

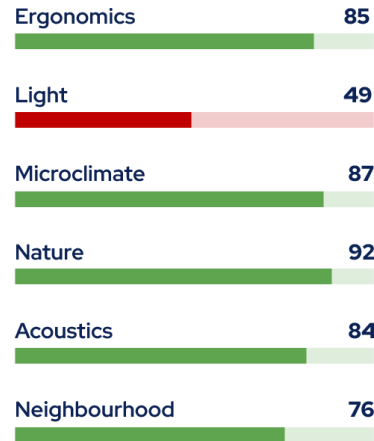


HABIscore

APARTMENT 1



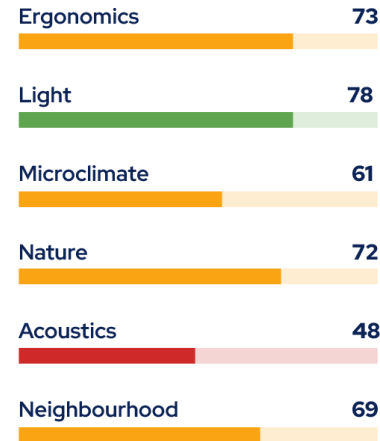
Overall assessment of the potential impact of the space on health



APARTMENT 2



Overall assessment of the potential impact of the space on health



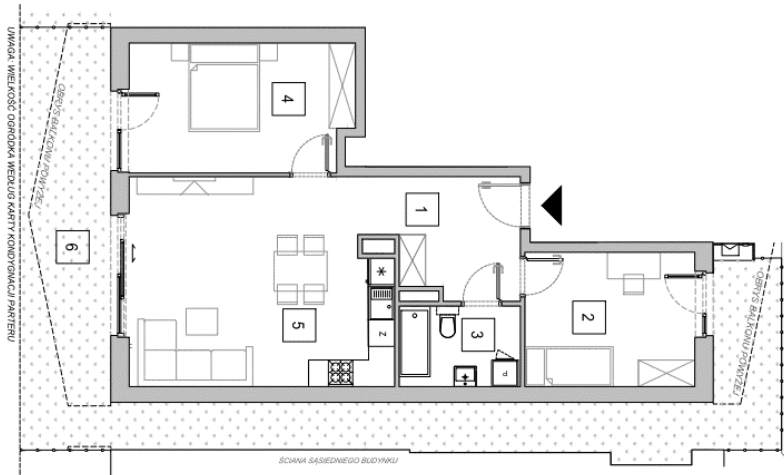
Main conclusion

Apartment 1 is clearly a more balanced option in terms of wellbeing. It wins in 5 out of 6 analysed aspects and has a higher overall score. Its strongest point is the high likelihood of building neighbourly bonds and the apartment's direct contact with green areas.

When to consider Apartment 2

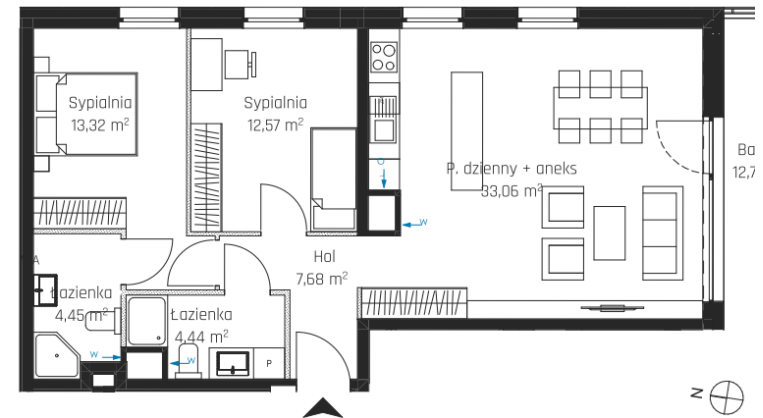
When the priority is good apartment lighting and access to morning light. At the same time, we see possibilities to protect against the risk of excessive noise and overheating, and spending more time reaching green areas is not a problem for us.

APARTMENT 1



Apartment 1 has excellent ergonomics, good acoustics, low risk of overheating, the possibility of cross-ventilation and a very strong connection with nature thanks to a large garden of approx. 96 m² and direct proximity to green areas. Its weakest aspect is natural light – despite large glazing and southern exposure of the living area, it has limited access to eastern light and no western light.

APARTMENT 2



Apartment 2 is more balanced in terms of layout and daylight in the morning hours. A major advantage is the lighting of the living area from two directions, access to eastern light and a clear separation of the living and sleeping zones. Challenges may include protecting the apartment from excessive noise and the risk of overheating the living room.

COMPARISON

Ergonomics



Apartment 1's advantage comes from more comfortable circulation, better freedom of use and adequate storage space. Apartment 2 has a correct layout and good zoning, but loses points due to limited free space at the doors and lack of space for a wardrobe in the hallway.

Light



Apartment 2 wins here. It provides good access to eastern light, dual-side lighting of the living area and better sunlight potential. Apartment 1 has large windows, but a weaker distribution of light throughout the day: limited access to morning sun, no western light and a north-facing child's bedroom.

Microclimate



Apartment 1 has a clear advantage thanks to cross-ventilation and low risk of overheating in all rooms. In Apartment 2, only corner ventilation is possible, and the living room has a high risk of overheating, which in practice will matter in summer.

Nature



The biggest qualitative difference. Both apartments benefit from proximity to the forest, but Apartment 1 offers direct exposure to maintained greenery and the river, plus a very large garden. In Apartment 2, contact with nature is mainly based on a balcony of approx. 12.7 m², whose width of approx. 1.6 m limits comfort of use.

Acoustics



This is one of the key arguments against Apartment 2. In Apartment 1, the only identified risk concerns the pedestrian path near the child's bedroom window. In Apartment 2, there is both the staircase next to the parents' bedroom and the garage ramp near the living room.

Neighbourhood



Both apartments have good service accessibility and limited access to public transport. Apartment 1 scores slightly better thanks to greater neighbourhood community potential and a large green area, though the risk of short-term rentals is a burden. In Apartment 2 this problem is smaller, but the overall quality of the surroundings is lower.

Practical use

- Apartment 1 will be the safer choice for those seeking a calm, stable and predictable everyday living environment.
- Apartment 2 may be attractive for those who strongly value morning light and a clear zone division, but it requires greater acceptance of acoustic and thermal compromises.
- If the apartment is intended for a family with a child, Apartment 1's advantage grows, as better microclimate, greater contact with nature and better acoustics will be felt daily, not just occasionally.
- If the priority is the layout potential of the entrance and storage capacity, Apartment 2 would require functional adjustments at the interior design stage.

Final recommendation

We recommend Apartment 1 as the more complete option, better able to withstand everyday demands. Its weakness in lighting does not negate the whole, as the apartment compensates where the consequences of mistakes are usually harder and more expensive to fix: in acoustics, microclimate and quality of contact with nature.

Apartment 2 is not a bad apartment, but it is a riskier one. It has one very clear advantage – light – but the problems with acoustics and overheating of the living room can genuinely reduce quality of life. Therefore, Apartment 2 is worth choosing only when these compromises are consciously accepted and the priority of morning light is truly high.

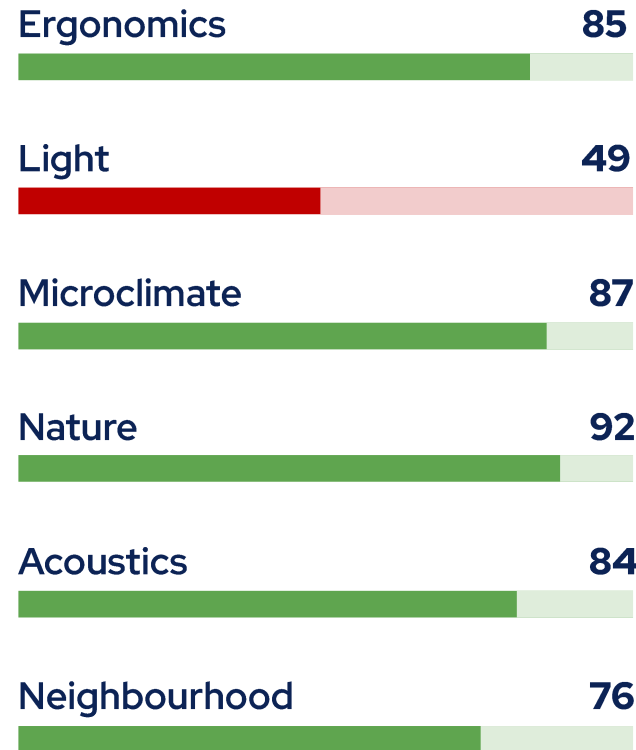
APARTMENT 1

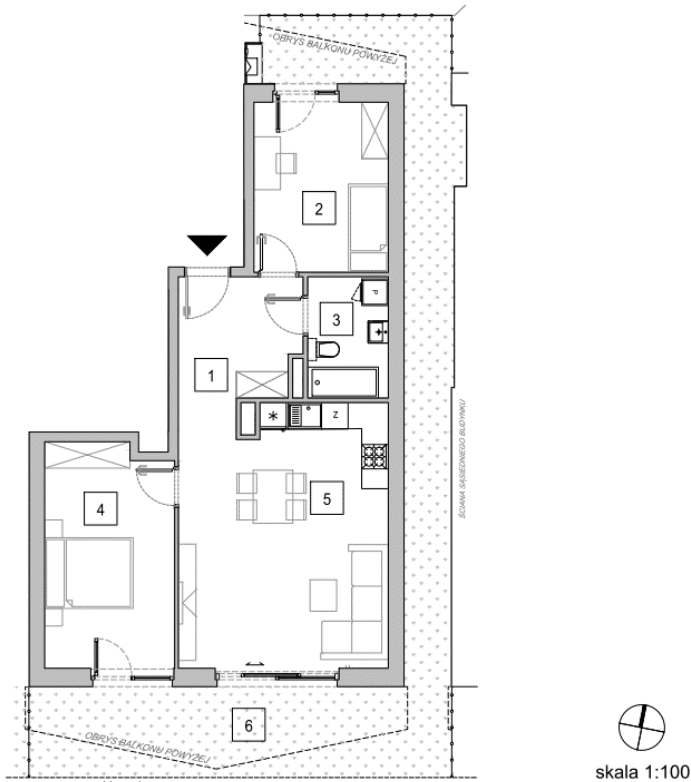
OVERALL SCORE

report



Overall assessment of the potential impact of the space on health





UWAGA: WIELKOŚĆ OGRODKA WEDŁUG KARTY KONDYGNACJI PARTERU

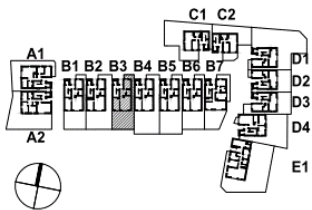
skala 1:100

The apartment offers an excellent level of ergonomics and general comfort of use. The layout of all rooms is functional, circulation is convenient, and the areas and proportions of the interiors are well resolved. Adequate storage space is also a positive feature. The only more noticeable limitation is the lack of consistent separation between the day and night zones, which may slightly weaken the sense of privacy.

The apartment's weaker side is natural light. Despite large glazing areas and a favourable southern exposure of the living room, the apartment has limited access to eastern light, no western light, and the child's bedroom faces north. This may mean a less varied rhythm of light throughout the day.

The microclimate, on the other hand, scores very well. The apartment can be cross-ventilated, has a low risk of overheating and good air quality in the area.

A major asset of the apartment is its strong connection with nature: proximity to the forest, Pusty Staw, Zatoka Gdańska, exposure to maintained greenery and the Łacha river, and a very large garden of approx. 96 m². Acoustics are good, although a potential source of discomfort could be the pedestrian path near the child's bedroom window. The neighbourhood offers rich service infrastructure, but has limited access to public transport and some risk of short-term rentals.



BUDYNEK B3 MIESZKANIE U3_1		PARTER
1	Komunikacja	8,64 m ²
2	Sypialnia 1	11,70 m ²
3	Łazienka	5,01 m ²
4	Sypialnia 2	14,65 m ²
5	Pokój dzienny z aneksem kuchennym	27,03 m ²
POWIERZCHNIA UŻYTKOWA		67,03 m²
6	Ogród	98,88 m ²

1. Wymiary pomieszczeń, lokalizację przyrządów sanitarnych i inne podano na podstawie projektu budowlanego. W trakcie budowy mogą wystąpić różnice w stosunku do stanu wynikającego z projektu, właściwe dla specyfiki prac budowlanych.
2. Powierzchnia jest obliczona w świetle pionowych przegród w stanie wykończonym, przy uwzględnieniu tynków i okładzin o grubości 1,5cm, na poziomie podłogi oraz bez uwzględnienia listew przypodłogowych, progów itp. Wymiary są podane w stanie bez wykończenia.
3. Powierzchnia użytkowa lokali określona jest na podstawie rozporządzenia Ministra Rozwoju w sprawie szczegółowego zakresu i formy projektu budowlanego z dnia 11 września 2020 r. oraz przy uwzględnieniu treści Polskiej Normy PN-ISO 9536:2022-07.
4. Przykładowa aranżacja lokalu, przedstawiona na rzucie, ma charakter poglądowy. Aranżacja oraz wyposażenie nie stanowią oferty handlowej oraz zobowiązania umownego.
5. Na terenie ogrodka mogą wystąpić elementy infrastruktury technicznej. Ogródek pokazany na karcie mieszkania posiada funkcję rekreacyjną i biologicznie czynną, bez możliwości zmiany wykonanych warstw podłoża i wykończenia oraz dokonywania nasadzeń naruszających strukturę warstw podłoża. Dopuszcza się zagospodarowanie terenu trawnikiem.



