



# Well

by Skanska

Just a few years ago, the concept of **“wellness at work”** sounded like an oxymoron, unless the space was a spa centre.








Karina Furga-Dąbrowska, Partner, Europe Chief  
Mindfulness Officer at Dentons Europe

Today - in an era in which employees value the balance between work and private life more and more, and set non-monetary benefits higher than their salaries, employers compete on the market with solutions whose goal it is to take care of the health and positive mental and physical well-being of their people. What's more, it is widely known that a happy employee is a more efficient and committed employee. This in turn translates directly into the tangible financial results of an organization.

Just a few years ago, the concept of “wellness at work” sounded like an oxymoron, unless the workspace was a spa. One of the solutions whose main focus is to care for the employee's health that is being implemented with increased commonality is mindful business, or mindfulness training. In training the so-called mindfulness muscle, we develop the ability to recognize and regulate our emotional states and we learn to have a healthy approach to today's ubiquitous chronic stress and frantic work pace. This approach translates directly into our mental and physical health. By practicing

mindfulness, we not only improve our concentration and creativity, but also improve communication skills and the quality of our interpersonal interactions, ultimately for the benefit of our business relations as well as those that are completely private. In this publication you will find examples on the implementation of WELL certification, which ensures optimal working conditions and enables employees to be healthier, happier and more involved. I thoroughly recommend you to take a good read!



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# The Contributors



## **ANIA RUDAK**

Graduate of the Academy of Fine Arts in Gdańsk. An illustrator with a soft-spot for wellbeing, emphasizing the conscious aspects of life and nature. On a daily basis works with fashion brands, magazines, and cultural institutions. To keep in balance with life, she practices yoga. Ania is responsible for the cover and section illustrations of this publication.



## **JAGNA NIEDZIELSKA**

A lover and propagator of the trend of not wasting food. Author of a book with recipes 'No Leftovers'. Host of the first television program in Poland focusing on food waste 'Bez Reszty' (No Leftovers). Strongly believes in zero-waste cooking and is a co-host of 'Widelcem po Mapie' (With Fork in hand) on the Kitchen+ channel. On a daily basis the Head Chef of the 'Tygiel' cooking group and also of a catering company.



## **KARINA FURGA-DĄBROWSKA**

Partner, European Chief Mindfulness Officer at Dentons Europe. A lawyer with over 20 years of experience in legal and tax consultancy for international corporations. Initiator and co-creator of the innovative NextMind training program for lawyers and professionals from the legal industry, based on mindfulness meditation.



**KASIA KLIMCZEWSKA**

A joyful yoga teacher fascinated by the importance of nutrition in maintaining health, a globetrotter and also founder of the SoulintheBowl.pl culinary and travel blog. After several years of living, working and studying in Asia, she returned to Warsaw to share her passion. She wants everyone in this speeding world to find a moment to breathe, and her favorite way is to do yoga nidra.



**TOMASZ BOJEĆ**

An architect, strategic real-estate expert and impact researcher on the subject of 'sharing economy' within this sector. He gained experience in Poland and Europe. Co-founder of think co. – a real-estate research lab., which deals with the implementation of service design methodologies on the real-estate market.



**HALINA KAMIŃSKA**

Designer and landscape architect. Runs the Florabo studio, dealing with the design and production of systems for growing plants in modern buildings. Firmly believes that the development of large cities is associated with the need to create urban plantations. Therefore, the goal of the brand's activities is to restore life-giving greenery into their natural conditions that are contemporary of today's human environment - in the city.

# Benefits of WELL

Well

We would like to invite you on an exciting journey through all seven aspects of the WELL certificate, explaining how the needs of employees in the office building are addressed. Each aspect consists of various functions and solutions that have been implemented to provide a healthy work environment.

To obtain a WELL certificate, the owner is obliged to subject the building to a meticulous and strict assessment. During the process of certification, seven categories are monitored: air, water, nutrition, light, health, comfort, the mind.

