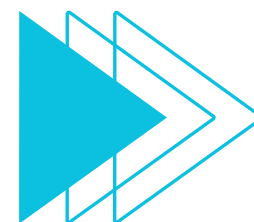


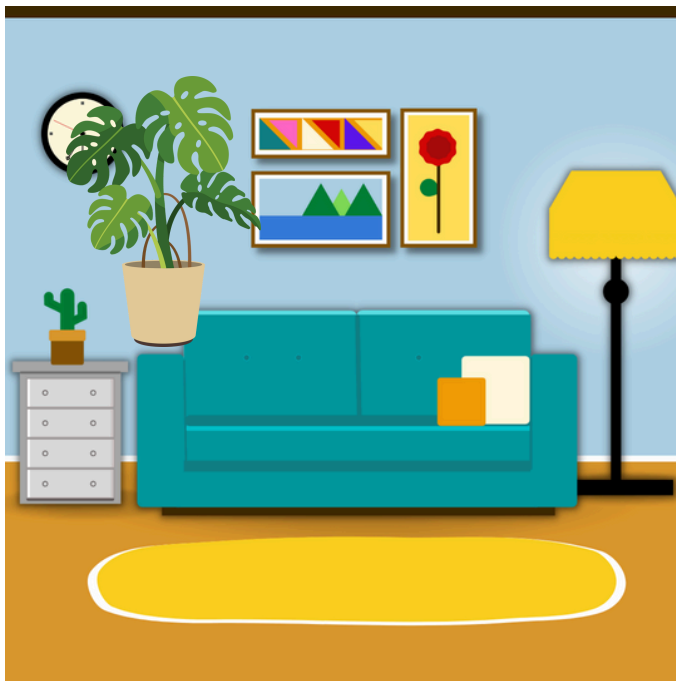


LESSON 16

WELLBEING INDOORS



INTERNAL FACTORS



AIR QUALITY

ACOUSTIC QUALITY

QUALITY OF MATERIALS

LIGHTING QUALITY



EXTERNAL FACTORS

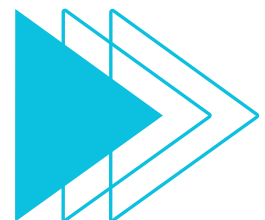


LOW POLLUTION LEVELS

GREEN SPACES

ECO FRIENDLY BUILDINGS

PROPER VENTILATION SYSTEMS



IMPROPER INTERNAL FACTORS



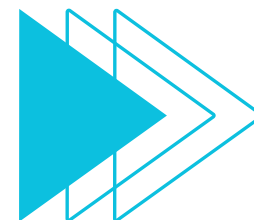
POOR AIR QUALITY CAN LEAD TO RESPIRATORY ISSUES.



CONTINUOUS AND HIGH NOISE LEVELS LEAD TO ELEVATED STRESS LEVELS.