Apartment ergonomics assessment

Pros

- + Functional layout of all rooms
- + Comfortable floor area
- + Convenient circulation
- + Adequate storage space

Cons

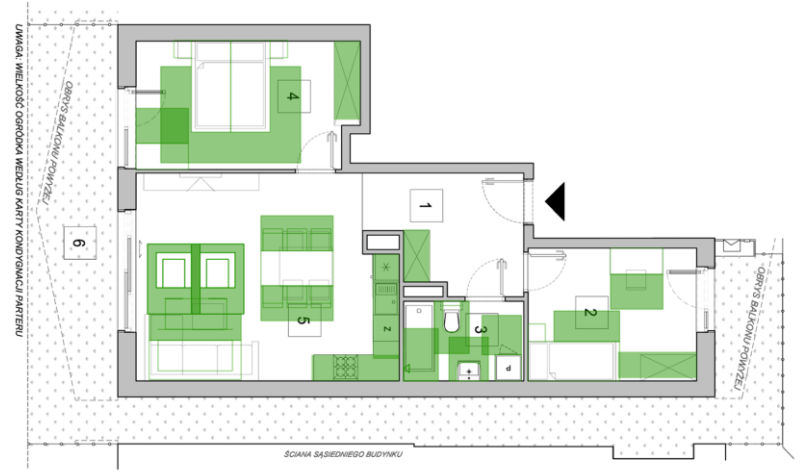
- Lack of consistent separation between sleeping and living zones

Recommendations

- Installing doors with enhanced acoustic insulation in the parents' bedroom
- Additional acoustic insulation of the wall between the bedroom and the living room

Circulation

Functional layout



Maintaining optimal space

- + Exterior doors
- + Interior doors
- + Passageways
- + Shower
- + Toilet
- + Washbasin
- + Washing machine
- + Kitchen
- + Table
- + Lounge
- + Master bed
- + Child bedroom bed
- + Hallway wardrobe
- + Wardrobes
- + Desk

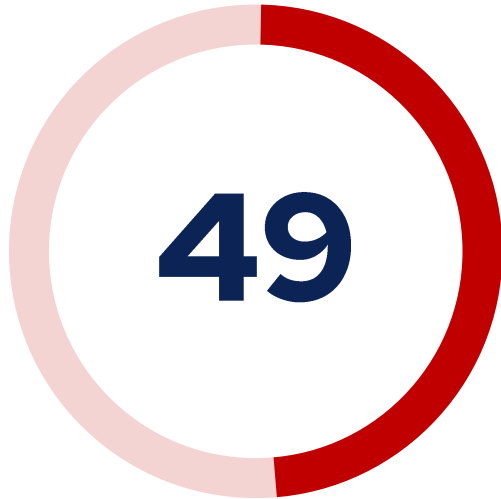
Room sizes



Zoning



	Area	Dimensions	Proportions
Living room	+	+	+
Master bedroom	+	+	+
Child's bedroom	+	+	+
Main bathroom	+	+	+
Hallway	+	+	+



Assessment of sunlight potential

Pros

- + Large glazing area in rooms
- + Southern exposure of the living area

Cons

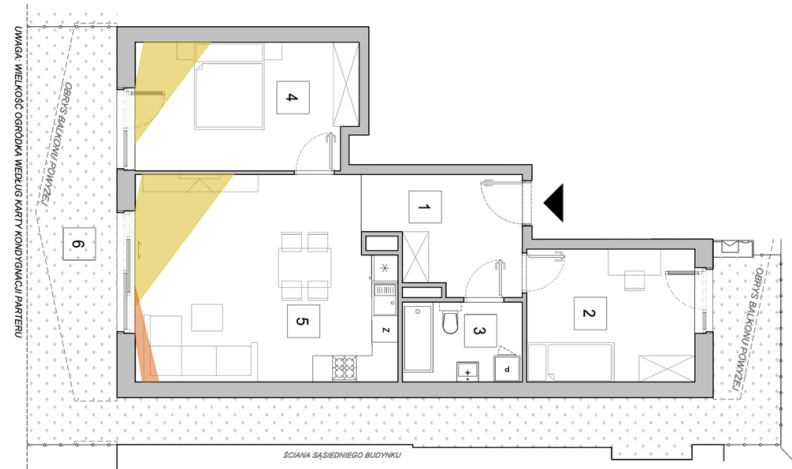
- No access to western light
- Short exposure to eastern light
- Child's bedroom with northern exposure

Recommendations

- Using light colours in interiors
- Using artificial lighting with warm colour temperature

Window area

Sunlight



Window area

Living room	high
Master bedroom	high
Child's bedroom	high

Eastern light

limited exposure
limited exposure
no exposure

Western light

no exposure
no exposure
no exposure



Apartment microclimate
score

Pros

- + No risk of room overheating
- + Possibility of cross-ventilation
- + Good air quality in the given location

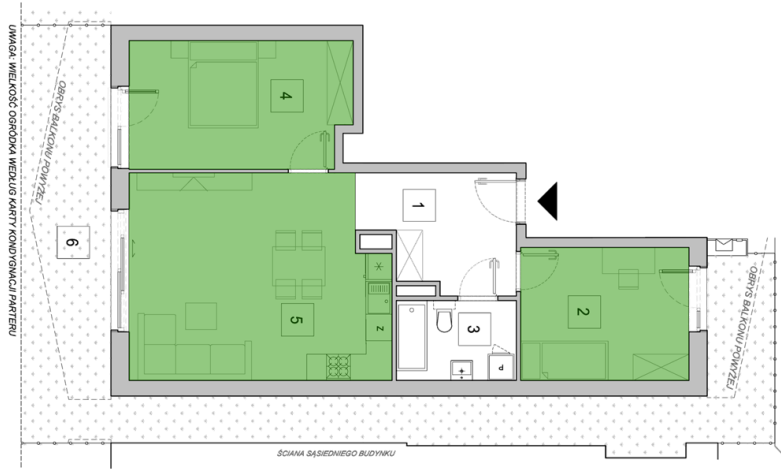
Cons

- None

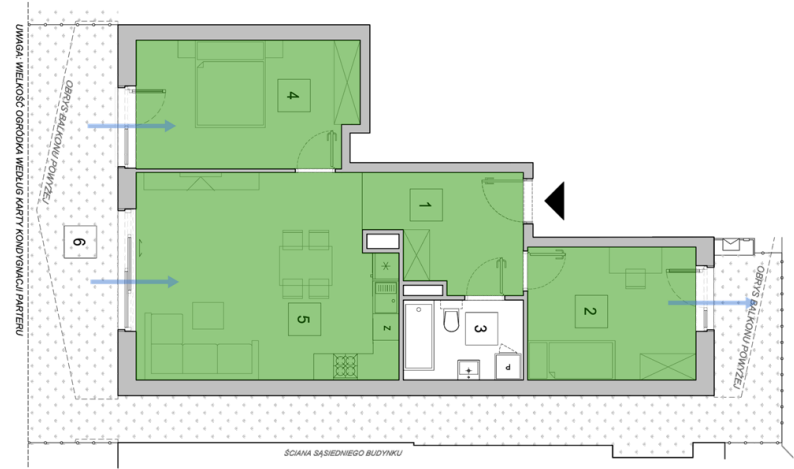
Recommendations

- None

Overheating



Ventilation



Overheating

Living room	low risk
Master bedroom	low risk
Child's bedroom	low risk

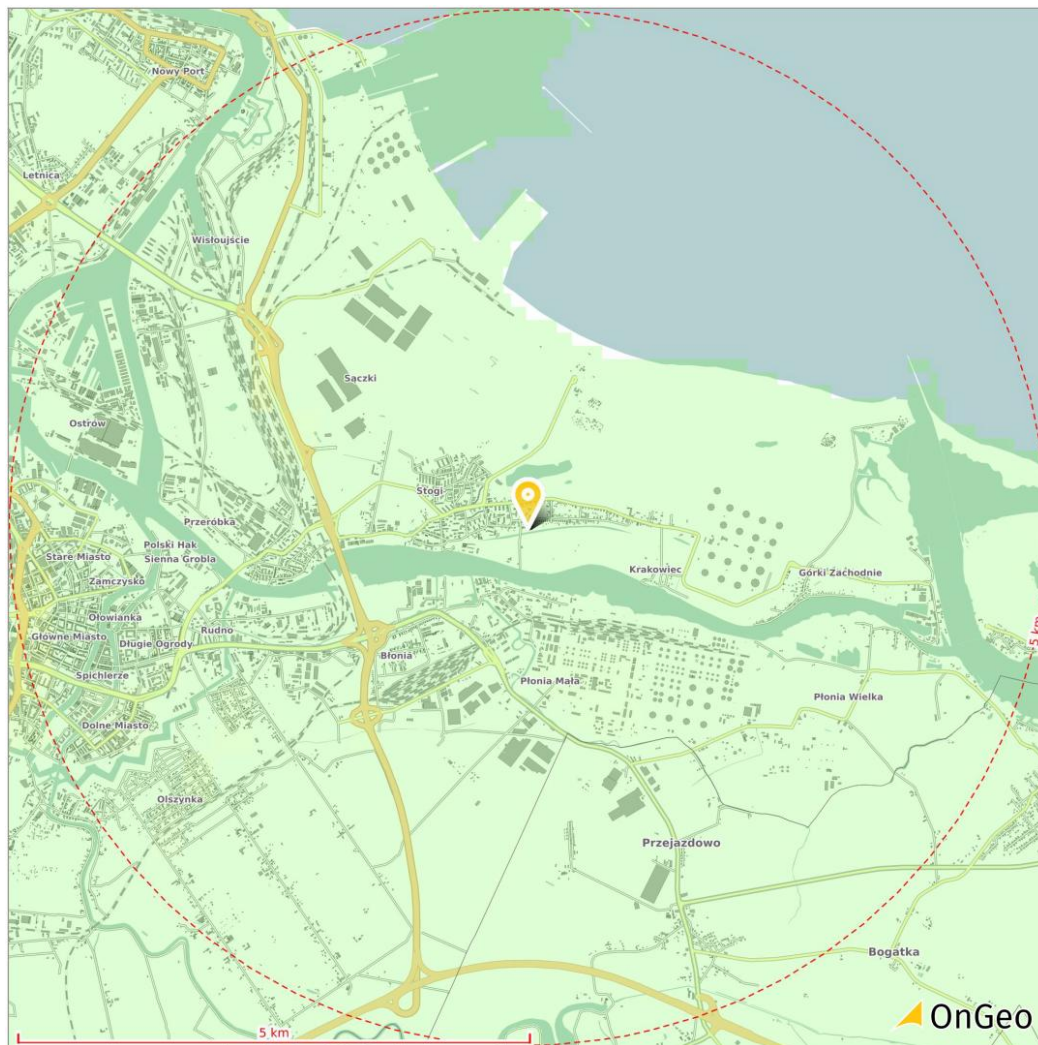
Ventilation

Living room	cross-ventilation
Master bedroom	cross-ventilation
Child's bedroom	cross-ventilation

MICROCLIMATE

report

Air pollution





Nature exposure
score

Pros

- + Forest in close proximity to the plot
- + Pusty Staw in close proximity
- + Direct exposure to maintained green area and the Łacha river
- + Large garden belonging to the apartment
- + Proximity to Zatoka Gdańska

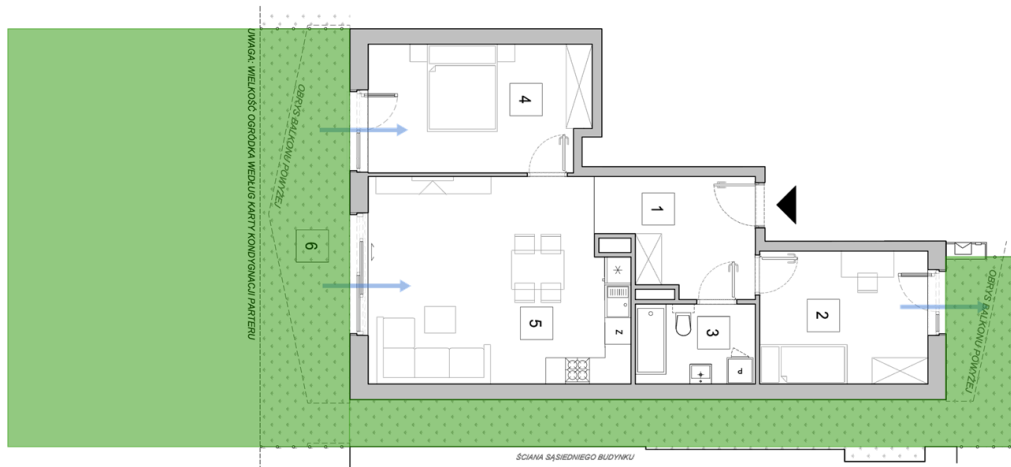
Cons

- No protected areas in the immediate vicinity

Recommendations

- Landscaping the garden with greenery at the junction with the living room
- Maintaining flowers in the interiors

Outdoor spaces



Space usage comfort

- high
- medium
- low
- very low

	Area	Width
Balcony	none	none
Garden	ok. 96m ²	ok.7,8m

Areas in the vicinity covered by nature protection forms



Legend

-  Natura 2000 area
-  Nature reserve
-  National park
-  Landscape park
-  Protected landscape area
-  Nature-landscape complex
-  Ecological land use
-  Documentation site
-  Ecological corridor