Benefits

**Elements of WELL certification:**

Air quality tests

---

Smoking ban

---

Ventilation efficiency

---

Limiting the amount of volatile organic compounds (VOC's)

---

Best-in-class air filters

---

Microbial and mould control

---

Construction pollution management

---

Healthy Entry

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Pesticide management

---

Moisture management

---

Air infiltration management

---

Windows that open

---

The best quality ventilation

---

Outdoor air installations

---

Advanced air purification

---

Minimization of combustion

---

Biophilia



**The Benefits:**

Lower risk of health problems

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Limited smoke pollution

---

No headaches

---

Higher productivity and greater job satisfaction

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No 'sick building' syndrome

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Less days of sick leave

---

Upper respiratory tract protection

---

Smog protection during winter

---

No draughts

---

Clean Air

---

Reducing stress by being in touch with nature



# Water



Well

## Elements of WELL certification:

Water quality testing

---

Water purification

---

Advocating the use  
of drinking water

## Benefits

### The Benefits:

Confirmation of good quality  
drinking water

---

No threat to the immune  
and digestive systems

---

Easy access to drinking water

---

Limiting the use of plastic

# Nutrition



## Elements of WELL certification:

Restrictions on processed food

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Allergen designations

---

Food markings for artificial ingredients

---

Nutritional Information

---

Encouraging informed eating habits

---

Food production



## The Benefits:

Lower risk of developing civilization diseases

---

Easier control of calorie intake and weight

---

Better informed users

---

Better control of food intake

---

Better eating habits

---

Better social interaction

---

Lower stress level

# Light



Well

## Elements of WELL certification:

24 hour lighting

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Electric light glare control

---

Sunlight glare control

---

The right to sunlight modeling

---

Arrangement of windows for access to daylight

## The Benefits:

Viewing comfort

---

Better mood and well-being

---

A healthy circadian rhythm

---

Less dependence on electric lighting – savings

---

Improved work focus

---

Improving overall health

---

Increased job satisfaction

Benefits

# Health



## Elements of WELL certification:

Green roof

---

Gym within the building

---

Outdoor gym facilities

---

Active physical movement  
within the building

---

Spaces set-aside for physical activity

---

Active design externally

---

Supporting active commute

---

Exercise equipment availability

## The Benefits:

Higher level of staff concentration

---

Encouragement of an active way of  
commuting

---

Encouragement of general physical  
activity and wellbeing



# Comfort



## Elements of WELL certification:

The building is open to everyone

---

Noise control inside and outside of the building

---

Thermal comfort

## The Benefits:

Less distraction

---

Increased intellectual performance

---

Better mood

---

Lower energy consumption

---

Less irritability

---

Greater comfort

Well

Benefits

# The Mind



## The Benefits:

Raising awareness

---

Health (physical and mental)  
promotion

---

A better approach to well-being in  
a built-up office environment

---

Lower stress and anxiety

## Elements of WELL certification:

Building health and well-being  
awareness

---

Creating and running an integration  
project

# The Air





The propensity of people to  
relate to nature is genetic.

Edward O. Wilson – biologist, writer



# Digital Ecology

Written by: Natalia Roś

Expert Comments: Joanna Skorupska



Never before in history have we been so aware of the effects of climate change. As a result we give up meat, plane travel and plastic products. However, we forget that our seemingly innocent emails, selfies and video streaming also increase energy consumption. It is high time to develop healthy and sustainable habits when using digital technologies.

Greenhouse gas emissions coming from the information and communications industry may increase from around 1-1.6% in 2007 to over 14% in 2040. This is more than half of the current share of air pollution being generated by the global transport sector, say researchers at McMaster University in Canada. From where do such numbers come from? Take an arbitrary example: we send 95 billion spam messages worldwide each year.

Digital is nothing but a cloud, e-mail boxes, search engines, social media or portals that allow you to listen to music and watch videos – each requiring millions of gigawatts to power them. It turns out all of our daily activities, such as buying products online, sending messages, posting selfies, storing files in the cloud or surfing Google, require fuel to run them, and that comes from the earth (coal, nuclear energy, oil).

However, because we don't actually see it, we often don't realize how much pollution we generate simply

by streaming. And the more often we play games or watch films on our 'phones, the more we use the batteries in these mobile devices. Digital ecology is not only what happens in the net, but also the impact of the net user on the physical world around us. The topic of climate change causes anxiety and sometimes leads to mechanisms that suppress the problem. However the real solution is education and the raising of a greater awareness of the issues, and thankfully help is at hand...

Joanna Skorupska, founder of radicalzz.studio, a comprehensive agency that implements technologies which support people's needs. Its mission is creating awareness and teaching within the fields of sustainability development and innovation. radicalzz.studio is a huge technology optimist, fully aware of the carbon footprint that we all generate within the digital world. It points us in the right direction of how to create new things within the digital world, while at the same time remaining eco.

