

FORUM

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**Preventing Pandemics:
the role of architecture.**

from

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As a hotel and spa designer, in recent months I have been asked several times how these accommodations will be conceived to meet the new needs dictated by the pandemic.

I generally reply that I don't have a magic wand. We can think of many small solutions but, considering that hotels and spas are places where people meet and that the proximity of people is the best propellant for viruses, I would say we don't have many tools.

The only solution to fight the virus is to prevent it. In fact, we must take care of the earth and ourselves to make both stronger and ready to receive future and, unfortunately, likely pandemics.

The hardest part is undoubtedly up to scientists and doctors, but we designers too, in our own small way, can contribute, building edifices that respect the environment and, above all, that educate people to do the same, so that the "sustainable experience" lived during the holiday, is replicated by the hotel guests once they return to their homes.

Ecological construction materials and renewable energy sources are well-established themes and are mainly aimed at the "external" environment. This is certainly very important, but great effort must also be made in the design of the interiors, working in compliance with what are defined as "geometries of nature".

The architecture of the stimulate more significant nature, through the choice of glass surfaces for the influx of insertion of vegetation and the

The growing trend to spaces goes in this sense: boundary between inside and The well-being of the people before the pandemic, primary importance. As we factors related to well-being: sleep.

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interiors should in fact interactions between man and more sinuous shapes, large sunlight, natural finishes, propagation of natural sounds.

integrate internal and external there is no longer a rigid outside, but fluid spaces. was a growing theme even becoming now of absolute know, there are four main diet, movement, stress and

For what my experience is, even from a personal point of view, the latter is perhaps the most important and the one on which I focus most when designing. To ensure well-sleep, in addition of course to the use of mattresses and sheets in natural materials (a choice that I take for granted in a certain type of structure) and soundproofing materials, we can work on adjustable lighting. The goal is to simulate circadian rhythms.

Nowadays there are lighting systems that feature a colored temperature monitor that changes from subtle red lighting at night to brighter simulators at dawn that wake guests in a more natural (Very important for jet lag guests); this is of help to not to suppress melatonin levels. It is in fact now known that a correct circadian rhythm favors the immune system.

To encourage this, some accommodation facilities mark the times of the day and indicate when it's time to relax and go to sleep.

In general, I believe that we designers must put aside the ambition to create amazing buildings, in favor of structures that merge with nature and almost disappear in it.