Assessment of acoustic conditions

Pros

- + No sources of bothersome noise directly outside bedroom windows
- + No noise sources in the environment surrounding the plot

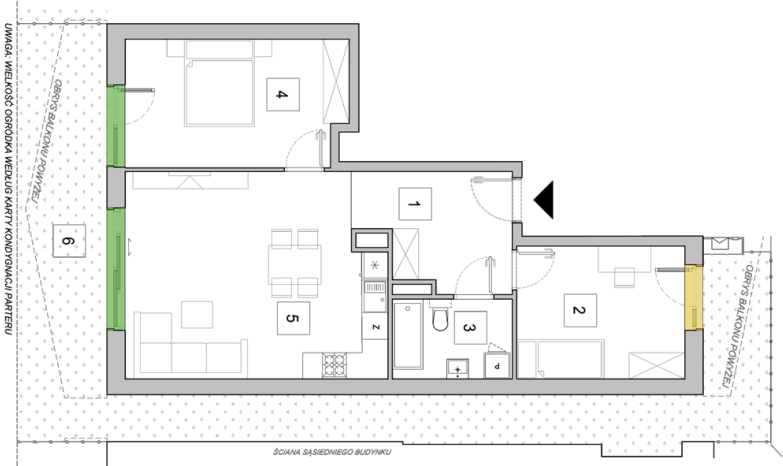
Cons

- Pedestrian path in front of the child's bedroom window

Recommendations

- Installing window vents with enhanced acoustic insulation

Noise in the immediate surroundings



Risk of experiencing noise

- no risk
- potential risk
- high risk
- very high risk

Windows

Proximity of child's bedroom window to pedestrian path

Walls

Brak ryzyk



Assessment of the surroundings and the potential for creating neighborly bonds

Pros

- + Rich service infrastructure
- + Low building density
- + Large landscaped green area belonging to the estate

Cons

- Limited access to public transport
- Risk of short-term rentals occurring within the estate

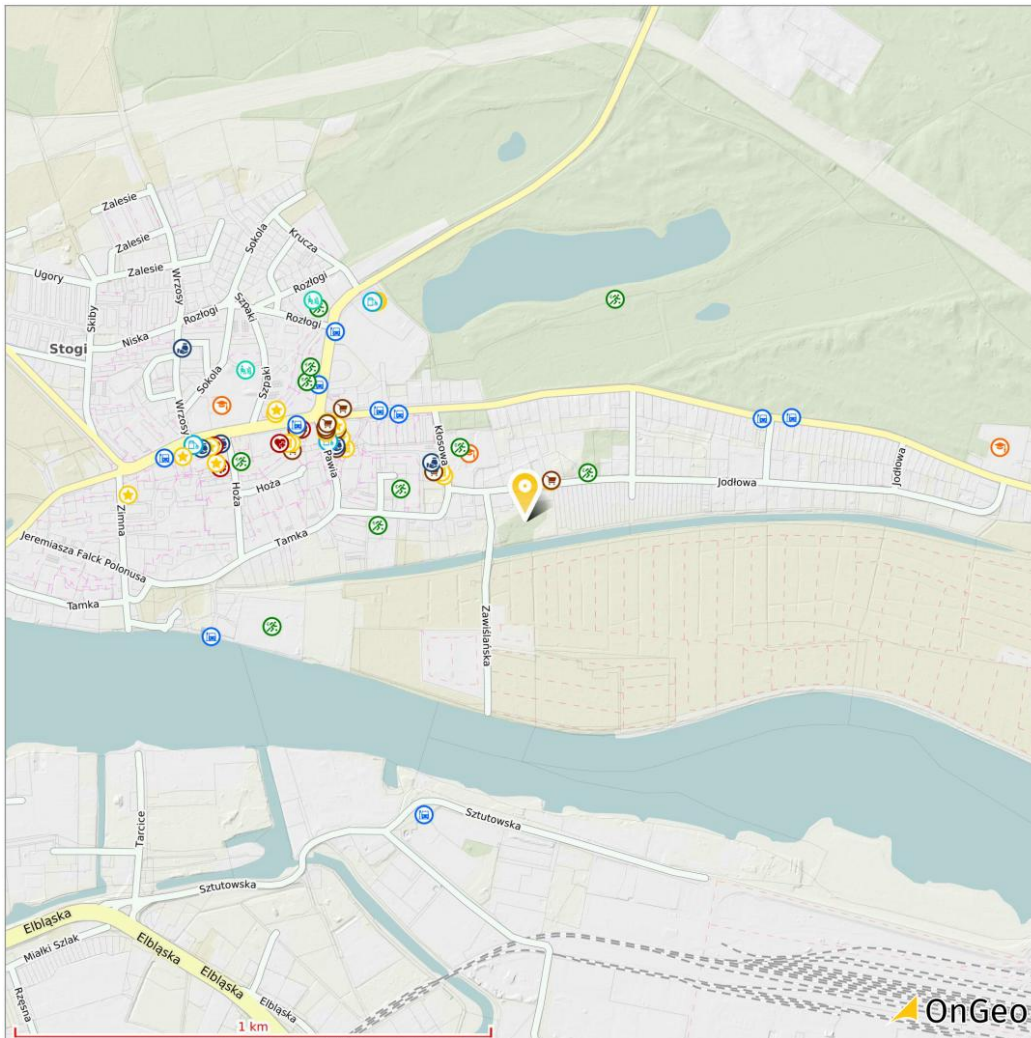
Recommendations

- In-depth environmental survey
- Taking measures to limit the possibility of short-term rentals at the community level
- Using local public services












NEIGHBOURHOOD

report

Surroundings and public utility facilities



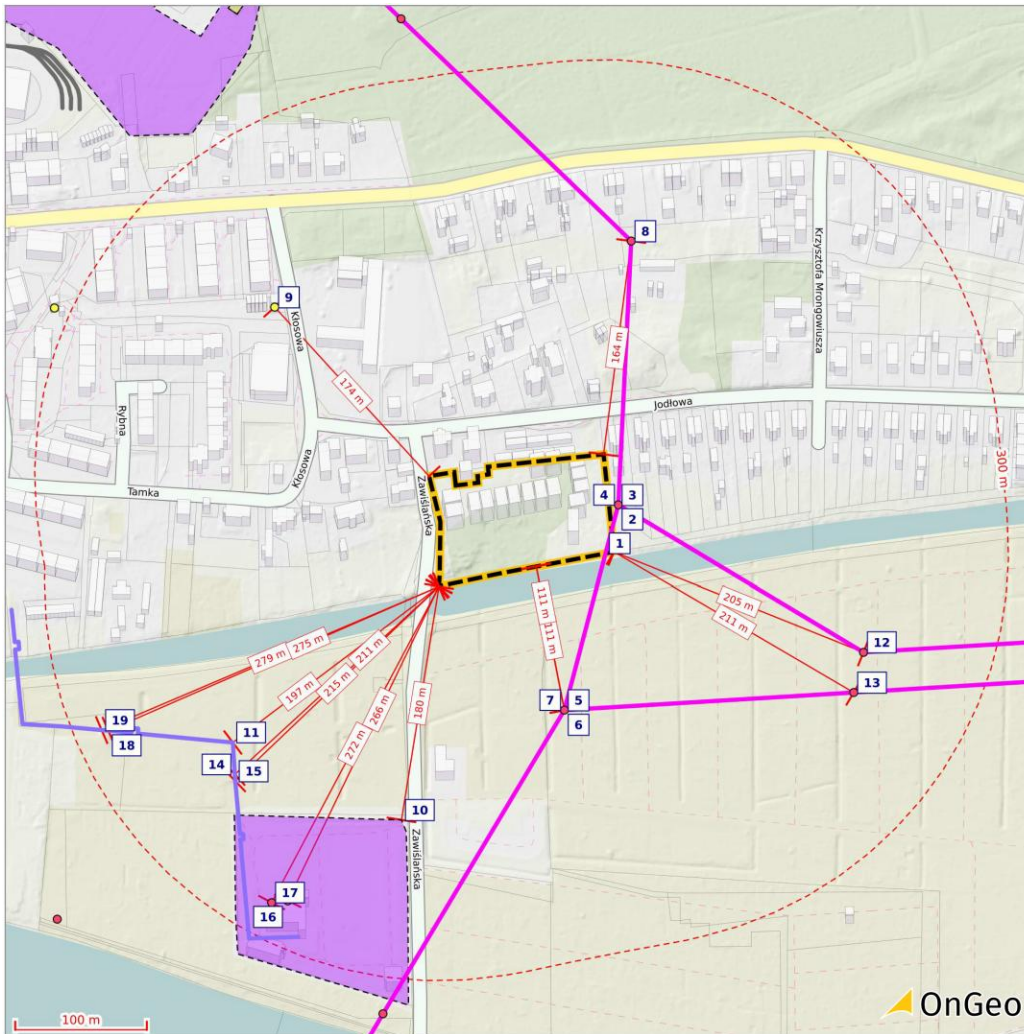
Service accessibility

-  School
-  Kindergarten
-  Medical care
-  Shop
-  Entertainment
-  Sports and recreation
-  Swimming pool
-  Church
-  Bank/ATM
-  Bus stop
-  Parcel locker

Surroundings and public utility facilities

Distance (m)	 Kindergartens	 Schools	 Medical care	 Shops Markets	 Banks ATMs	 Parcel lockers	 Sport / Recreation	 Entertainment	 Churches	 Stops	 Charging stations
0-50				abc		1					
51-100							1				
101-200		SP nr 72 im. Defenders of Westerplatte		1	Euronet	2	1				
201-300							1			Kłosowa 01	
301-400				Biedronka Żabka Gneba Ryszard Kraskowski Delikatesy Mięsne Karolina	Euronet	2		Pizza & Kebab FENIX World Kebab ControlFood		Stogi 06 Stogi 02	1
401-500			Dom Leków Elżbietańska	Malinka, Neutrino Warzywa-Owoce Agata Cegielska Rossmann		4	4	Biblioteka na Stogach Kupiec		Stogi 01 Sówki 01 Rozłogi 02 Sówki 02	1
501-600	Przedszkole nr 16 Przedszkole nr 58	SP nr 11 im. Na Bursztynowym Szlaku	Na Stogach Dr. Max		Monetia PKO Bank Polski		2	Biblioteka Spot „Przyjazne Pomorze”		Rozłogi 02 Sztutowaska 01	1
601-700		SP nr 62			Planet Cash			Dom Sztuki		Tamka	
701-800					Euronet			Bar Caira			
801-900											
901-1000											
Total in area	2	3	4	35	5	21	22	9	0	12	3

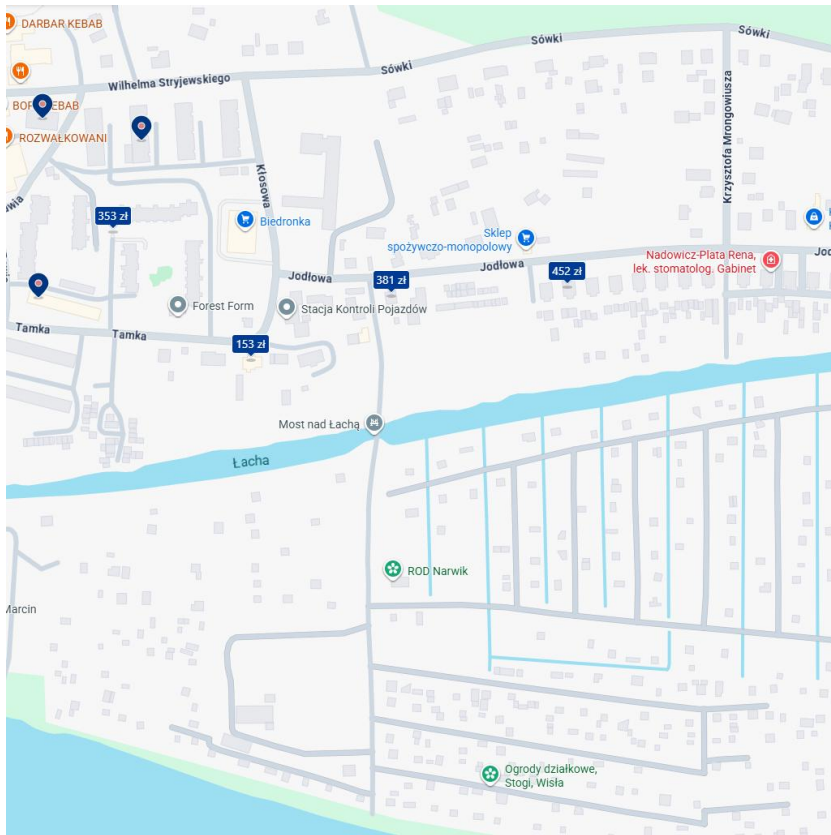
Potentially problematic places, facilities and devices