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Every year, companies send

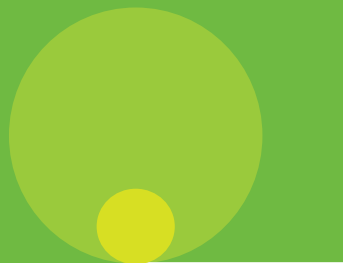
**95** billion spam  
mails/messages

The energy cost of this spam is over

**17** million  
tons of CO<sub>2</sub>

The same as

**3** million  
cars on  
the move



**16%**

of global energy  
consumption is the  
digital industry

**comment: Joanna Skorupska**

Digital ecology is the result of a lack of education and awareness of how to use technology and how to navigate within this environment. Nobody has told us how to use our phones or computers in such a way that would help reduce e-waste. We are currently dealing with the problem of 500 million tons of electrowaste, of which only 13% is recycled, and in the case of smart phones only 20%. Nobody has told us that all our activity on the net leaves behind a trace, the record of which is stored in large server rooms.

Therefore, if we want to create organic products in the digital world, we should first think twice about whether we really need them. We were keen on mass digitization, but nobody stopped and asked what the consequences might be. The same thing happened to us with plastic in the 90's, when without any hesitation we fell in love with the wonderful raw material that we began to produce on a massive scale, and now we are feeling and seeing the effects.

If we begin understand what precisely the time spent on social media or uploading videos actually means, then we can begin to change our behaviour patterns. A systematized knowledge and awareness of digital ecology can be derived from the "Low Tech Magazine", which analyzes technologies in terms of their impact on the environment. A decent dose of knowledge can also be obtained from the French



Well



research unit, The Shift Project, which examined video streaming and its effect.

Let's forget about the sense of shame or guilt, and let's focus on doing good, cooperating in an adequate way in line to the scale of the problem. For each person it will mean something different, but that's enough. There are 7.7 billion people on this planet, so do not expect that one person is able to fix everything Cooperation is the right direction.

The Air

## Create pages that actually use less energy:

1. Transfer your website hosting to servers that are powered by renewable energy sources. This will significantly reduce the carbon footprint associated with your data storage.
2. Use simple solutions and code pages on static html. The average page size of mobile versions has increased 10-fold between 2008 and 2018!
3. Compress graphics. Stop the mania of showing everything you have in its best resolution. You can check the efficiency and weight of your website at: [pingdom.com](http://pingdom.com).



## Do it for digital ecology:

- Install the Carbon Analyzer overlay, which analyzes online activity and reports the CO2 consumption associated with this activity.
- Clean up any applications you operate. You can get rid of unnecessary emails, unsubscribe from the newsletter which you no longer use. You can do this with the Cleanfox tool.
- Clean up your Instagram account using the CleanInsta application.
- Take a look at your cloud. Check to see if there are any duplicate files or anything you no longer need.
- Use smart-phones with a greater awareness. Turn on 'dark mode', which consumes less energy. Consider repairing devices as it is really unnecessary to buy the latest or new models. The iPhone 11 generates 72 kg of CO2 throughout its entire life cycle. Multiplying this by 218 million phones that were sold in 2018, we get about 17 megatons of CO2, actually as much as Estonia produced in 2017.
- Send plain text messages instead of in-app messages.
- Treat yourself to a digital detox from time to time. You will help the environment and your brain.

# Biophilic Design

Written by: Halina Kamińska

Photo's: Florabo

The last few years have shown that a trend that is developing very dynamically within the office space sector is the so-called biophilic design. This is the stimulation of design and plant arrangement as companies are seeking more and more original solutions for implementing greenery in buildings and workplaces.



