

KEYNOTE PAPER

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Reconnecting with Nature

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Human beings are hard-wired to be in contact with nature, yet, we spend 90% of our lives indoors. This keynote address raises the question of whether our built environment is sufficiently biophilic, i.e. catering adequately to fulfill the basic human need of being in contact with the natural environment. The presentation includes several local examples of biophilic design solutions and their positive effect on human health and well-being. On the legislative side, some countries have for decades had mandatory requirements for biophilic design. Moreover, several of the green building certification schemes have recently begun to include biophilic design. In our increasingly urbanized World, there is a growing and conscious effort of “reconnecting with Nature”. An effort, where the built environment must play a paramount role. The 4th NZAAR International Event Series on Natural & Built Environment, Cities, Sustainability & Advanced Engineering 13

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RECONNECTING WITH NATURE

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