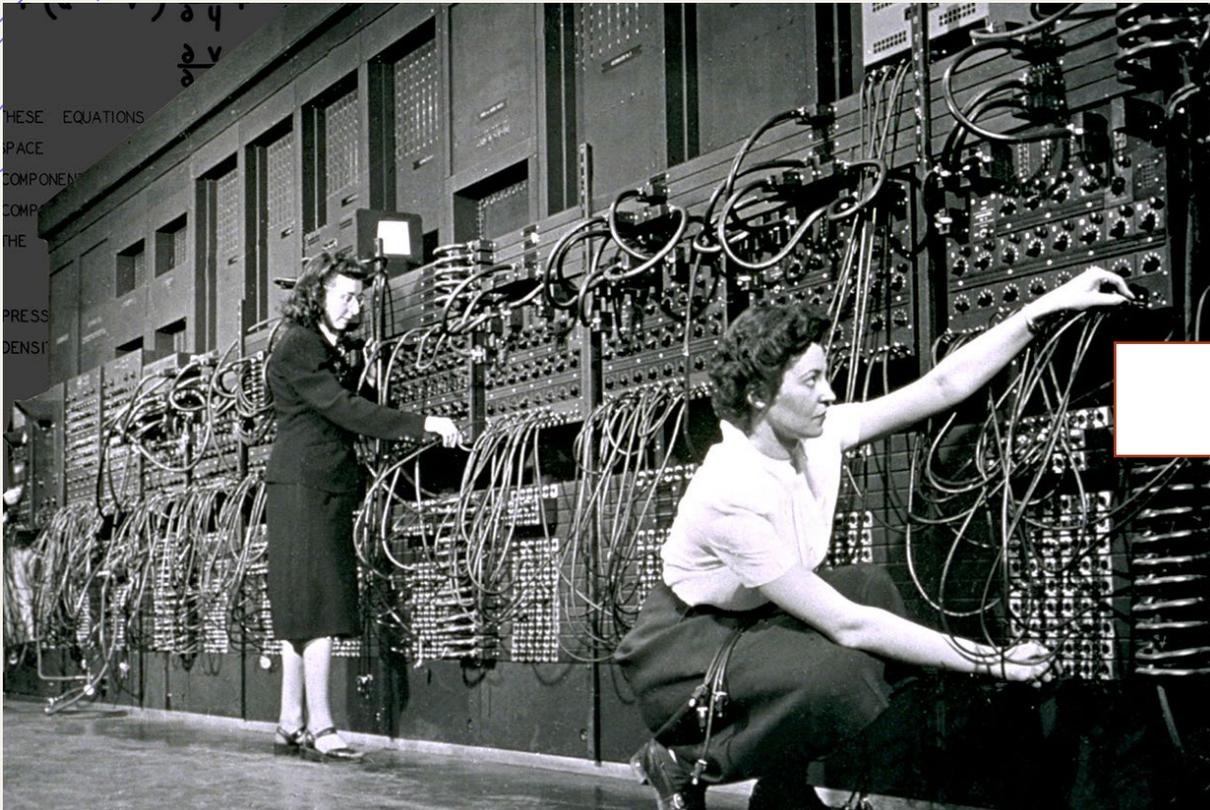
- + I mean, we've had thousands of years of practice making beautiful, complex architecture, so why do so many of our current buildings look like ->
- + What do you think?