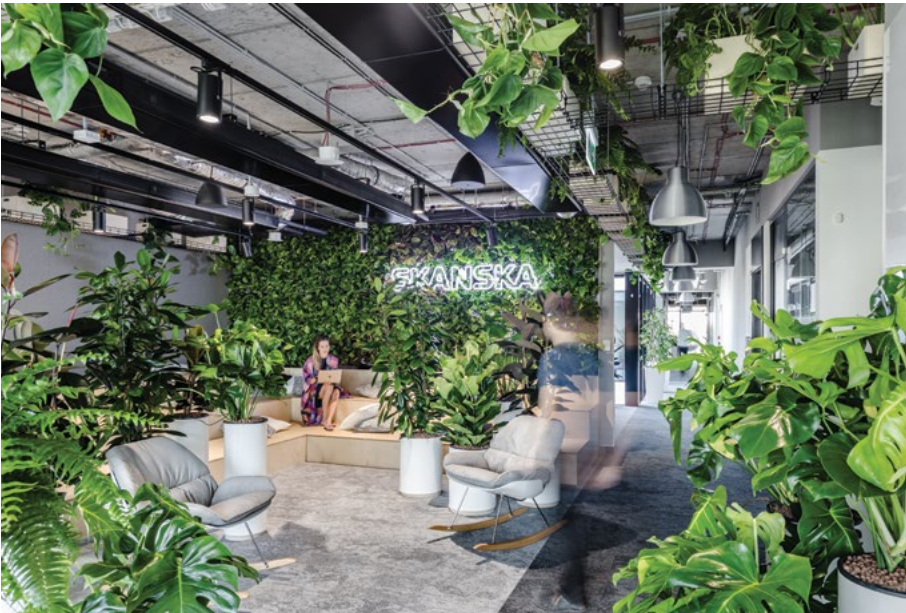
The term "biophilia", was first used by social psychologist Erich Fromm, and was disseminated by Edward O. Wilson in the work "Biophilia" in 1984. He formulated the thesis that the tendency of people to relate with nature and other life forms is after parts of one's genetic background. He based his thesis on the fact that man for over 90% of his existence on earth had a constant and direct contact with nature, hence the impact upon our traditional senses to react positively to the closeness of nature. Two trends can be observed in biophilic office design. The first is limited to introducing various forms of nature (e.g. greenery, water) into rooms to provide people with sensations that soothe, colours to please the eye, amazing shapes or unpredictable while at the same time beautiful textures. The second trend, which is a development of the first, attempts to recreate air quality,

natural lighting and acoustics in an enclosed space that is so typical for the natural environment. Thanks to the development of interdisciplinary knowledge, we are able to understand better and better the health consequences felt by employees, which are a direct result from poor air quality.

The attitude towards many technologies is changing. Energy costs and very high atmospheric pollution caused by respiratory dusts, that are very common in some areas, tend to limit the flow of external air supplied to the rooms. As a consequence, many innovative solutions have appeared, such as: advanced filtration, UV disinfection or photo-catalytic decomposition of impurities.

The range of interesting, aesthetic concepts of green arrangements within office spaces, is therefore





supplemented with solutions that give measurable effects on improving air quality. Florabo undertakes such projects that are required to consciously recommend effective solutions based on bio-filtration for office spaces. We have created a prototype of sensors and applications for assessing indoor air quality, and we are conducting a pilot implementation of a project based on biologically active filters. Their action is not only about that of photosynthesis and absorption of impurities by the green part of the plant, but also on forced air movement through the soil layer in the root zone and the final filtration of the air through activated carbon.

For successful introduction onto the marketplace, it will be necessary to carry out additional analyses and verify the dependence of the distribution speed of gaseous pollutants from many environmental factors. However, it can already be stated that light has a great impact on the bio-filtration process. Its parameters depend on the type of glazing, distance from the window and the type of artificial light.

For each project, we individually select strategies, depending on the scale, specifics of the location and budget. However, we always keep in mind, that the investment with regard to vegetation is motivated primarily by the desire to improve the parameters of the

work environment and employee health. Increasing individual work efficiency by up to several percent from an organizations economic point of view is very profitable, as salaries are the dominant component of the company's operating costs. It is also very important that the project predicts how the plant will develop over time. Neat vegetation, sufficient access to light and appropriate conditions for the process of photosynthesis will make most employees appreciate the new values of their office space. However, the factor that determines the success of introducing plants into the workplace is their professional nurturing from the planting phase. Is biophilia just a temporary fashion or will it become a permanent fixture in space design standards? Will vegetation contribute significantly to improving the parameters of the interior environment? Time will tell. Certainly it is a trend that is developing and combined with the idea of a slow life and a work-life balance, effectively changes the approach of designers, investors, office tenants and employees of the surrounding space. We have again begun to appreciate the contact with nature, which we denied for such a long while after being overwhelmed by the technological innovations that surround us. By implementing the idea of biophilia, and by introducing plants into offices, we are restoring what should be for us obvious – a closeness to nature.