Hazards and nuisances

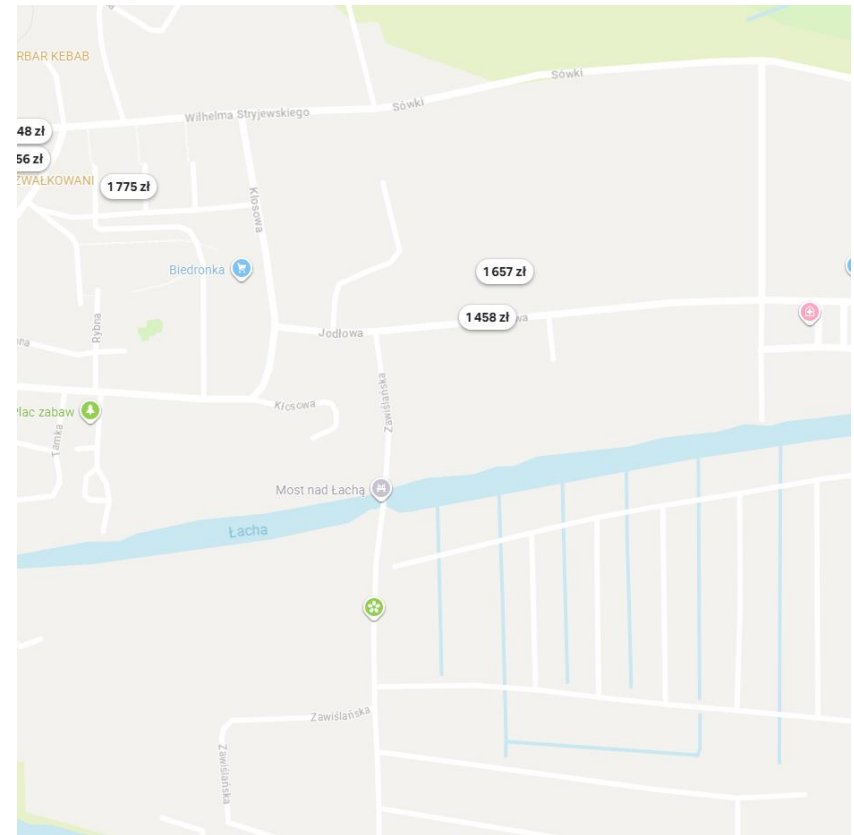
No	Nuisance	Distance (m)
1	High-voltage power line	on the site boundary
2	High-voltage power line	7 m
3	Power pole	7 m
4	High-voltage power line	7 m
5	Power pole	111 m
6	High-voltage power line	111 m
7	High-voltage power line	111 m
8	Power pole	164 m
9	Transformer	174 m
10	Combined heat and power plant	180 m
11	Pipeline	197 m
12	Power pole	205 m
13	Power pole	211 m
14	Pipeline	211 m
15	Pipeline	211 m
16	Chimney	215 m
17	Chimney	266 m
18	Pipeline	272 m
19	Pipeline	279 m

Short-term rental listings in the immediate vicinity



booking.com

airbnb.com



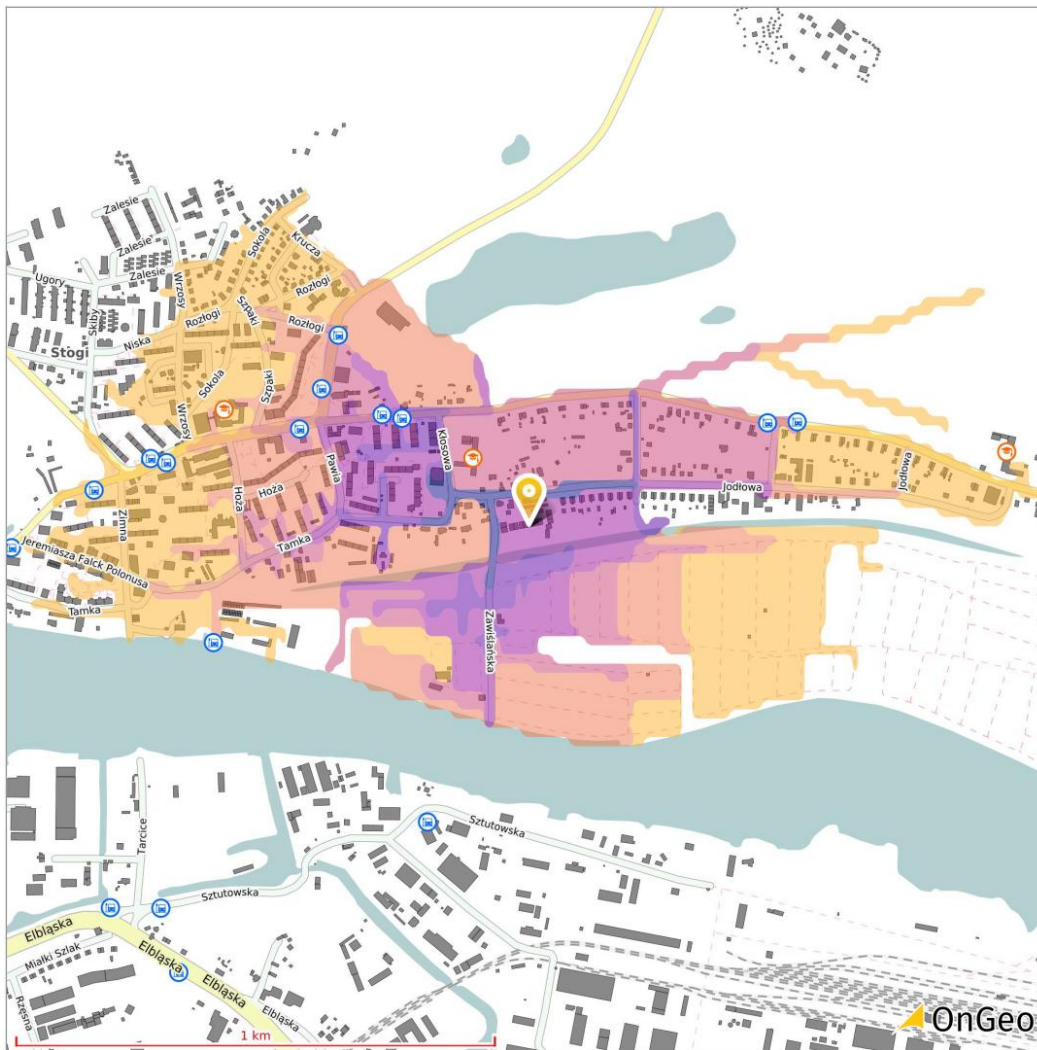
There is a risk of short-term rentals

There is a risk of short-term rentals

NEIGHBOURHOOD

report

Walking time range map



Walking time

- up to 5 min
- up to 7.5 min
- up to 10 min
- up to 12.5 min
- up to 15 min
- up to 20 min

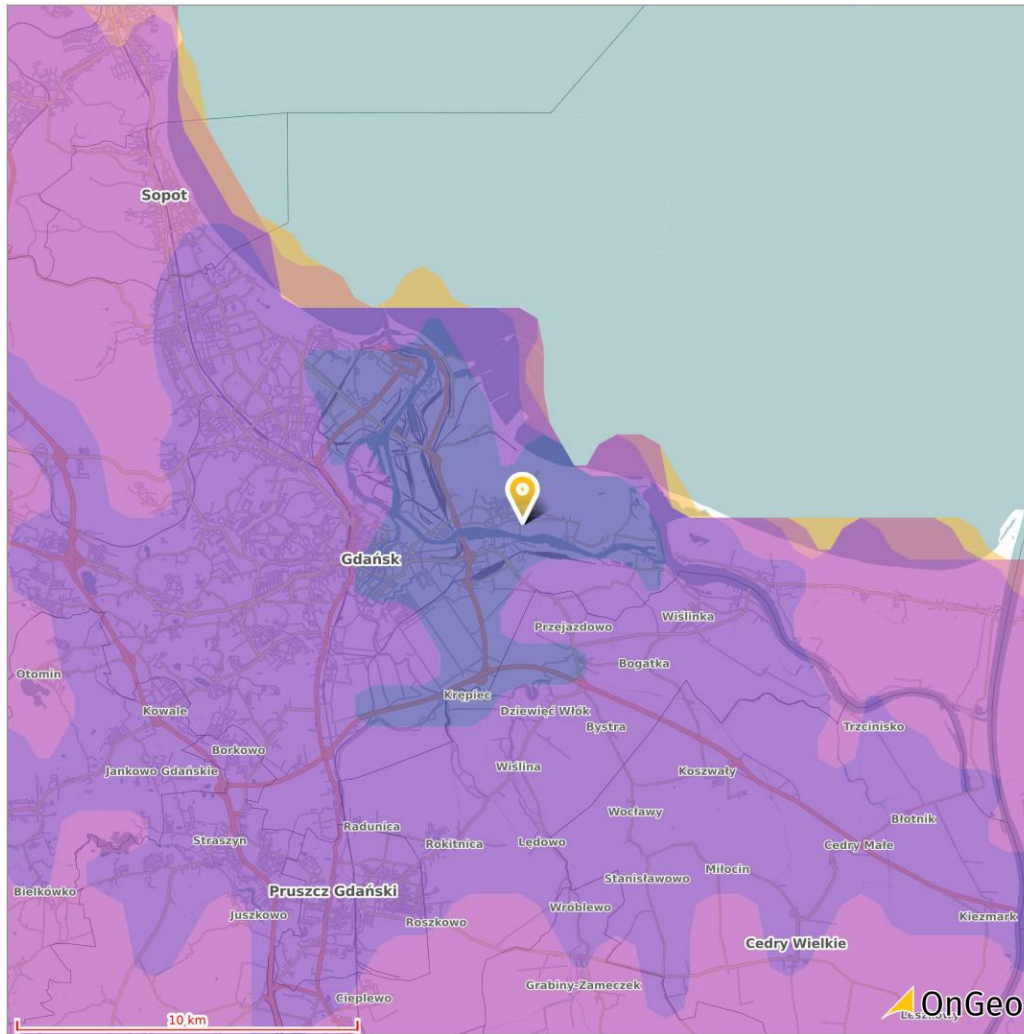
 Bus stop

 School

NEIGHBOURHOOD

report

Driving time range map



Driving time

- up to 10 min
- up to 20 min
- up to 30 min
- up to 40 min
- up to 50 min
- up to 60 min

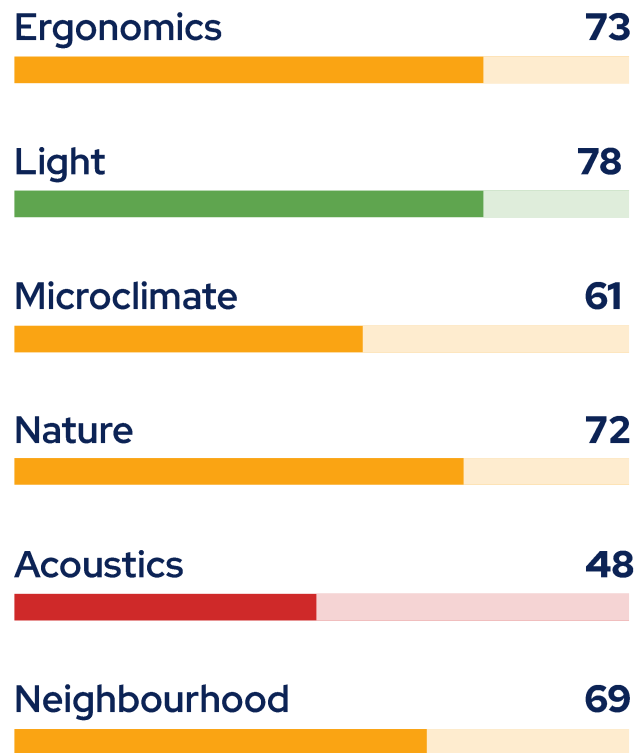
APARTMENT 2

OVERALL SCORE

report



Overall assessment of the potential impact of the space on health





Apartment ergonomics assessment

Pros

- + Functional layout of the living room
- + Correctly separated living and sleeping zones
- + Satisfactory size of the child's bedroom

Cons

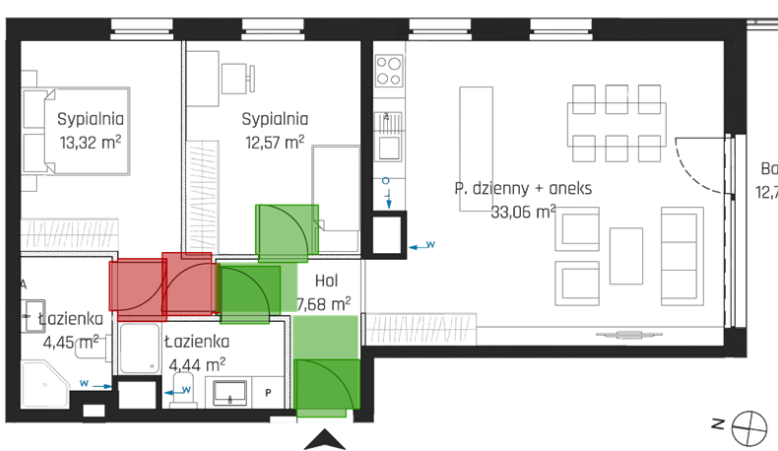
- Limited free space at interior doors
- No space for a cabinet in the hallway

Recommendations

- Converting one of the bathrooms into a wardrobe in the entrance zone and wc
- Opening one segment of the wardrobe in the living area towards the hallway