# Humans are good at making things better



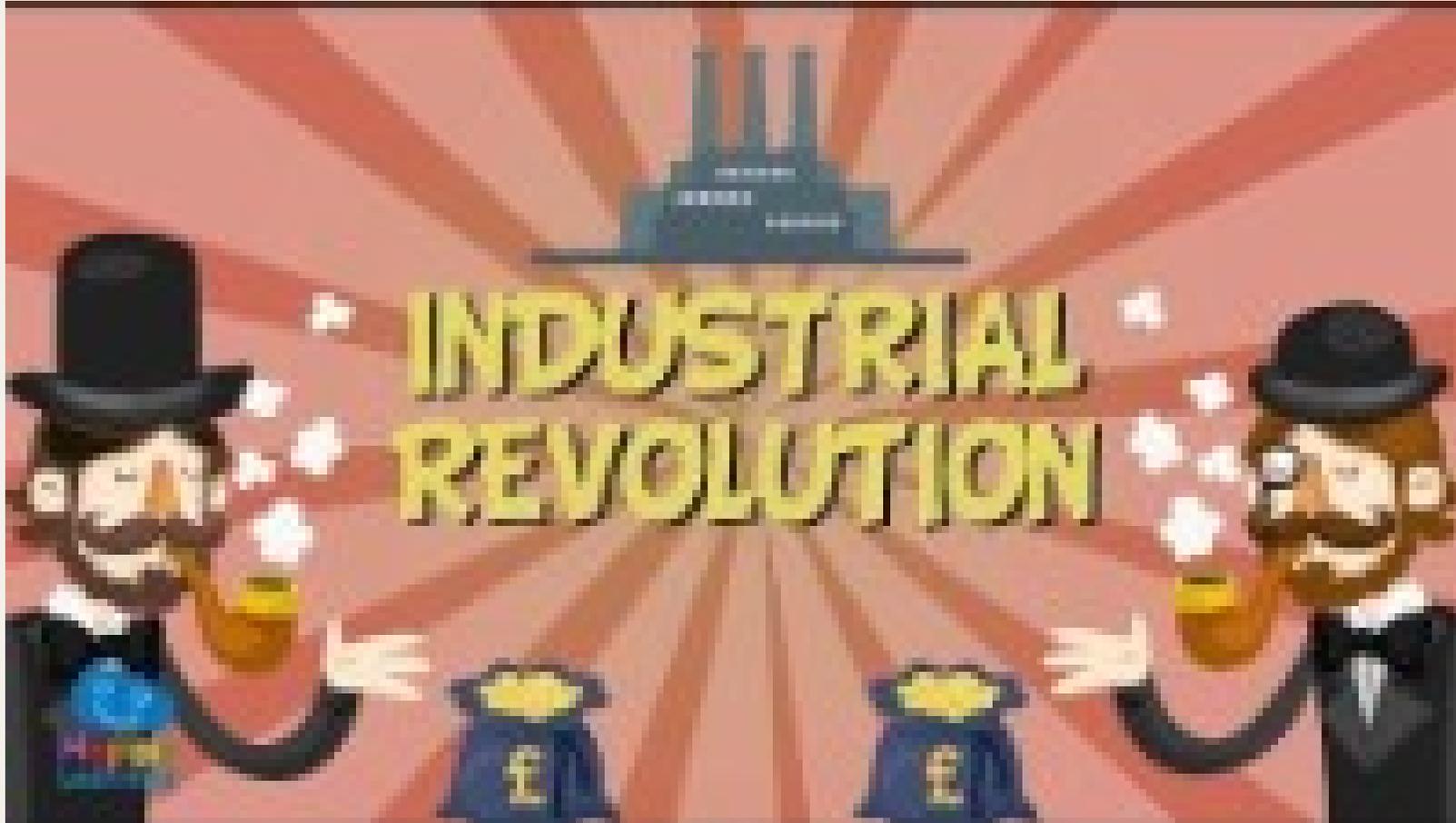
# Humans are good at making things better



So how in the world did we go from



A lot of it has to do with the industrial revolution





## In America this caused...

- + More materials and labor made it easier to mass produce buildings
- + The huge number of people coming into cities at the same time forced cities to build lots of buildings very quickly
  - + No windows, ventilation, plumbing, or electricity
  - + Super cramped conditions