# Water

Preserve what we have for future generations, one of the world's scarcest natural resources.



# Zero Waste Gardens

Written by: Weronika Roś

Working in the garden has a great effect on the human body. A short, but active stay amongst the lush greenery lowers blood pressure and allows one to relax and refresh one's mind. Therefore with these benefits it is no surprise that the trend for mini gardens is timidly entering the world of the office space. Here, we will give you some advice as to how to begin the adventure with plants within the workplace.

We, as humans, have inherited a zero waste lifestyle from our pre-historic ancestors. No, it's not a joke! Even then, when searching for food, man had to think carefully about his action plan. When collecting berries from the forest or hunting animals, various materials were used that had been found in his immediate surroundings and then formed into more useful items for a given situation. Food was stored, and the space surrounding our ancestors was decorated with simple objects frequently taken from nature. Nothing was wasted, everything had its use.

At the beginning of the 20th century, we faced mass migrations of people from the countryside to cities in search of work and a better quality of life. Today, the faster pace of life and the availability of having everything at your fingertips (and now at a click) have led to a lack of time for the creative and responsible management of matter. Today, we are facing a much larger environmental problem that is the result of a huge technological leap. However, supporters of the zero





waste trend believe, that with positive thinking and a return to basics we will be able to bring about positive changes. Much has already been said what we can do individually within the household, but what can be introduced at the workplace?

Zero waste office gardens are an interesting idea. It is not just an eco trend, but above all else, a great way to balance work and build social relations. Zero waste gardening is no longer a hobby, nor a marginal pioneering activity. There are many blogs that suggest useful solutions for the garden at home as well as for offices. Inspekty.pl is the first urban gardening portal in Poland. Here we can find such tips as; growing herbs in just water, which vegetables make good neighbours on the plant-bed, and which vegetables can be grown in pots.

Many studies from the world of biospheres argue about the positive impact of hortitherapy on the work and lives of people. What is it all about? Essentially, it is conducting a variety of horticultural treatments on a person while also reflecting upon them during the treatment. This helps to enter a state of relaxation, motivates one to work, and this can bring about measurable results, as it stimulates all of the senses and encourages a pleasant physical activity brought about by being in contact with nature, which in itself has many healing and relaxing properties.

In urban spaces, we often come across communal gardens, encouraging and motivating local residents to work within them. A wide range of cultivating methods are used to create them, i.e. no artificial plant growth aids are used. It is worth taking a look at Jazdów in Warsaw or the Tempelhof airport in Berlin. Open spaces, with paths laid out with mulched branches and bark, beds separated by decorative and flexible wicker borders. Each plant is identified and described on wooden plaque embedded into the ground – which is made up of previously prepared compost.





Each one of these simple and visually elegant gardening activities has a fundamental impact on the environment. Take, for example, mulching, i.e. crushing branches and covering the soil surface with this organic matter. This reduces water evaporation, and as a consequence there is a lack of weed development and prevents water and air erosion. Thanks to this, we also care about water management in our garden.

Ideas from the city's zero waste gardens can be transferred to the office space. Herbal mini gardens are great. Rosemary, basil, coriander, mint and parsley interspersed with lavender. This idea requires systematic care, but the degree of impact on the senses is invaluable! You can also set up a nursery of random specimens forming an exotic jungle. What it will turn into will it be a surprise, especially when a lemon grows in a pot next to a typical

garden plant, all grown from randomly sown seed!

There are a lot of interesting ideas to create and manage zero waste at home within the city or within office gardens. You can start with a more conscious use of leftover meals such as domestic composting (egg shells will enrich the change into calcium or banana peel into phosphorus and potassium) or planting leftover vegetables. Lettuce, carrots, celery and onions are all great for reuse.

Zero waste gardening is a continuous process of matter circulation within nature. Let us not break out of this routine. Let cities and our offices, where we spend most of the day, also participate in the green circular economy system.

# Herbal Infusions

The main task of herbal infusions is to warm the body from the inside and to improve the functioning of the body's internal organs.