HARMFUL CHEMICALS OR ALLERGENS LEADS TO A TOXIC LIVING ENVIRONMENT



IMPROPER EXTERNAL FACTORS



**INCREASED POLLUTION LEVELS AND
OUTDOOR POLLUTANTS**



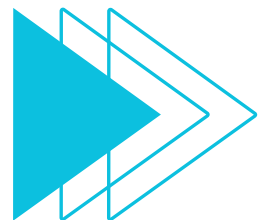
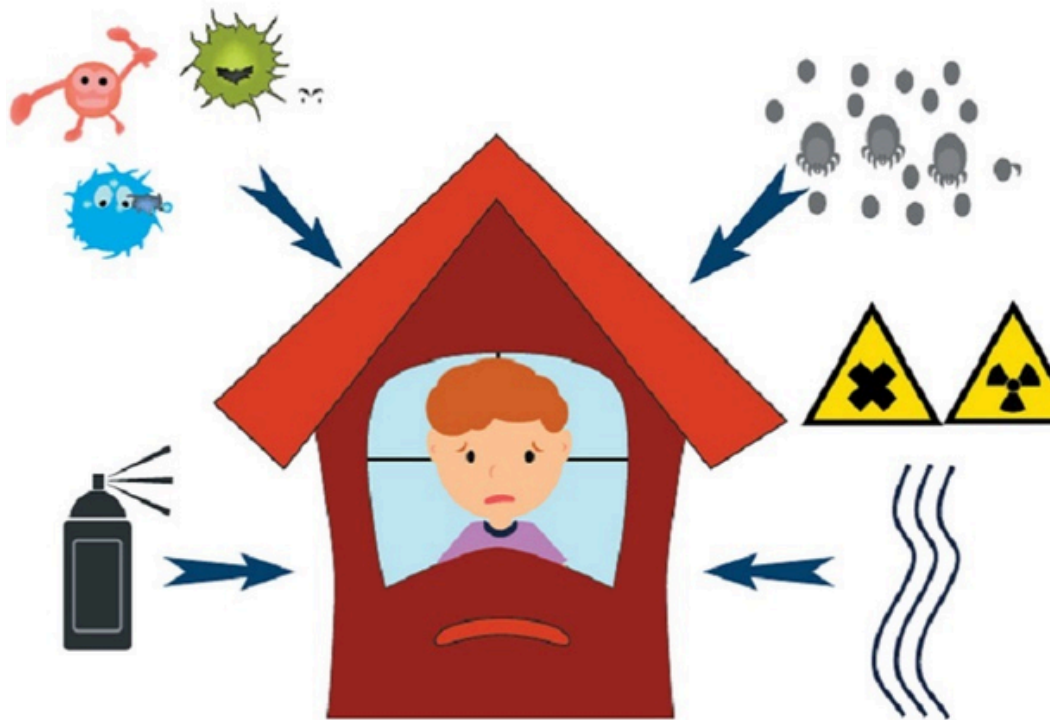
INADEQUATE VENTILATION SYSTEMS



**USE OF BUILDING MATERIALS WITH HIGH
CARBON FOOTPRINT**

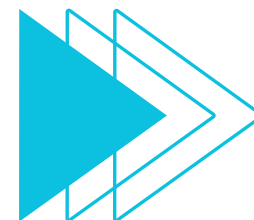
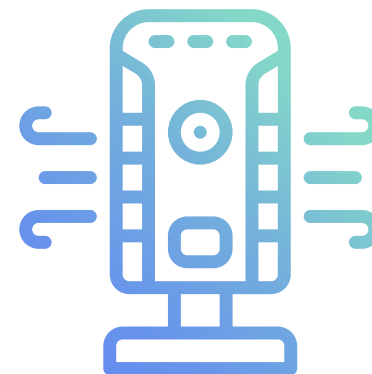


SICK BUILDING SYNDROME (SBS)



WHAT TO DO FOR A HEALTHY SPACE AT HOME

- ENSURE PROPER VENTILATION
- REGULAR CLEANING AND MAINTENANCE
- USE NON-TOXIC, LOW VOC MATERIALS
- MINIMIZE NOISE POLLUTION





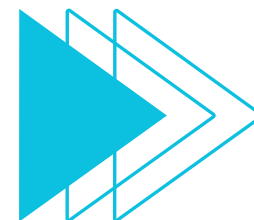
ADD GREENERY AND PLANTS

INDOORS

- ABSORB POLLUTANTS (VOCS, TOXINS)
- REGULATE HUMIDITY
- PROMOTE NATURAL CLEANING

OUTDOORS

- EVERGREEN TREES REDUCE NOISE AND POLLUTION
- GREENERY PROMOTES RELAXATION AND WELL-BEING



BENEFITS

- AIR PURIFICATION
- MOISTURE REGULATION
- NATURAL CLEANING ALTERNATIVES
- NOISE REDUCTION
- PSYCHOLOGICAL WELL-BEING





Project Title: KA2 Small Scale School Education

Duration: September 1, 2023 – September 1, 2024

Theme: Education in Urban Permaculture in European School Education



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