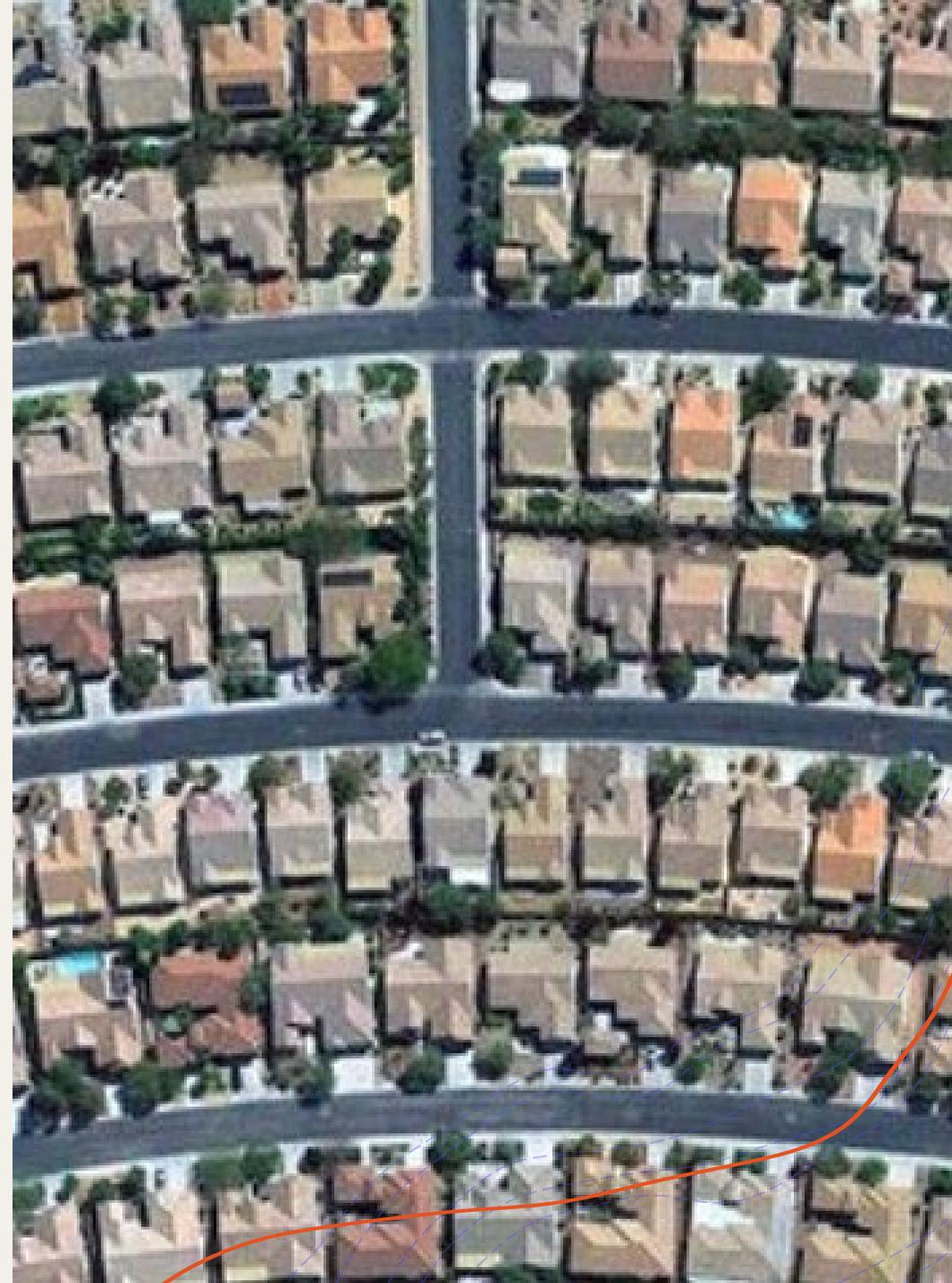


# Check for understanding

Why did the industrial revolution lead to less interesting buildings being made?

# Architecture continued to be mass produced

- + The problem was made worse especially in the '50s and '60s when mass production of buildings really kicked off
- + Suburbs were formed
- + Cities were big enough and cars were widely available, so architecture didn't have to look as interesting since people would drive past it



# What's the problem with this kind of architecture?

- + It's boring
- + It's bad for the environment
- + It's actually bad for your health!!!