Circulation

Functional layout

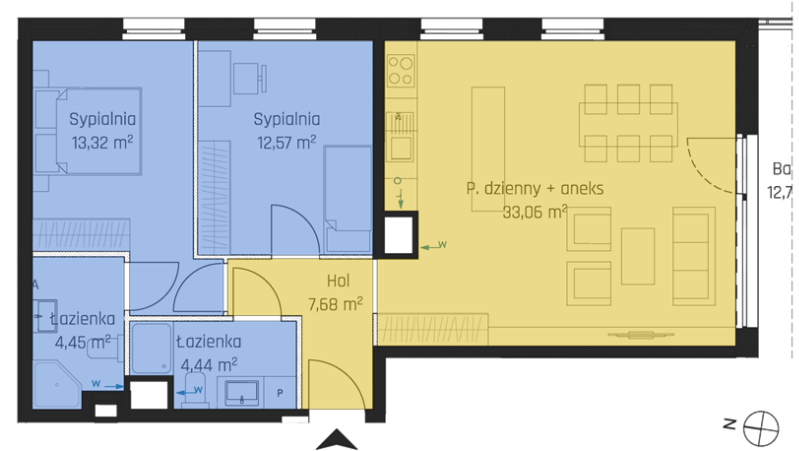
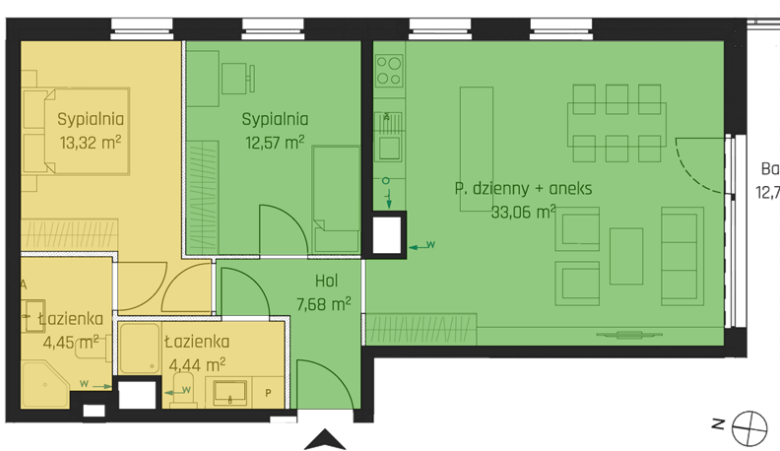


Maintaining optimal space

- | | | |
|------------------|-------------------|--------------------|
| + Exterior doors | + Washing machine | - Hallway wardrobe |
| - Interior doors | + Kitchen | + Wardrobes |
| + Passageways | + Table | + Desk |
| + Shower | + Lounge | |
| + Toilet | + Master bed | |
| + Washbasin | | |

Room sizes

Zoning



	Area	Dimensions	Proportions
Living room	+	+	+
Master bedroom	+/-	+	+
Master bathroom	+/-	+/-	+
Child's bedroom	+	+	+
Main bathroom	+/-	+/-	+
Hallway	+	+	+



Assessment of sunlight potential

Pros

- + Access to eastern light
- + Dual-side lighting of the living area
- + Well-lit living area

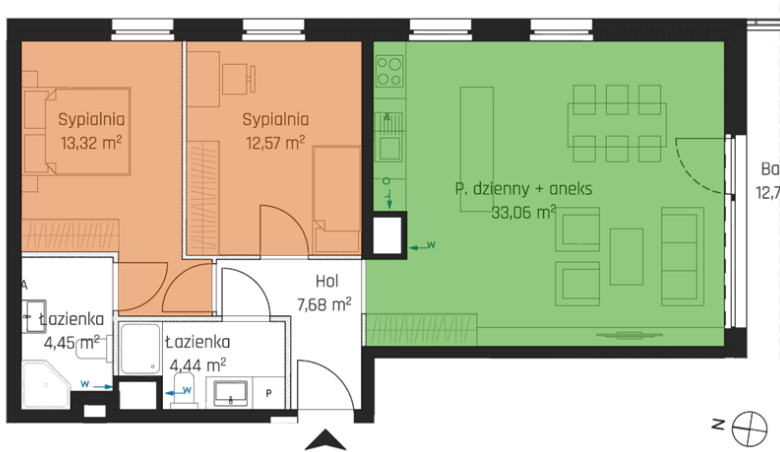
Cons

- No access to western light
- Limited window area in bedrooms

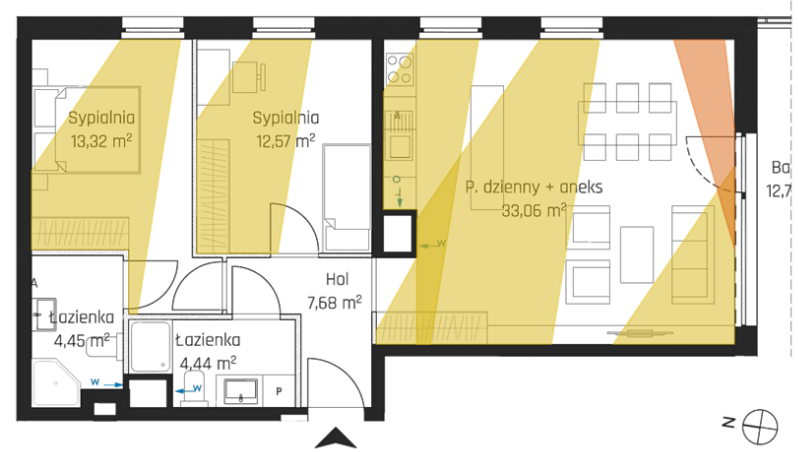
Recommendations

- Using light colours in interiors
- Using artificial lighting with warm colour temperature

Window area



Sunlight



Window area

Living room	high
Master bedroom	minimal
Child's bedroom	minimal

Eastern light

Living room	high exposure
Master bedroom	high exposure
Child's bedroom	high exposure

Western light

Living room	limited exposure
Master bedroom	no exposure
Child's bedroom	no exposure



Apartment microclimate
score

Pros

- + Low risk of bedroom overheating
- + Possibility of corner ventilation
- + Good air quality in the given location

Cons

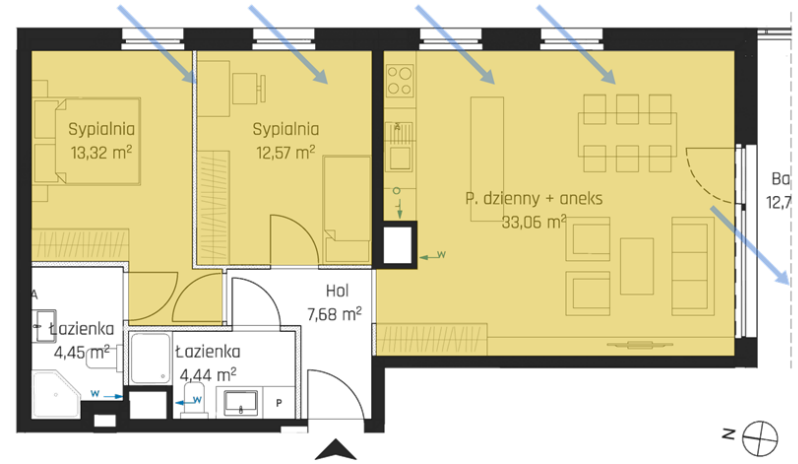
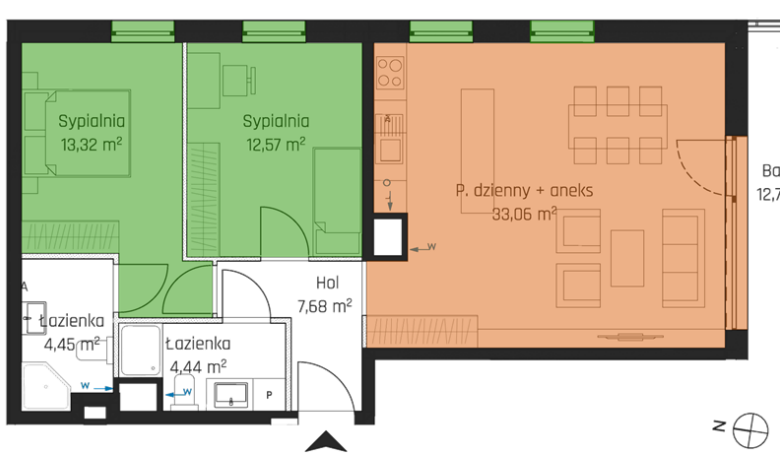
- Risk of living room overheating

Recommendations

- Installing external blinds in the living room

Overheating

Ventilation



Overheating

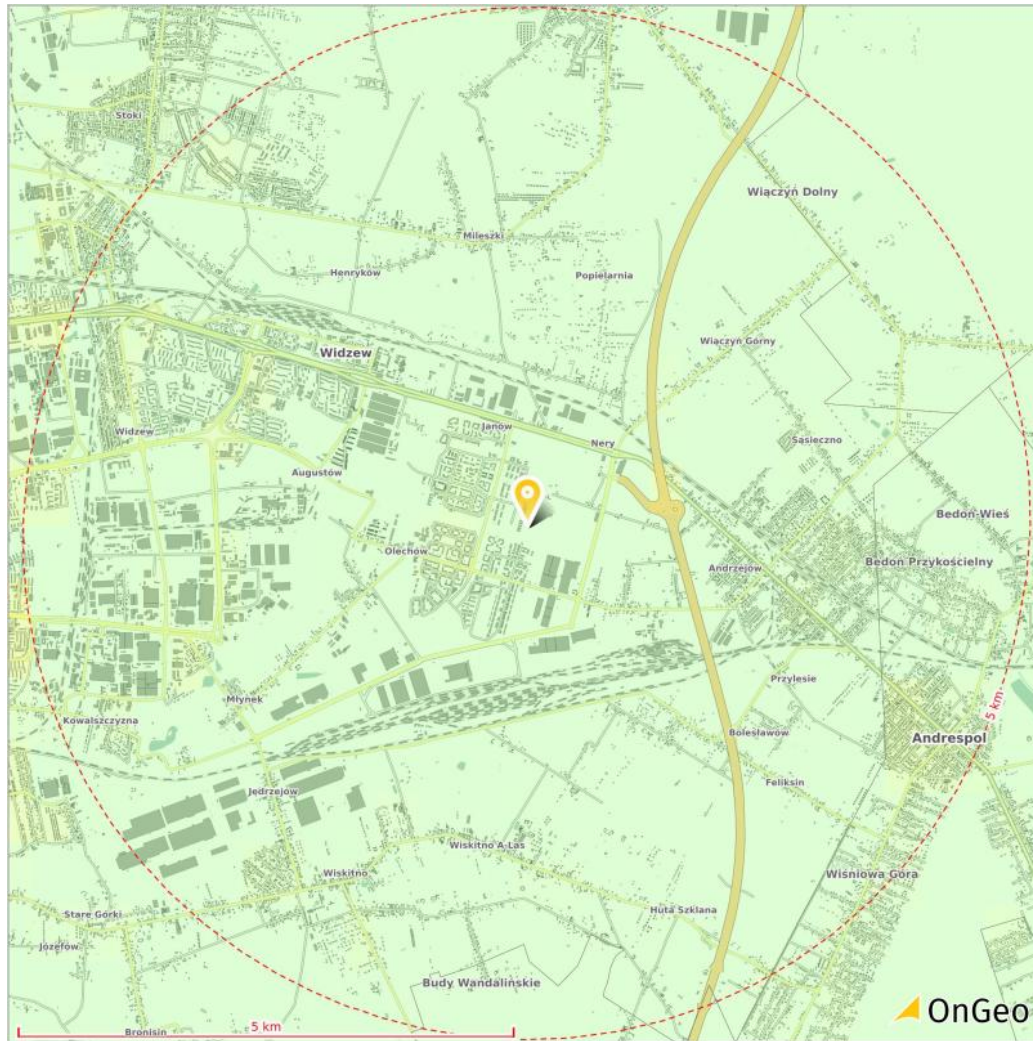
Ventilation

Living room	high risk	corner ventilation
Master bedroom	low risk	corner ventilation
Child's bedroom	low risk	corner ventilation

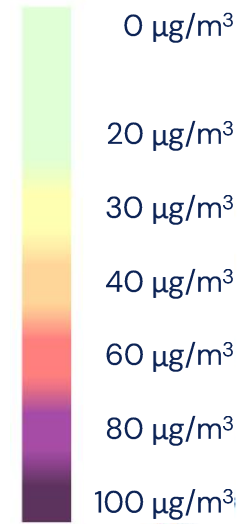
MICROCLIMATE

report

Air pollution



Annual average PM10 concentration





Nature exposure
score

Pros

- + Forest in direct proximity to the plot
- + Large balcony area

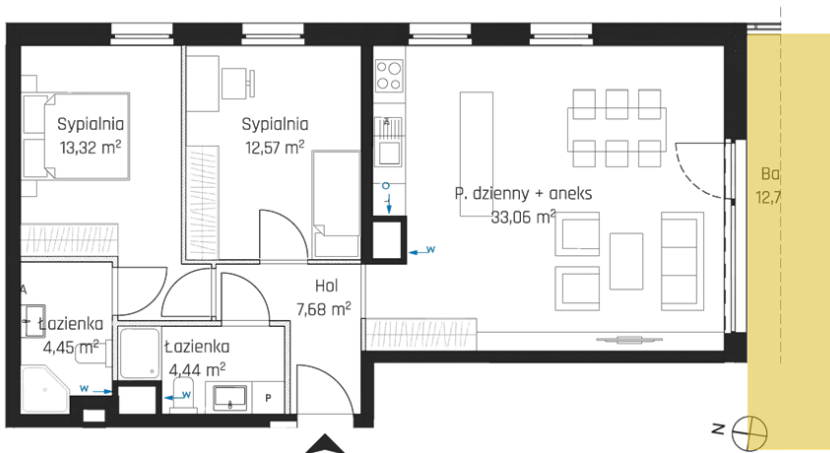
Cons

- No protected areas in the immediate vicinity
- Limited balcony width

Recommendations

- Landscaping the balcony with greenery at the junction with the living room
- Maintaining flowers in the interiors

