



# INTEGRATING SUSTAINABILITY AND HEALTH IN BUILDINGS THROUGH RENEWABLE MATERIALS



INNORENEW CoE INTERNATIONAL CONFERENCE  
2020



## **INNORENEW CoE**

Livade 6, 6310 Izola, Slovenia

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# WELCOME



As we open the second InnoRenew CoE International Conference, it's hard not to think of all that has changed in the year and a half that has passed since our debut conference.

Although the pandemic has dramatically changed our day-to-day lives, it has not changed society's need to address the rapidly changing climate, reconsider our economic priorities, and refocus our attention on important social issues. Buildings remain part of the solution to many problems, and I think it is becoming clear that we need to consider much more about buildings than the basics of shelter.

As the pandemic kept us indoors, many of us may have realised that our indoor environment plays an even more important role in our well-being and happiness than we previously acknowledged. Likewise, we may have considered more carefully how buildings affect the well-being of those who live in different circumstances. Access to safe, comfortable, and healthy living and working spaces is (and should be) a priority in a just society.

Another major change that will affect our work in the years to come is the introduction of the European Green Deal, which will be a major driver of sustainable development in Europe. The European Green Deal prioritises investment and innovation in building renovation solutions for energy performance and attempts to ensure these solutions reach all members of society. The European Green Deal recognizes the need to establish high-performance housing for all and will support renovation in social housing, schools, and other facilities that are often left behind. This is a step in the right direction for inclusive, high-performing buildings.

I rarely find proclamations of success convincing when it comes to sustainability – especially about buildings. We must continue to drive change through research, development, and innovation to make our built environment a beacon of sustainable development. We cannot be satisfied with the environmental performance of our products or buildings; we cannot allow people to be excluded from our advancements; and we cannot forget that buildings impact the well-being and happiness of their occupants.

At this year's InnoRenew CoE International Conference, we wanted to showcase how renewable materials play an integral role in sustainable construction by highlighting environmental performance, safety, and health as well as the economic, digital, and social links that bind us to the materials in the built environment. Conference presenters will discuss advances in design, material development, health research, retrofitting, environmental assessment, and many other topics that increase the efficiency and performance of the building and renewable materials sectors.

Carlo Battisti, President of Living Future Europe, will weave together these complementary threads in his keynote address, "Healthy, living transparent. The quiet revolution of materials". He works to push for change and supports researchers, architects, engineers, and other construction professionals to achieve it. His efforts have expanded knowledge and acceptance of restorative sustainability and regenerative design within Europe's construction community. We are excited and grateful for his participation in our conference.

Together, the contributions paint a hopeful picture. But we must continue to push the science forward, embed these innovations in normal construction practices, and ensure inclusion of all who can benefit from our hard work.

While I wish these matters could have been discussed in person in Izola, we must embrace new options for discourse on these topics. I hope the conference inspires you to reach out to one another and continue sharing, collaborating, and building communities that embrace the challenge of creating a sustainable and just built environment. You may also consider our new open access and peer-reviewed journal, *Interdisciplinary Perspectives on the Built Environment*, as a place to share the insights your work provides.

Thank you,

Dr Michael Burnard  
Deputy Director, InnoRenew CoE  
Assist. Prof., University of Primorska

# SCHEDULE AT A GLANCE

## MORNING

**WELCOME**  
9:00–9:05

**KEYNOTE**  
9:05–9:35

**FLASH TALKS**  
9:35–10:35

**COFFEE BREAK**  
10:35–11:00

**HUMAN HEALTH IN THE  
BUILT ENVIRONMENT**  
11:00–12:30

**LUNCH**  
12:30–14:00

## AFTERNOON

**COMPLEMENTARY TOPICS**  
14:00–15:30

**COFFEE BREAK**  
15:30–15:55

**SUSTAINABLE CONSTRUCTION  
WITH RENEWABLE MATERIALS**  
15:55–17:25

**CLOSING**  
17:25–17:30

# KEYNOTE ADDRESS



**CARLO BATTISTI**  
**PRESIDENT, LIVING FUTURE EUROPE**

*Healthy, living, transparent.  
The quiet revolution of materials.*

Carlo Battisti has a degree in civil engineering from the Politecnico of Milan, nearly twenty years of experience in construction companies and a master's in management and organizational development from MIP International Business School. His certifications include Certified Project Manager IPMA®; LEED®, Living Future and WELL Accredited Professional; GBC Home AP, GBC Historic Building AP; USGBC® and WELL Faculty™.