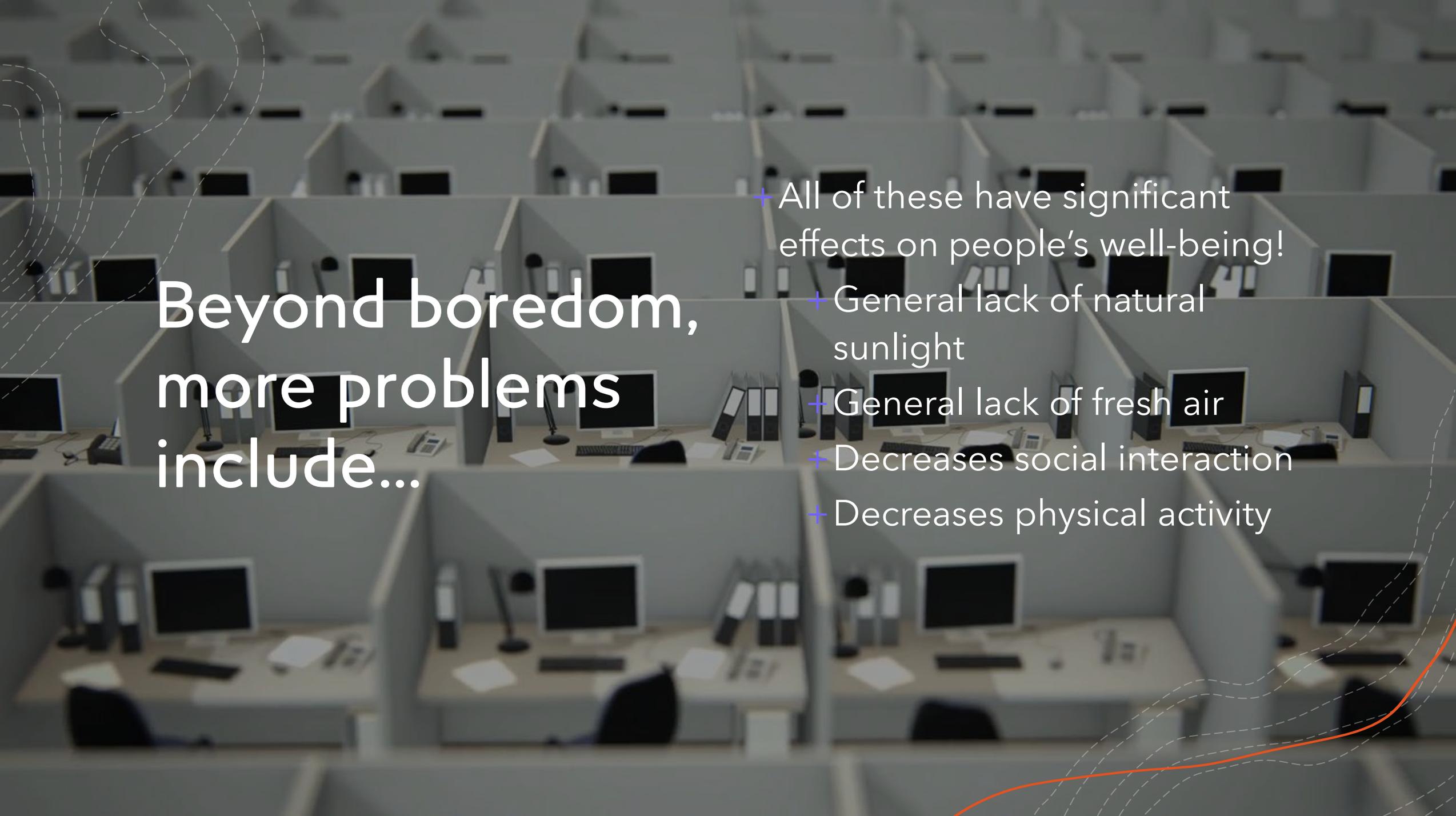
# That's right, studies say that boredom kills!