Text & Recipes: Kuba Korczyk

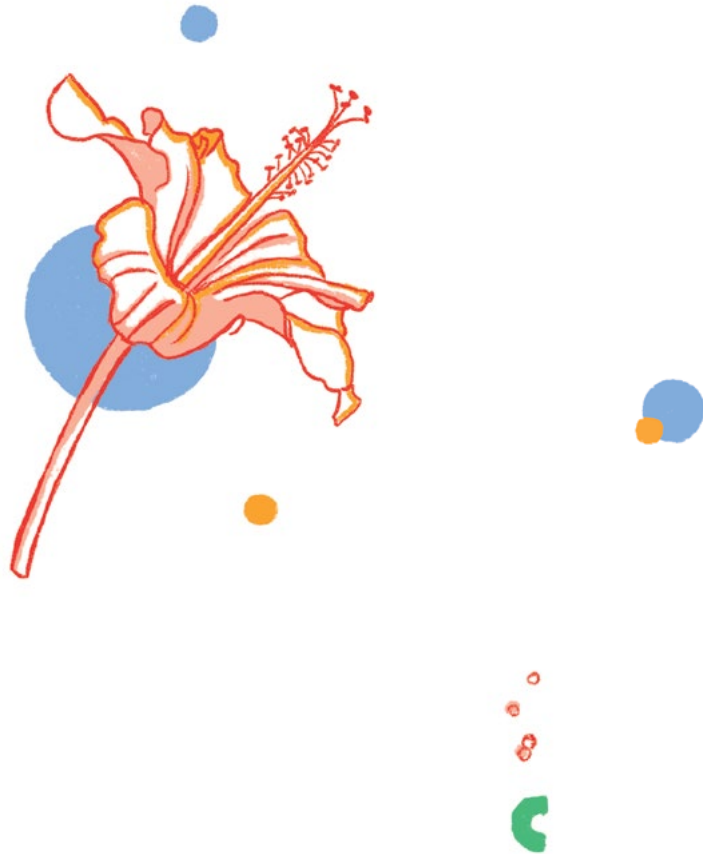
What do we prefer to drink at work? A mug of coffee, a hot chocolate, perhaps a cup of tea with lemon. These are the most popular options we tend to choose, but certainly not all those at our disposal. While sitting in front of the computer screen at work, it's also worth considering reaching for something a bit more traditional - herbal infusions!

When tea leaves from the East, lemons, cocoa and coffee beans were not yet known in Poland, our great-grandparents used to drink herbal infusions. Their main duty was to warm the body from the inside, and thus improve the work of the internal organs. This is also a great way to give energy, fight off a cold or a bad mood.

Water



Well



### **Power Golden Milk**

*Anti-inflammatory properties and warms the body from the inside. A magical combination that will work when we catch a cold.*

1 cup milk (may be vegetable)  
1 clove of garlic  
½ teaspoon of dried turmeric  
1 heaped teaspoon of honey (or agave syrup)

Grate the garlic on a fine mesh grater or squeeze through a press. Put the resulting paste into a glass, add the turmeric and honey. Pour in hot, but not boiled milk.

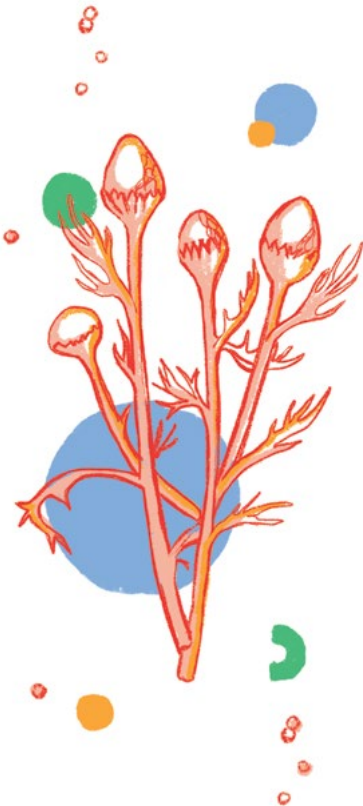


## Balance Blend of Herbs

*This infusion helps to relax tense muscles, reduces blood pressure and soothes. It is worth keeping a pre-prepared mix at the ready in a kitchen drawer, just to be ready when you need to you're your balance.*

50 g chamomile blossom  
60 g lemon balm

Mix the herbs together and store them in a air-tight jar. When experiencing stressful situations, prepare an infusion - put a teaspoon of the mixture into a cup, pour boiling water over it, and let it infuse for 15-20 minutes.