Outdoor spaces

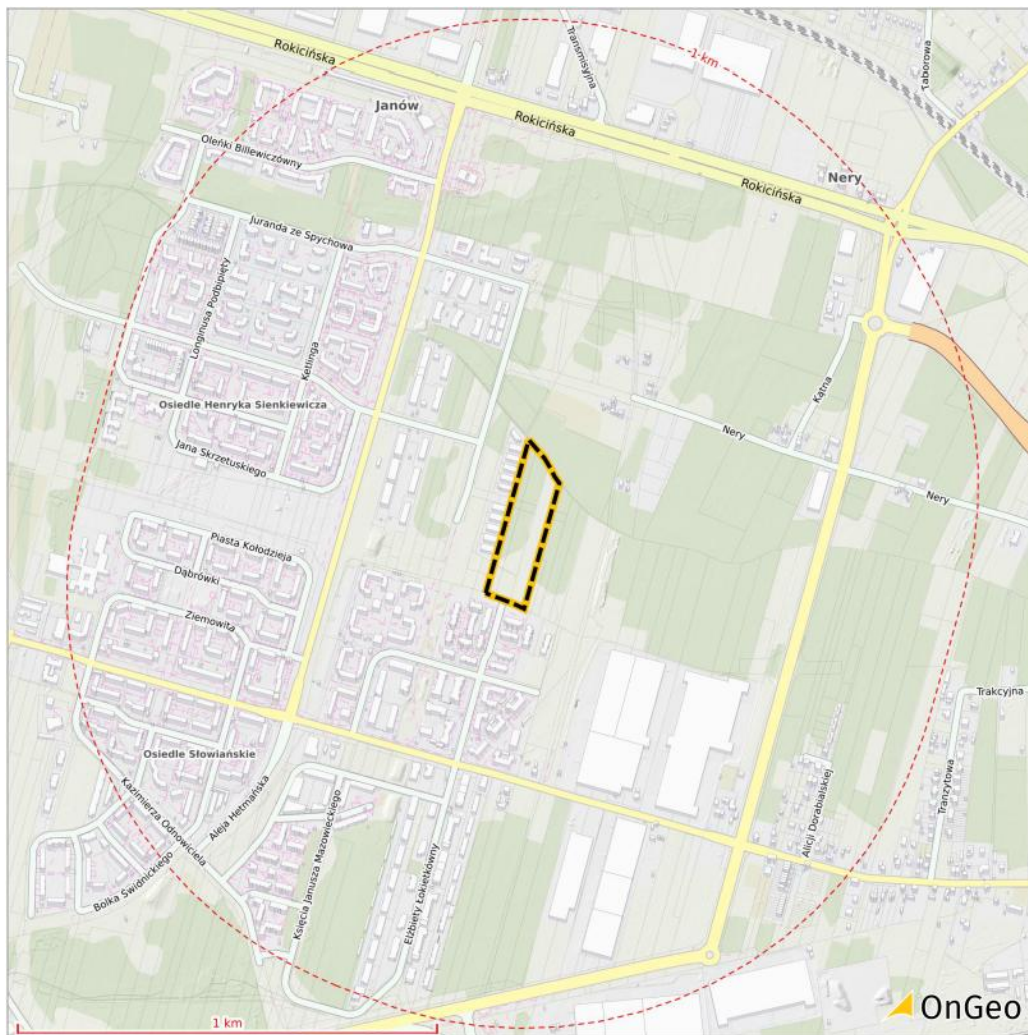


Space usage comfort

- high
- medium
- low
- very low

	Area	Width
Balcony	ok. 12,7m ²	ok. 1,6 m
Garden	none	none

Areas in the vicinity covered by nature protection forms



Legend

-  Natura 2000 area
-  Nature reserve
-  National park
-  Landscape park
-  Protected landscape area
-  Nature-landscape complex
-  Ecological land use
-  Documentation site
-  Ecological corridor



Assessment of acoustic conditions

Pros

- + No sources of noise directly outside bedroom windows

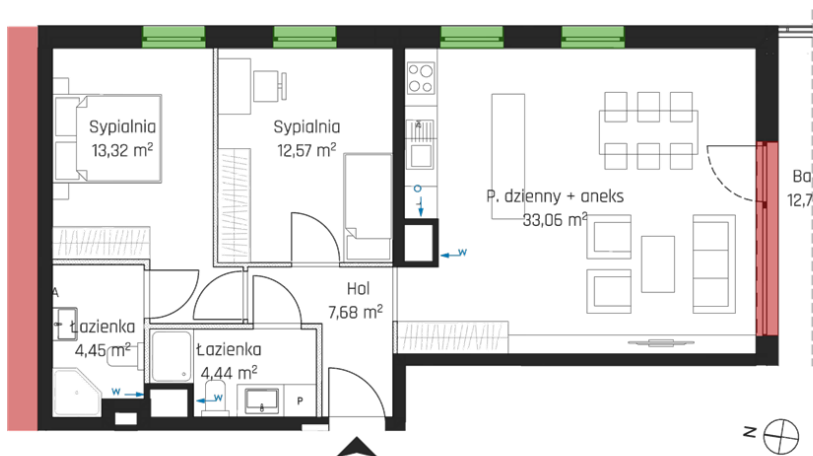
Cons

- Staircase adjacent to the parents' bedroom wall
- Garage ramp in the vicinity of the balcony window

Recommendations

- Adding acoustic partition wall if noise from the staircase becomes a nuisance

Noise in the immediate surroundings



Risk of experiencing noise

- no risk
- potential risk
- high risk
- very high risk

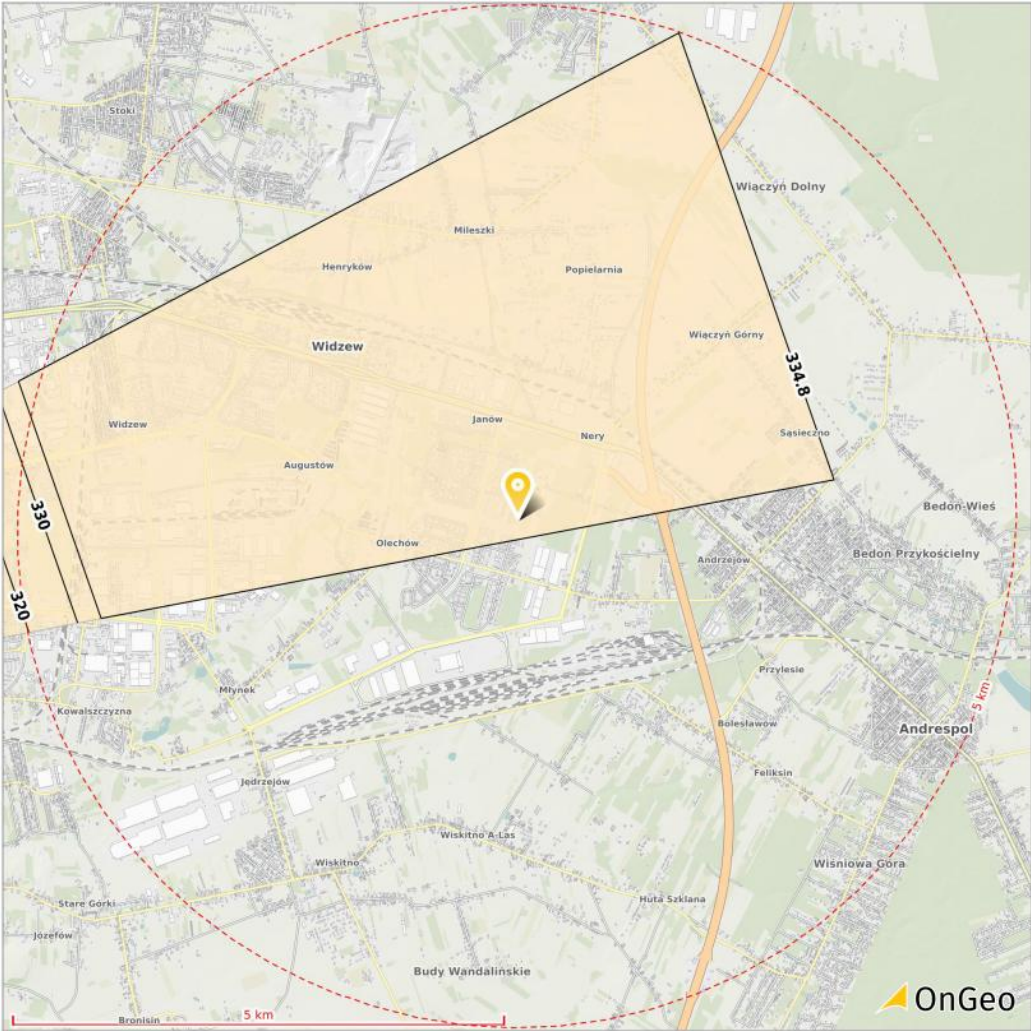
Windows

Proximity of living room window to garage ramp

Walls

Bedroom wall adjacent to staircase

Nuisances related to proximity to the airport



Legend

-  Airport
-  Approach
-  Landing area



Assessment of the surroundings and the potential for creating neighborly bonds

Pros

- + Rich service infrastructure
- + Limited prevalence of short-term rentals in the area
- + Low building density

Cons

- Limited access to public transport

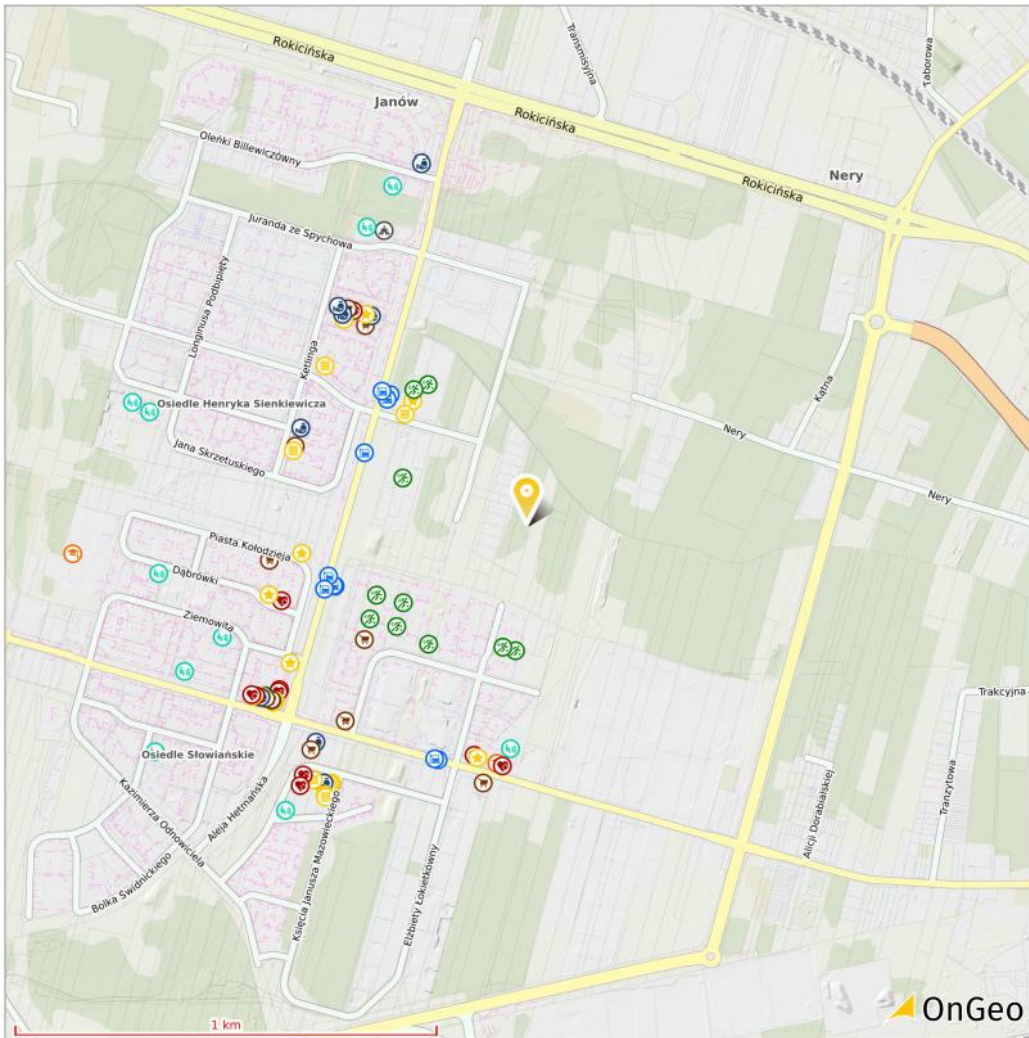
Recommendations

- In-depth environmental survey
- Using local public services












NEIGHBOURHOOD

report










Surroundings and public utility facilities



Service accessibility

-  School
-  Kindergarten
-  Medical care
-  Shop
-  Entertainment
-  Sports and recreation
-  Swimming pool
-  Church
-  Bank/ATM
-  Bus stop
-  Parcel locker