- + Boredom increases stress and heartrate and can lead to long term mental and physical health issues
  - + Heart problems, headaches, depression, anxiety, trouble focusing, lowered work performance, and more





Knowing this, how do you think environments like these affect people?



# Beyond boredom, more problems include...

- + All of these have significant effects on people's well-being!
- + General lack of natural sunlight
- + General lack of fresh air
- + Decreases social interaction
- + Decreases physical activity

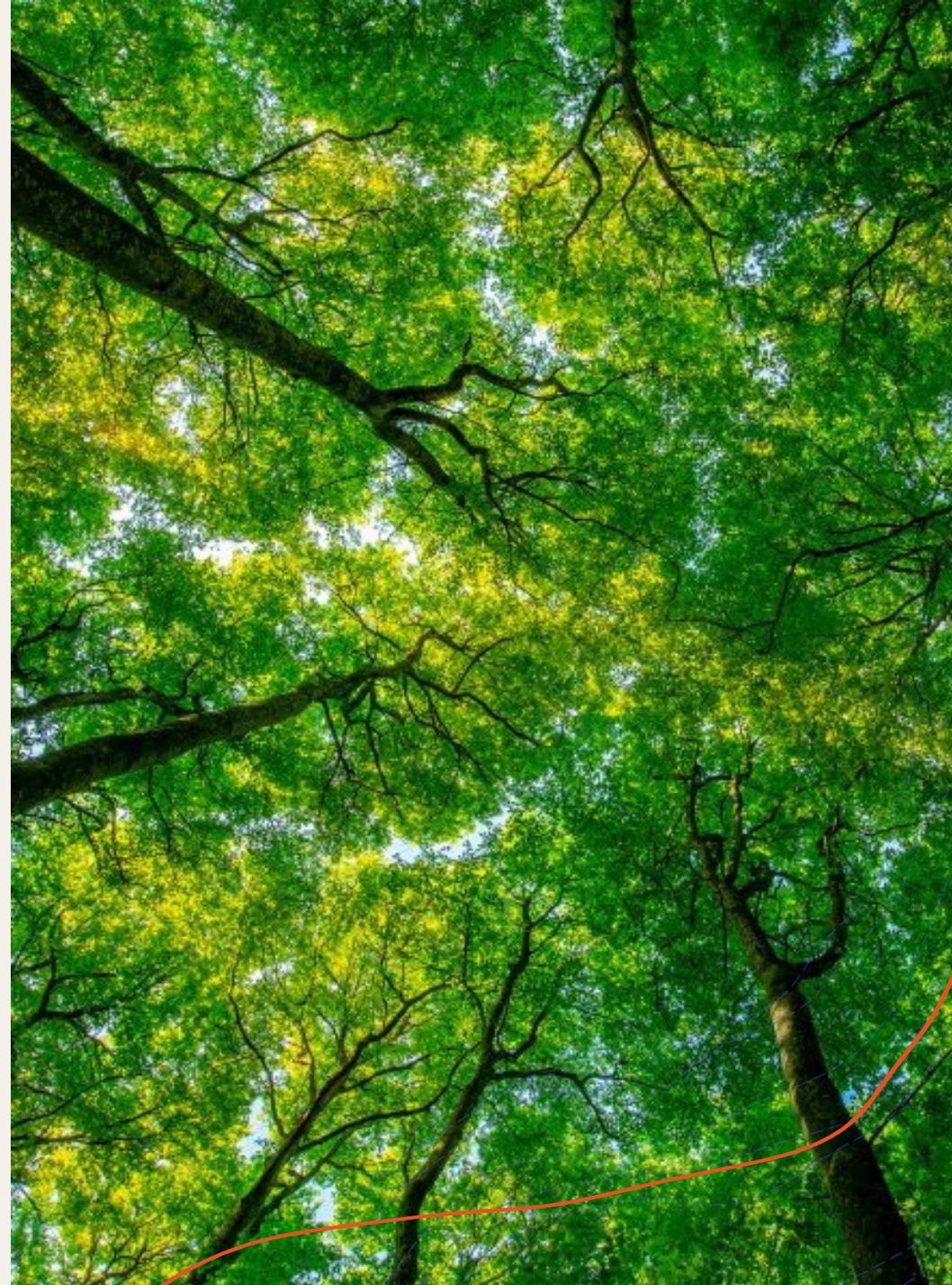
# How do we make architecture that's good for us?