Since 2009, he has been working with IDM South Tyrol (Italy) as an innovation manager in the Business Development department, Construction. From 2010 to 2011, he worked with the Energy and Environment Cluster of Trentino as manager of the business unit for sustainable products. From 2015 to 2016, he was the co-owner of a startup focused on LEED consulting. In 2015, he co-founded the Living Future Italy Collaborative.

Since 2017, he has been working with Eurac Research as Chair and Project Manager of COST Action 16114 RESTORE (REthinking Sustainability TOwards a Regenerative Economy). The RESTORE COST Action (2017–2021) will affect a paradigm shift towards restorative sustainability for new and existing buildings and space design across Europe through the collaboration of 160+ researchers from 40 European countries.

Since 2018, he is European Executive Director for the International Living Future Institute and current President of Living Future Europe. The Institute's mission will hasten the change and provide needed direction towards a regenerative design transition in Europe. It is actively pursuing European market alignment and adaptations of the Living Building Challenge (LBC).

# AGENDA

## WELCOME | 9:00-9:05

Dr Michael Burnard, InnoRenew CoE

## KEYNOTE | 9:05-9:35

Carlo Battisti, Living Future Europe

## FLASH TALKS | 9:35-10:35

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\*Unable to present



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# AGENDA

## SUSTAINABLE CONSTRUCTION WITH RENEWABLE MATERIALS | 15:55-17:25

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## CLOSING | 17:25-17:30

## THANK YOU FOR ATTENDING IRIC2020!

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# *Human Health in the Built Environment*

# ***Psychophysiological and attention restoration in a wooden office: A pilot study***

Dean Lipovac<sup>1</sup>, Michael D. Burnard<sup>2</sup>

*InnoRenew CoE & Andrej Marušič Institute, University of Primorska*

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It has been shown that certain indicators of human stress can improve in interior spaces with visible wood (e.g., Burnard and Kutnar, 2019). Due to the scarcity of studies, additional research is needed to confirm and clarify current findings. Ideally, human stress responses in indoor environments should be captured by combining measures of physiological arousal, affective states, and cognitive performance (Parsons and Tassinari, 2002). However, it is challenging to reliably elicit a stress response in humans and select appropriate measures and timing of their administration. Additionally, because small effect sizes are expected, appropriate experimental design and sample sizes are required.

The primary aim of this pilot study was to examine if a mental arithmetic task performed before an evaluative audience can lead to a stress response and recovery that is reflected in the selected measures of affective states (i.e., pleasure and arousal single-item scales), cognitive performance (Attention Network Test; Weaver, Bédard, and McAuliffe, 2013), and electrodermal and cardiovascular activity.

A convenience sample of 20 participants completed the study. After stress was induced in subjects (five minutes), half of them relocated to a desk made of light wood and the other half moved to a desk covered with a plain white cloth, where they rested for 10 minutes before completing the cognitive task (five minutes). The physiological activity of the subjects was measured continuously throughout the entire study protocol, while the affective states were assessed twice, immediately after the stress-inducing activity and directly before completing the cognitive task. The analysis of the results examines the suitability of the study protocol together with the selected stress-inducing activity and measures capturing physiological, affective, and cognitive performance outcomes. Recommendations for future studies are discussed based on the findings.

**Keywords:** wood, restoration, cognitive performance, physiological arousal, affective states

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- Burnard, M.D., Kutnar, A., 2019. Human stress responses in office-like environments with wood furniture. *Build. Res. Inf.* <https://doi.org/10.1080/09613218.2019.1660609>
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