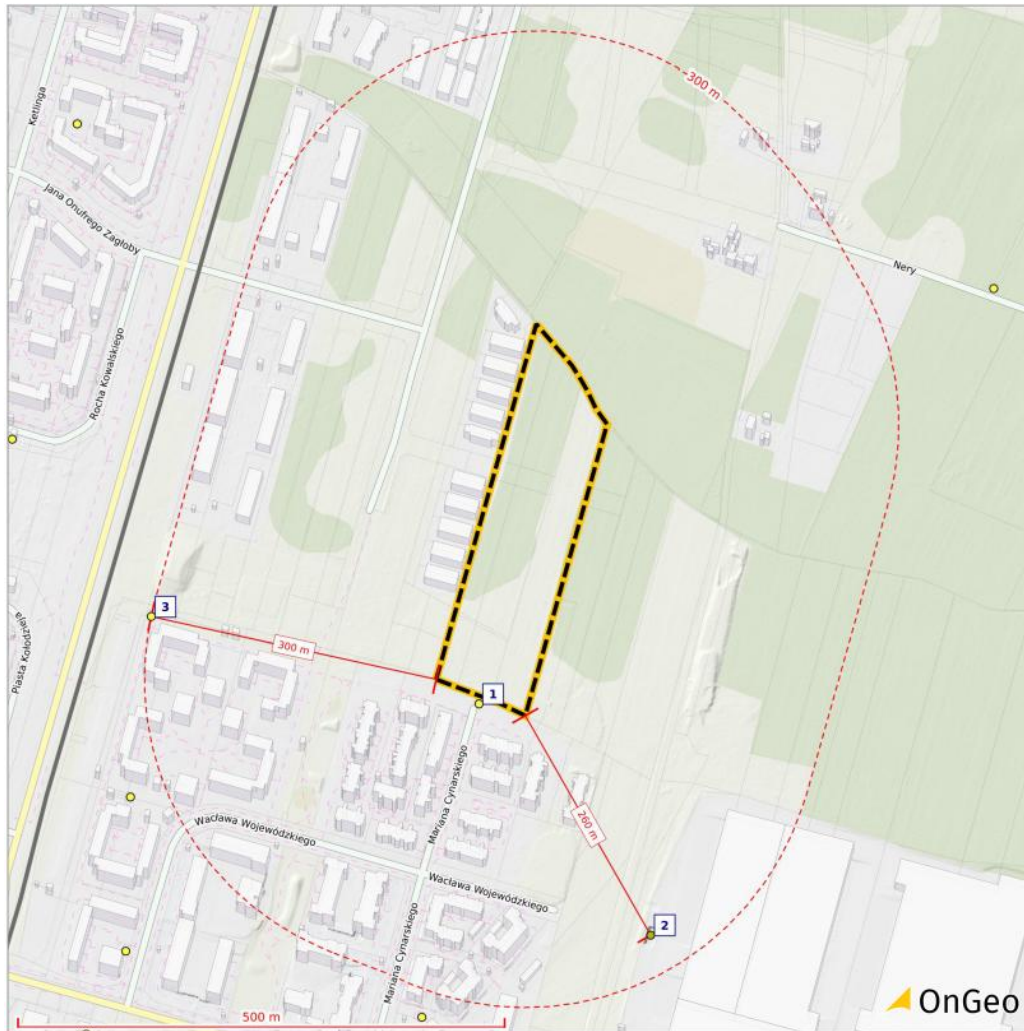
Surroundings and public utility facilities

Distance (m)	 Kindergartens	 Schools	 Medical care	 Shops Markets	 Banks ATMs	 Parcel lockers	 Sport / Recreation	 Entertainment	 Churches	 Stops	 Charging stations
0-100											
101-200							2				
201-300							4				
301-400	Kindergarten ABC	English Corner School Language School		1		1	4	Pizzeria Da Grasso		Hetmańska – Zagłoby Hetmańska – Dąbrówki	
401-500			Staniszewski Dent Usamed	Putka Merci 2	PKO Bank Polski Santander Bank Planet Cash Euronet		2	Pizzeria Osiedlowa Zahir Kebab		Hetmańska – Dąbrówki Zakładowa – Cynarskiego NŻ	
501-600			Przychodnia Creomed. Ginsana II Przychodnia Olmed Olmed Przyjazna Optyk Olmed	Majka Żabka Merci Biedronka Piekarenka Nasz Sklep	Euronet Alior Bank Euronet	7		Tortunio pracownia wypieków Bar Orientalny Quang-Ngoc Pizzeria Gang Leona Łódź Olechów Biblioteka Miejska filia nr 52			
601-700	Przedszkole Miejskie nr 234		Optyk Italo Optica		Euronet	3		Kebab Third Eye Galeria Alkoholi	Kościół św. Papieża Jana XXIII		
701-800	Kolorowe Kredki (filia) Publiczne Przedszkole „Galileo”										
801-900	Przedszkole lingwistyczne Dobry Start Przedszkole Miejskie nr 4										
901-1000	Nursery nr 9	Szkoła Podstawowa nr 205									
Total in area	10	2	15	32	19	22	78	17	1	45	0

NEIGHBOURHOOD

report

Potentially problematic places, facilities and devices



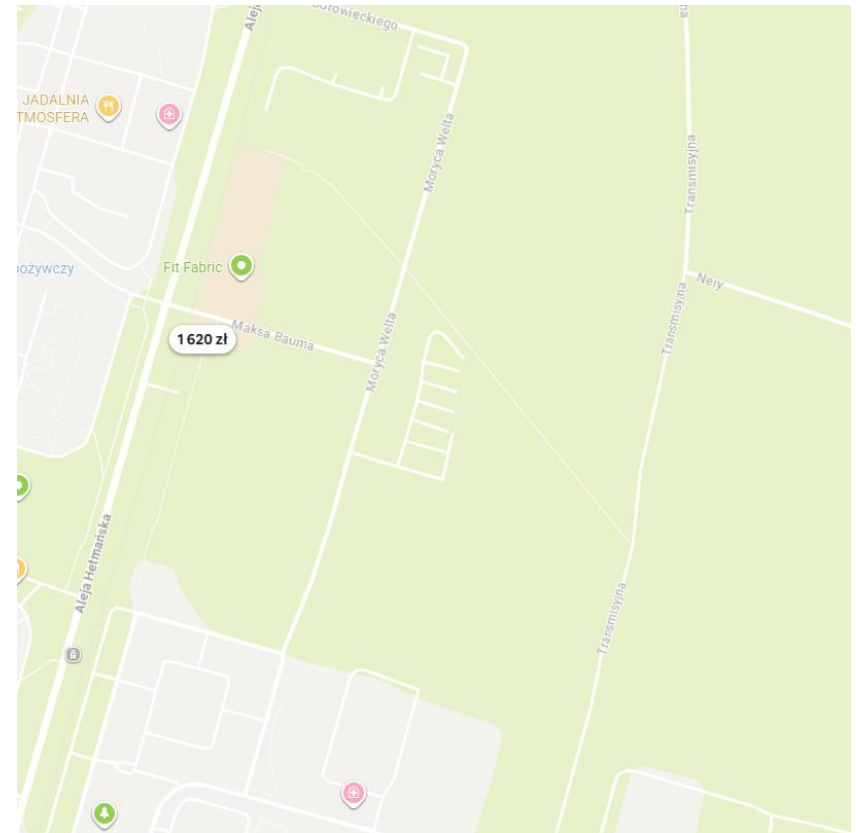
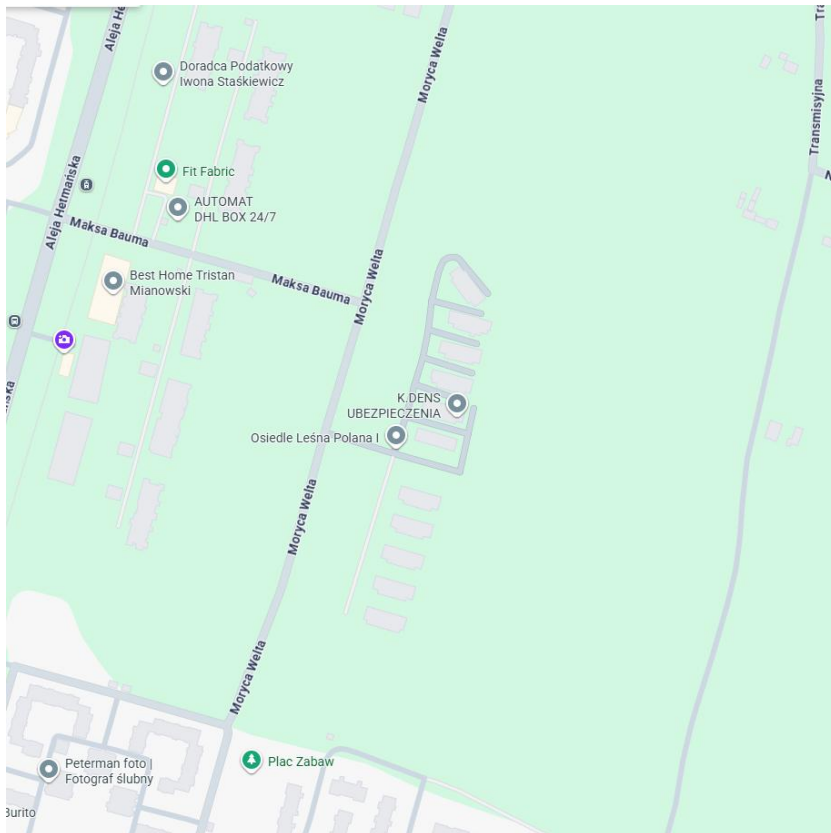
Hazards and nuisances

No.	Nuisance	Distance (m)
1	Transformer	8 m
2	Liquid tank	260 m
3	Transformer	300 m

NEIGHBOURHOOD

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Short-term rental listings in the immediate vicinity



booking.com

no listings in the immediate vicinity

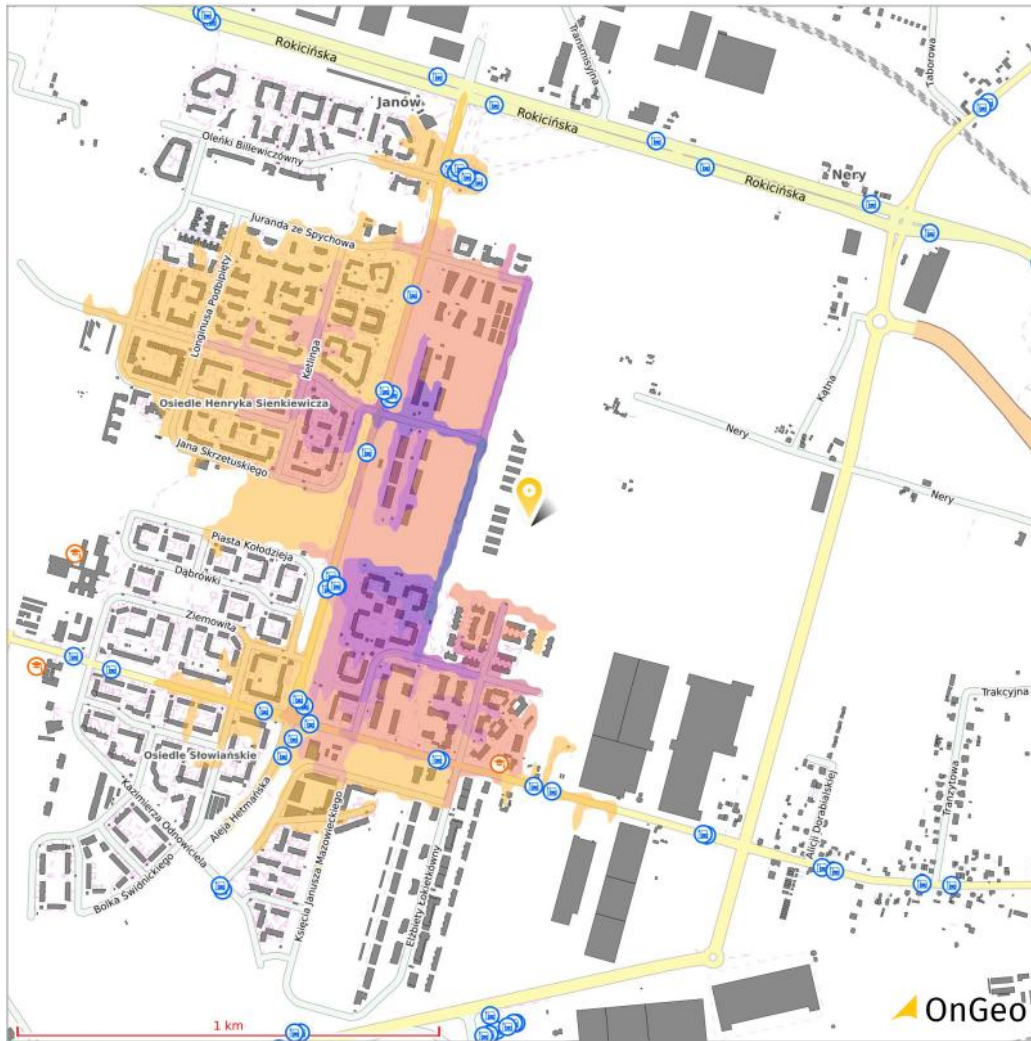
airbnb.com

low listing rate







NEIGHBOURHOOD

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Walking time range map



Walking time

-  up to 5 min
-  up to 7.5 min
-  up to 10 min
-  up to 12.5 min
-  up to 15 min
-  up to 20 min