- + The Journal of Exposure Science and Environmental Epidemiology says that the average person spends 87% of their time in buildings! So, it's really important that our buildings are good for us and aren't harming us!



# Biophilic architecture is a great way!

- + According to Merriam Webster Dictionary, biophilic design is a “field that promotes improved health and wellbeing by creating connections between people and nature in the built environment.”
  - + Basically, humans evolved in nature, so we feel and function better in natural environments
  - + This is part of why people find sounds like birds chirping and rain falling relaxing
- + Biophilic architecture is more interesting, good for the environment, and good for you



# Research says

+ Natural light instead of artificial light can:

- + Help you heal from injuries or illnesses better
- + Improve productivity
- + Make you feel happier and more awake
- + Give you better sleep
- + Get enough vitamin D

+ Being near plants

- + Increases comfort and satisfaction
- + Boosts alertness





# Great examples of healthy architecture



# Challenge!

- + You don't need to build a new building to make your environment healthy and productive!
- + Try:
  - + Opening up your curtains and relying on natural sunlight!
  - + Go for a walk!
  - + Buy or grow some plants/ be around nature!

# Project

+ Design your dream mansion!

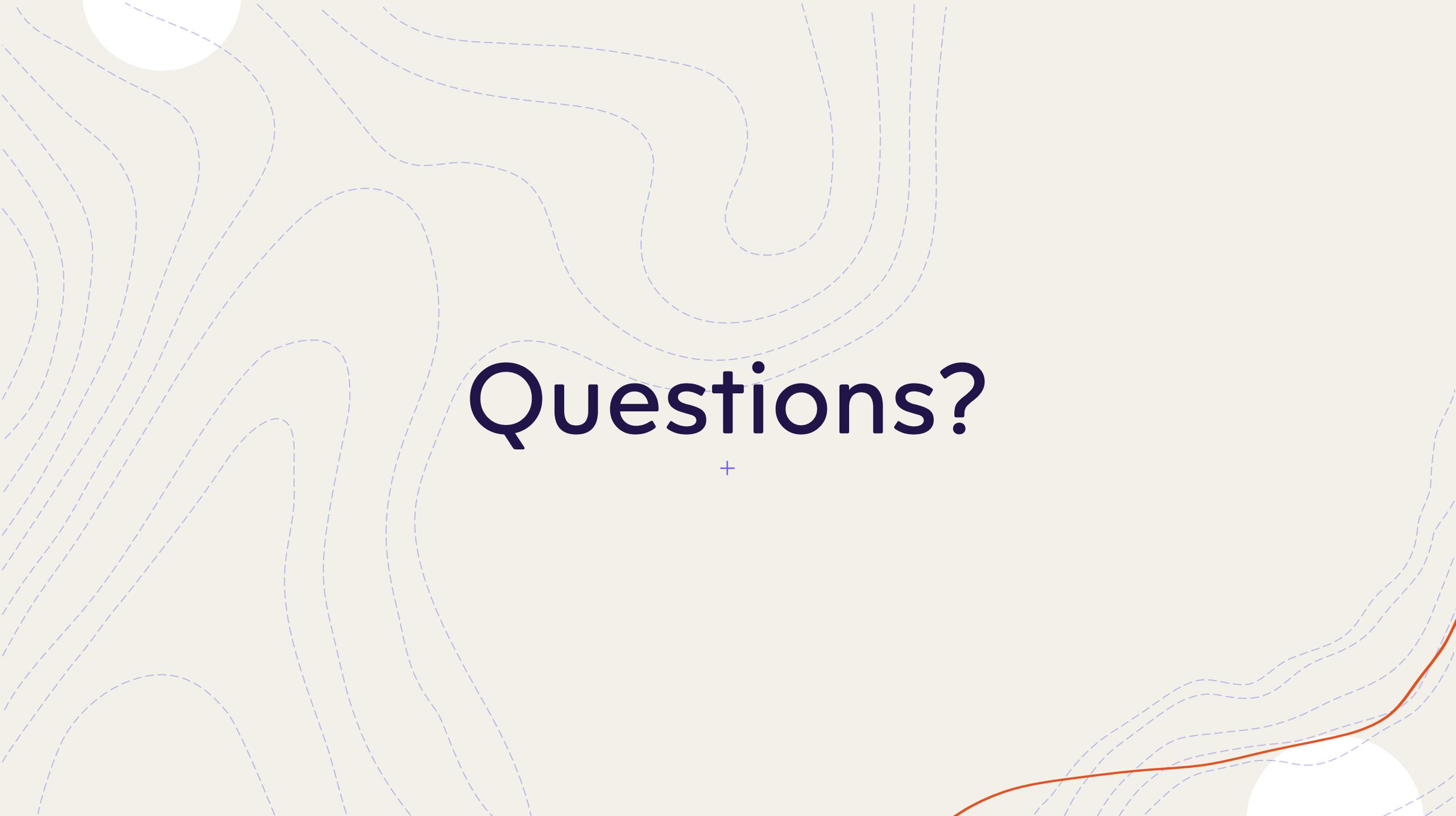
+ Think about:

