



Environmental perceptual analysis of highly ranked campuses

Competitive environments today keep us in full stress the day long. Our brain need to restore several times a day. With a restored brain you have a better primary (internal) memory, are more empathic, and more cooperative to create more innovations. That makes the greening at workplaces a valuable part of eco-system services, and forms important criteria for environmental impact assessments.

Increasing accessibility of characteristics as Serenity, Wild nature, Lush, Space and Cultural history improve wellbeing and executive functions as concentration ability, decision making, problem solving, satisfaction and happiness (Weimann et al. 2015)*

At four of the most prestigious workplaces in California was elaborated environmentally perceived characteristics of importance for restoration. The method was first proven 2013 **

* Weimann et al. 2015). Effects of changing exposure to neighbourhood greenness on general and mental health: A longitudinal study(n=9444) Health & Place, Volume 33, May 2015, Pages 48–56

** Skärbäck E., 2013, Analysis of restorative outdoor characteristics on a university Campus (KI Sweden). Proceeding for NAEP Annual conference, Los Angeles, 2-5 April. 2013.