Well

## Superfood Flax Seed

*This Polish super-food, improves the workings of the intestines, coats the stomach walls and has a great effect on the skin and hair.*

3 teaspoons of ground flax seed  
300 ml water  
honey to taste

Pour water into a saucepan and put in the flax seed. Heat and then simmer, for about 15 minutes. Add a little honey to suit. Best to drink on an empty stomach before breakfast.



Water

## Warm-up Hibiscus infusion

*Tea with hibiscus is not only delicious, but also warms one up and helps strengthen the body's immune system.*

1 teaspoon dried hibiscus flowers  
½ teaspoon of black tea  
1 cm freshly peeled ginger  
a pinch of cinnamon  
several cardamom seeds  
a slice of lemon  
honey to taste  
300 ml water

Put the hibiscus, tea, crushed cardamom seeds and cinnamon into a jug. Grate the ginger on a fine-mesh grater and add to the contents of the jug. Pour over hot (but not boiling) water. Allow to brew for 10-15 minutes. Sweeten with honey and add a slice of lemon before serving.

## Wellness Nettle infusion

*Helps in maintaining the body's water balance and cleanses the body.*

2 teaspoons dried nettle  
a few leaves of fresh mint  
1 cup water

Pour boiling water into a cup of nettle and mint. Brew with the cup covered for 10 minutes. Do not drink more than 4 glasses of this infusion per day. Should you get bored of the taste of the nettle, why not try evening primrose, white mulberry, sage with honey or cistus. Each of these herbs has an excellent cleansing effect on the body.



## Energy Exotic Jam

*A beverage whose recipe came to us from Asia. The antioxidant properties of turmeric are ideal in the face of today's urban rush, stress and a significant decrease in the body's immunity.*

1 cup water  
¼ teaspoon turmeric  
2 thin slices of fresh ginger  
¼ of a lemon juiced  
honey (alternatively agave syrup)  
a pinch of cayenne pepper (necessary because it strengthens the action of the curcuma contained within the turmeric)

Place the ginger into a cup. Pour in boiling water. Fill about ¾ full. Allow this to brew for about 10-15 minutes. Then add the turmeric to the cooled ginger infusion and stir. Add honey, a pinch of cayenne pepper, and top-up with some cold water. Finally squeeze in some lemon juice, stir and drink before breakfast. A daily dose of energy is fully guaranteed!

# Nutrition





Taste is much more than simply  
a food composition analysis.  
I give to it colour, sound, layers  
and textures.

Marije Vogelzang – eat designer

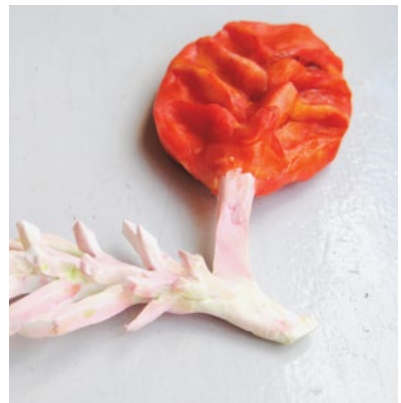
# Eat Design

Interview by: Natalia Roś  
Press Photos: Marije Vogelzang

**Marije Vogelzang** is a Dutch designer, creator of the concept of eat design, which focuses on observing eating habits and people's rituals associated with meals.



Marije Vogelzang regularly works as a designer and consultant within the food industry. In 2014, she became the head of the food department at the Design Academy in Eindhoven. Her 2017 project Volumes that focused on the problem of over-eating was widely commented on by the world media. The designer has created tools that help eaters think their plates are fuller than they really are. Marije Vogelzang came to Poland for the Undiscovered - stories about experience conference.



**When someone says "food", what picture is conjured up before your eyes?**

Food is just the food you eat. An apple is not food until it is eaten. If it rots on the shelf, it is a waste. If it is planted, it becomes a tree. So when I think about food, I think about actual food, although I do consider droppings as well, and how these two ideas are related. Leftovers can become a fertilizer on which you can grow new food afterwards.

**Does the food you eat make any sound ?**

All the sounds that appear in my head when I eat are very intimate and extremely interesting!

**What is taste for you?**

It's more than just an analysis of food composition. I tend to consider it as layers and textures.

**Is now the time that food design is being considered seriously and not just a curiosity?**

In some parts of the world, yes. Although most of our planet still think it's a fad. In many design schools, a design diploma cannot be gained based on food being the main subject. The world still believes that design is all about creating functional and beautiful objects.

