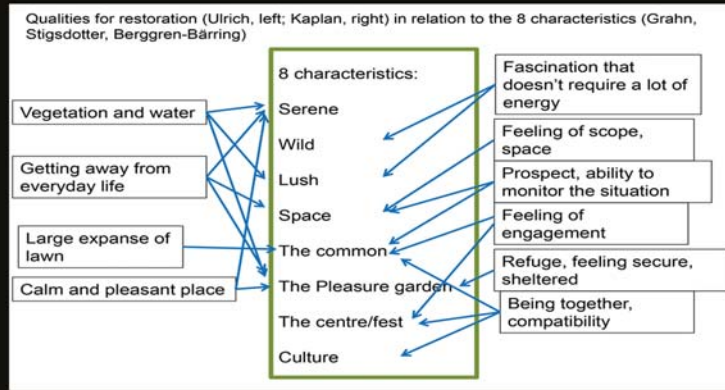


Theoretical background

work requiring intense direct attention is more efficient if the workplace is surrounded by certain restorative qualities of nature. University life can be pleasant and joyful, but is at times characterized by pressure and stress. Research show that our empathic capacity can be impaired under situations of excessive stress. People are happier at work when exposed by green qualities. They lower their stress, improve their short time memory and concentration ability.

Brain capacity

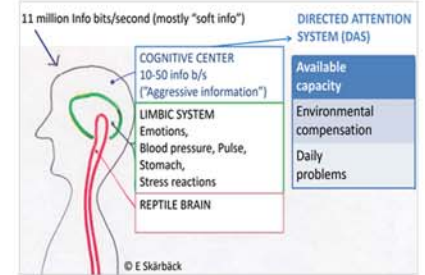
Our brains unconsciously take in soft information from nature that requires very little energy to process, yet after only a few minutes of green exposure, restorative effects are measurable. Short-term memory and concentration ability increase after a short time in a park. Noise and conflicts impair our available brain capacity.



Eight affordances for wellbeing

- 1 Serene: sounds of nature
- 2 Wild: fascination by nature
- 3 Lush: biodiversity
- 4 Space: another world without disturbances or signals etc
- 5 The common: where we can engage in common activities
- 6 The pleasure garden: enclosed and secure places to enjoy
- 7 The center/fest: meeting places
- 8 Culture: where we can experience traces of previous generations' lives.

<http://restorativeworkplace.com>



53° IFLA WORLD CONGRESS
INTERNATIONAL FEDERATION OF LANDSCAPE ARCHITECTS



Designer
Erik Skårback

Collaborators-Consultants
Patrik Grahn
Jonathan Stoltz

Client
Formas, Vinnova

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University green ranking model

- 1 Serene
- 2 Wild
- 3 Lush
- 4 Space
- 5 Common
- 6 Pleasure garden
- 7 Center/fest
- 8 Culture



Analysis
All eight affordances overlaid in the five analysis Berkeley, Cornell, MIT, Madras IIT and Lund university

Synthesis
Blue broken lines show where three affordances or more exist for the universities presented here

Berkeley U

Cornell U

MIT

Madras IIT

Lund U

Ranking
Twelve universities have until now been classified. All eight characteristics/affordances (PSDs) were overlaid for the campus areas. Areas were three affordances or more overlay (blue broken line) are very good. Such areas percentage of the total campus area is used for the ranking.

12 universities so far in study

University	% of area having ≥ 3 affordances
Berkeley U	44
Stanford U	41
Princeton U	40
Yale U	30
MIT	28
Madras IIT	27
Columbia U	25
UCLA	24
Cornell U	24
Karolinska Inst	24
Harvard U	21
Lund U	20

These universities are randomly chosen among several high ranked universities

A great deal of the innovative thinking, creativity and production are taking place in looser constellations within and between companies and universities.

In addition to these places meant for intensive interaction, where our sympathetic nervous system is stimulated, our parasympathetic nervous system also needs places where we can relax. Interchange of this makes a happy workday.

Project time: 2013-17