+ Colors

+ Materials

+ Size

+ Where is it? The moon? The bottom of the ocean! Be creative!

The background features a light beige gradient with several wavy, dashed blue lines that create a sense of movement and depth. There are also two white circles: one in the top-left corner and another in the bottom-right corner. A solid orange line curves across the bottom right of the page.

**Questions?**

+

# If you want to learn more...

- + <https://youtu.be/Ym2CGp69oBQ>
- + <https://slate.com/technology/2015/11/psychology-of-boring-architecture-the-damaging-impact-of-big-ugly-buildings-on-mental-health.html>.
- + <https://www.terrabinbrightgreen.com/reports/the-economics-of-biophilia/#linking-desire-for-nature-with-dollars>
- + <https://www.nature.com/articles/7500165>
- + [https://www.researchgate.net/publication/344361245\\_Daylighting-Bias\\_and\\_Biophilia\\_Quantifying\\_the\\_Impacts\\_of\\_Daylighting\\_and\\_Views\\_on\\_Occupants\\_Health](https://www.researchgate.net/publication/344361245_Daylighting-Bias_and_Biophilia_Quantifying_the_Impacts_of_Daylighting_and_Views_on_Occupants_Health)
- + <https://www.merriam-webster.com/dictionary/biophilia>
- + <https://doi.org/10.1016/j.buildenv.2011.10.010>.
- + [https://www.researchgate.net/publication/284608721\\_Dimensions\\_elements\\_and\\_attributes\\_of\\_biophilic\\_design](https://www.researchgate.net/publication/284608721_Dimensions_elements_and_attributes_of_biophilic_design)
- + [https://doi.org/10.1016/S0169-8141\(96\)00053-4](https://doi.org/10.1016/S0169-8141(96)00053-4)
- + <https://pubmed.ncbi.nlm.nih.gov/24202238/>
- + <https://www.asla.org/contentdetail.aspx?id=31346>
- + <https://link.springer.com/article/10.1007/s00221-012-3147-z>
- + [https://link.springer.com/chapter/10.1007/978-3-540-35866-4\\_16](https://link.springer.com/chapter/10.1007/978-3-540-35866-4_16)
- + <https://newsfeed.time.com/2011/02/08/youre-not-imagining-it-your-cubicle-is-getting-smaller/>
- + [https://www.ted.com/talks/michael\\_pawlyn\\_using\\_nature\\_s\\_genius\\_in\\_architecture](https://www.ted.com/talks/michael_pawlyn_using_nature_s_genius_in_architecture)