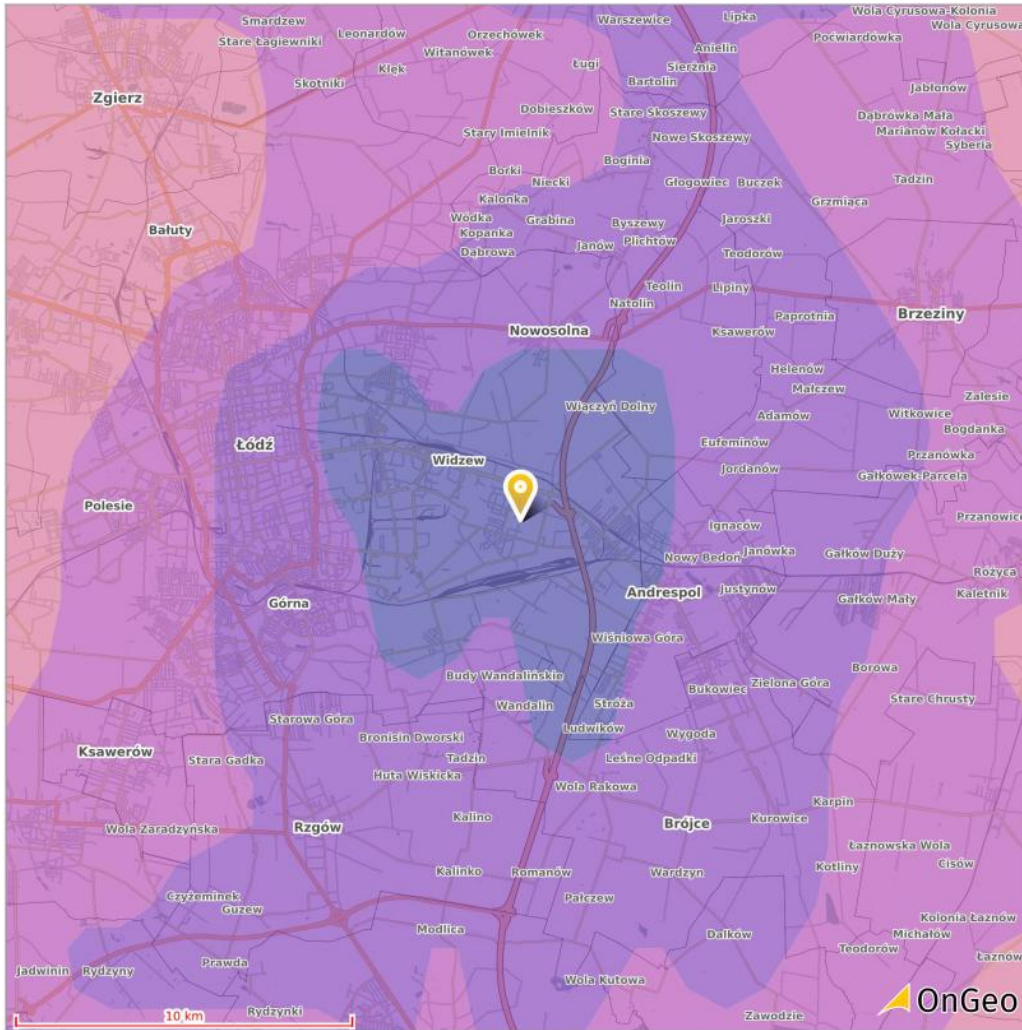
 Bus stop

 School





NEIGHBOURHOOD

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Driving time range map



Driving time

-  up to 10 min
-  up to 20 min
-  up to 30 min
-  up to 40 min
-  up to 50 min
-  up to 60 min

ERGONOMICS

An apartment layout that works every day.

A well-designed apartment is comfortable, safe and intuitive in everyday use. The goal is for the layout of rooms, furniture and fittings to match the real needs of residents and the way they move, rest, work and carry out daily tasks. In practice, an ergonomic apartment has good room proportions, convenient circulation routes, appropriate distances between furniture and easy access to key areas. As a result, using the apartment requires less effort, reduces frustration and improves quality of life.

What exactly we assess

- ✦ **Circulation** – passage widths, door swing conflicts
- ✦ **Functionality** – ability to furnish comfortably, maintaining comfortable free space, adequate kitchen worktop length, storage space
- ✦ **Zoning** – division of space into day and night areas

Impact on our wellbeing

Apartment ergonomics directly affects how the body and mind function on a daily basis. A well-designed layout shortens distances, reduces unnecessary movement and decreases daily fatigue. Logical day/night zoning allows residents to unwind more quickly and improves sleep quality. Appropriate room proportions reduce tension and feelings of claustrophobia. Ergonomics supports a sense of control over space, which is one of the key factors in psychological wellbeing. Poor layouts force compromises that accumulate frustration and stress. A well-planned kitchen and bathroom genuinely reduce physical strain on the body. Ergonomics influences the daily rhythm – it facilitates tidying, cooking, rest and recovery. A space that works does not absorb attention and cognitive energy. As a result, an ergonomic apartment not only improves comfort but also supports long-term health and psychological resilience of residents.

What to watch out for

- ! Scaled-down furniture in developer drawings that we later cannot arrange as planned
- ! Insufficient space for an adequate number of wardrobes
- ! Narrow passages where, for example, we cannot turn around with a pram
- ! Insufficient space for a fully equipped kitchen

LIGHT

Sunlight where we need it and when we need it.

A well-designed apartment in terms of natural light access provides sufficient daylight in the most important zones of daily life. These are the sun's rays that help us wake up, lift our mood at a family dinner and allow us to relax after an intense day at work. The goal is for interiors to be bright, pleasant and to support the natural daily rhythm of residents. In practice, this means good orientation to the compass, appropriate window size and placement, and a room layout that allows light to reach where people spend the most time. It is also important that the apartment is not excessively shaded by other buildings, balconies or overly deep rooms.

What exactly we assess

- ✳️ **Sunlight potential – what portion of the room has a chance of accessing sunlight in the morning and afternoon hours**
- ✳️ **Access to natural light – we analyse the window area and its ratio to room size, checking whether the depth of rooms allows light to reach the entire floor area**

Impact on our wellbeing

Natural light is one of the strongest regulators of human wellbeing in a living space. It directly influences the circadian rhythm, regulating sleep, wakefulness and energy levels throughout the day. A well-lit apartment supports serotonin production, improving mood and concentration. A deficiency of daylight increases the risk of low mood, apathy and chronic fatigue. Natural light helps the body better synchronise with the times of day and year. The quality of light in a space affects the perception of size, warmth and security of the interior. Apartments with access to morning light promote gentle awakening and a more stable daily rhythm. Overly deep or one-sided layouts can cause discomfort and concentration difficulties. Daylight strengthens connection with the surroundings and a sense of rootedness in place. As a result, good lighting is the foundation of residents' psychological and physiological health.

What to watch out for

- ! The sun is in the apartment when we are not there. Rays appear at noon, but the morning and afternoon light we need is missing.
- ! Windows are not centrally located, causing rooms to be unevenly lit.

MICROCLIMATE

Breathing fresh air in comfortable conditions.

Each of us has slightly different preferences regarding the environment in which we live. In an apartment, we should be able to adjust the indoor climate to our needs at any time of year. The goal is for the interior not to be stuffy in winter, not to overheat in summer and not to negatively affect residents' wellbeing. In practice, this means an efficient ventilation system, the ability to effectively air the apartment, protection from excessive heat and a location in surroundings with the best possible air quality. It is important that the apartment has a layout and window openings that allow natural airflow, limit the risk of overheating through appropriate glazing exposure, and at the same time is not exposed to pollution from busy roads, industry or other sources of smog.

What exactly we assess

- ✳️ **Ventilation – whether the apartment layout allows for cross or at least corner ventilation**
- ✳️ **Overheating – exposure of windows facing south-west, taking into account the ratio of their area to room area**
- ✳️ **Air pollution – air quality in the area, contamination with fine PM 2.5 and medium PM10 dust particles**

Impact on our wellbeing

The apartment's microclimate directly affects the functioning of residents' nervous and immune systems. Proper ventilation ensures a supply of fresh air and removes pollutants, improving concentration and sleep quality. Excessively high CO2 concentration causes drowsiness, headaches and a decline in cognitive performance. Air humidity affects the respiratory tract, skin and mucous membranes, and its disruption increases susceptibility to infections. Excessively dry air causes irritation and impairs the body's recovery. Overheating of apartments in summer leads to irritability, fatigue and sleep disturbances. Constant temperature fluctuations increase the physiological strain on the body. Thermal comfort supports a sense of security and stability in the home environment. A poorly designed microclimate forces residents into constant adaptation and raises stress levels. A well-controlled microclimate is a quiet but crucial foundation for long-term wellbeing in an apartment.

What to watch out for

- ! A single-aspect apartment with no ventilation and south-eastern exposure can be unbearably hot in summer.
- ! Although air quality in our cities is improving, there are still places where we breathe smog that can pose serious health risks.

NATURE

Daily paths surrounded by greenery.

The ideal apartment surroundings in terms of nature exposure are those that provide daily, easy and real contact with greenery. The goal is for nature to be present both within the apartment and just outside it, as well as along the routes we use every day. In practice, a balcony, loggia or terrace overlooking greenery – or at least allowing for a small garden with plants, pots and a spot for a short rest – is of great importance. Equally important is what happens outside the apartment: it is ideal when the route to the shop, school, work or a walk leads through a friendly, green environment rather than exclusively through concrete and car parks. The best conditions are provided by a location where the immediate neighbourhood also includes recreational spaces linked to nature – a park, square, forest, water body, walking or cycling paths.

What exactly we assess

- ✳️ **Outdoor space** – balconies, loggias, terraces – their geometry, exposure and potential for providing a measure of recreation
- ✳️ **Green areas** – location of parks, squares and water bodies in the immediate vicinity

Impact on our wellbeing

Greenery is one of the strongest natural regulators of human psychological wellbeing. Window exposure to greenery reduces stress levels and promotes faster recovery of the nervous system. The sight of plants and trees reduces cognitive load and improves concentration. Even brief visual contact with greenery has a calming effect and stabilises emotions. Indoor plants improve the microclimate and increase the subjective sense of comfort. Greenery in the apartment strengthens the sense of life and breathing of the space. Easy access to green areas promotes daily physical activity and recovery. Contact with nature supports emotional balance and reduces the risk of chronic stress. A lack of greenery in the surroundings can lead to sensory overload and a sense of isolation. As a result, greenery – both seen and experienced – is a key element of a healthy living environment.

What to watch out for

- ! North-facing balconies where we will not want to spend time
- ! Narrow, cramped loggias where we won't be able to fit a chair and a small table for a morning coffee
- ! Apartments surrounded by a concrete jungle that will constantly raise our stress levels

ACOUSTICS

Silence that allows us to recover.

We feel comfortable in an apartment that provides us with peace, privacy and protection from disruptive noise both from within the building and from outside. The goal is for daily life, rest and sleep not to be constantly disturbed by sounds that the resident cannot control. The apartment should be well separated from internal noise sources such as the stairwell, lift, corridor, garage ramp or technical rooms. Equally important is protection from external noise – from roads, trams, railways or an airport – through appropriate location, apartment layout and solutions that limit the penetration of sound into the interior.

What exactly we assess

- ✱ Noise in the immediate surroundings – we check the apartment's position relative to the stairwell, lift, garage ramp, etc.
- ✱ Environmental noise – we analyse the apartment's potential exposure to noise from nearby roads, railways or an airport in the vicinity

Impact on our wellbeing

Apartment acoustics has a direct impact on stress levels and the body's ability to recover. Constant or unpredictable noise activates the nervous system and makes it difficult to unwind. Proximity to the stairwell and lift increases the risk of sleep disturbances and a sense of lack of privacy. Noise from garage ramps can be particularly disruptive due to low frequencies. Prolonged exposure to background sounds reduces concentration and increases irritability. Acoustic disturbances affect rest quality even when the noise is barely audible. Good acoustics supports a sense of security and control over space. Silence in private areas promotes deep sleep and psychological recovery. Apartments exposed to external noise more quickly lead to fatigue and emotional tension. As a result, acoustics is one of the key, though often underestimated, factors of wellbeing in an apartment.

What to watch out for





- ! Bedroom sharing a wall with the building entrance, lift or stairwell
- ! Building location within an aircraft landing approach zone

NEIGHBOURHOOD

People around us who are not strangers.

A wellbeing-supporting neighbourhood is one that allows comfortable daily living without isolating us from other people. It is about surroundings where basic needs can be met close to home, without daily dependence on long commutes and excessive stress. Good access to local services – shops, school, kindergarten, pharmacies, healthcare facilities, public transport and everyday activity venues – is essential. If we are not forced to get into a car to reach these places, we have a greater chance of getting to know our neighbours and building a local community. In this respect, spaces that foster natural neighbourly contact are also important – friendly courtyards, squares, playgrounds, benches, local cafes or safe pedestrian routes where people can meet and build relationships. A well-designed neighbourhood is one that provides proximity to everyday functions and conditions for building neighbourly bonds.




What exactly we assess

-  **Public amenities** – we analyse the immediate vicinity, checking the location of schools, kindergartens, healthcare facilities, shops, entertainment and recreation venues
-  **Nuisances** – we check whether the area contains noise-generating technical equipment, industrial facilities or potential pollution sources
-  **Walking range** – we determine which spaces are accessible within a five to twenty-minute walk
-  **Driving range** – we check how the local road network affects the actual travel time in the apartment's area

Impact on our wellbeing

The apartment's neighbourhood significantly shapes residents' daily stress levels and sense of security. Good access to public services reduces the time and logistical burden of everyday life. The ability to handle basic tasks on foot promotes physical activity and better psychological condition. A legible neighbourhood structure increases the sense of orientation and control over one's surroundings. A low crime rate directly affects peace of mind and emotional comfort. Access to public transport reduces dependence on a car and the associated stress. A well-designed neighbourhood promotes spontaneous social contact. Spatial isolation and a lack of nearby services can lead to a sense of exclusion. The quality of the surroundings affects how often residents leave home and use public spaces. As a result, a good neighbourhood supports mental health, social relationships and overall quality of life.

What to watch out for

-  Lack of essential services in the immediate vicinity, forcing constant car use
-  Limited access to public transport
-  Lack of basic safety, high crime rate in the area

Wishing you a healthy home

