

# 什麼是親生命性設計？讓自然重新進入我們的空間

太格 AI 報你知 | AI 文字稿

這次的主題是一個越來越重要的設計概念，親生命性設計（Biophilic Design）。

我們現在生活的空間，從家裡到辦公室，從學校到醫院，大部分都是人工建造的建築中。雖然生活空間越來越舒適、美觀、安全，但我們往往忽略了一件事，就是我們的身體和大腦，從演化的角度來看，其實依然是為了與自然共處而設計的。

親生命性設計就是從這個基礎出發，重新問一個問題，我們能不能設計出一種，讓人和自然重新連結的空間？

這個想法並不是最新的說法，親生命性的概念最早可以追溯到1984年，由美國生物學家 Edward O. Wilson 發表的《Biophilia》中提出。他主張人類天生就有一種親生命的本能，會自然地被自然的形態、聲音、光線、紋理所吸引，也會在這樣的環境中感到安心與穩定。這個概念在後來逐漸被建築與設計界吸收與實踐，成為我們今天所說的親生命性設計。

那親生命性設計到底在做什麼？其實可以從三個面向來理解：

第一是直接體驗自然，像是陽光、風、植物、水、自然聲音，這是最直接的元素，讓我們在空間裡真實感受到自然的存在。

第二是間接感受自然，像是自然的紋理、木材的觸感、自然圖案的地毯、色彩、比例與形狀。這些東西雖然不是自然本身，但能喚起我們對自然的熟悉感與情感的連結。

第三是空間與自然節奏的連結，像是空間要有變化、有探索感，有可視距離與隱私，也要有光影的變化、季節感的呈現。這些元素讓我們覺得自己活在大自然當中。

那這樣的設計有沒有具體的指引呢？其實是有的。根據美國耶魯大學社會學家 Stephen Kellert 教授的整理，親生命性設計可以延伸出 14 項設計原則，其中包含了像是自然光、植物、水元素、自然氣味與聲音等，還有模仿自然的設計元素，例如非對稱性、層次感、空間的神秘性與探索性等等。

我們不需要很刻板的去記住每一項原則，但要理解一個核心，越能喚起人對自然的熟悉感與情緒反應，這個空間就越可能支持人的健康與幸福感。

(續)



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這也正是為什麼，WELL 健康建築標準裡，會把「與自然的連接」列為必要條件之一。在 WELL v2 裡面，在精神概念中就強調，空間中應該要具備自然元素，或透過親生命性的設計手法，讓人在日常生活與工作中都能感受到來自自然的支持與安定感。



# What is Biophilic Design?

## Bringing Nature Back Into the Way We Live and Work

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The topic here is a design concept that becomes increasingly important, Biophilic Design.

Most of us now live, work, and study in spaces built by people, whether it's at home, in an office, a school, or a hospital. While these spaces are becoming more comfortable, aesthetically pleasing, and safe, we often forget one thing. Our bodies and minds were never designed to live apart from nature. In other words, from an evolutionary perspective, we are still desired to thrive in natural environments.

That's where biophilic design comes in. It starts with a simple question:

Can we design spaces that help reconnect people with nature?

This isn't a brand-new idea. The concept of biophilia was first introduced in 1984 by US biologist Edward O. Wilson, who suggested that humans have an innate biological connection to nature. We are naturally drawn to natural patterns, sounds, light, and textures and we feel calm and at ease when surrounded by them. Over time, this concept was adopted by the architectural and design community, evolving into what we now know as biophilic design.

So, what exactly does biophilic design involve? We can understand it through three aspects:

**First, direct experience of nature**, things like sunlight, fresh air, plants, water, and natural sounds. These are the most obvious and tangible elements that let us truly feel nature's presence in a space.

**Second, indirect experience of nature.** This includes natural elements, wood grain textures, carpets with organic patterns, natural color palettes, shapes, and proportions. These aren't nature itself, but they evoke our memory of nature and our emotional connection to it.

**Third, the spatial and temporal relationship with nature.** It means designing spaces with variation, exploration, views and privacy, light and shadow, and even seasonal change. These elements help us feel as if we are immersed in a natural rhythm, not just standing in a static, artificial box.

So, are there design guidelines for biophilia approach? Actually, yes. According to Professor Stephen Kellert from Yale University, one of the pioneers of biophilic design, this framework can be broken down into 14 design principles. These include natural light, greenery, water elements, natural scents and sounds, and also biomimetic design features like asymmetry, layering, mystery, and a sense of discovery. You don't need to memorize every principle, but here's the core idea: The more a space can awaken our sensory and emotional connection to nature, the more likely it will support human health and well-being.

(cont.)



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That's exactly why biophilic design is a key component of the WELL Building Standard. In WELL v2, under the Mind concept, there's a specific requirement for incorporating natural elements into indoor environments. Whether through actual natural features or biophilic design strategies, WELL encourages us to create spaces where people can feel supported and grounded by nature, even in everyday work or living settings.