**How important is cooking in the context of eat design?**

It doesn't matter how well you can cook. It's important to cook and to fully experience and understand the cooking process.

**What about a person who deals with eat design on a daily basis?**

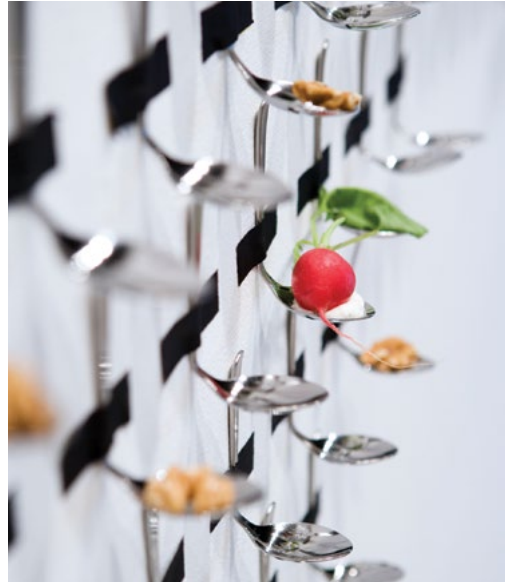
Anyone who thinks about designing within this narrow subject, must be aware that this is a close cooperation with chefs and gourmets. It's working with food, and also with the food eating experience. Cooking is a skill that requires time, mindfulness and patience in continually learning and improving one's skill-set.

**What should anyone learn about thinking about eating design?**

Question everything you see and experience related to food. Do some gardening. Go through the process that food must take in order to be on a plate. Always be curious about the world, wonder why things are what they are.

**What have the last 20 years looked like in the field of eat design?**

These are actually the first steps of this young branch of design. It all started as a lot of fun, which gradually opening up completely new work spaces. Nobody thought about how it would expand 20 years ago.



Nutrition

I strongly believe that this profession can change the way people eat meals.

**What does the future hold for this aspect of design?**

Certainly, food design will become even more visible to a wider audience and will have a much greater impact on everyday eating behavior.

**Why did you decide to work in eat design?**

Quite simply, I could not find another subject that was more diverse, demanding, exciting and richer. Also, the application of creative thinking to food gives me a great deal of satisfaction. So I have an influence or change the perspective and a point of view in politics, circular economics, rituals, culture or nature. I strongly believe that this profession can change the way people eat meals. I can contribute to changing social behavior!

**So what is necessary to be able to influence?**

The next step is to incorporate creative thinking into mass culture so that you begin to change your own eating behavior, culture and food chain.



# Wasteless Cooking



Written by: Jagna Niedzielska

How to live healthily and ecologically, so as not to go mad? Does being in harmony with nature have unbearable limitations? How to put an end to the consumerist approach? Perhaps the eco ogre is not as scary as some make out! A kitchen without leftovers, although it will change our life-style, it is most definitely the kitchen of the future.

There is one number that probably everyone has heard about this past year - 9 million tons of food. That's exactly how much food is thrown out in Poland. Assuming that a large, fully-fledged meal weighs about 500 g, the average Pole discards over 40 meals a month. Throwing away food brings with it knock-on effects. Social, economic and ecological. I realize that not everyone will be interested in the well-being of our planet, so I also draw the reader's attention to the sheer waste of money that could be spent on travel, good wine and other down-to-earth pleasures.

Who throws out the most? Consumers throw away the most (53%), followed by the food-processors (19%), gastronomy (12%), manufacturers (11%), shops (5%) (Eurostat 2012). According to SGGW research in Warsaw, conducted as part of the PROM project, among consumers, food is most often thrown out because it is spoilt (65%).



A kitchen without leftovers,  
although it changes our daily habits,  
is the kitchen of the future.

The question immediately arises, what does spoilt mean? For some it will be a wrinkled tomato skin, for others it will be a dark discoloration on an apple, and for others stale bread. As a general rule, keep in mind that spoiled means unfit for consumption, e.g. due to mould or the expiration date. Warning! Do Not Throw out wrinkled, bruised fruits. Although perhaps ugly, they will actually be much sweeter and thus tastier. You can bake 'ugly' tomatoes, peppers, eggplants and make cream from them, and bruised apples will turn out brilliantly in an apple pie or roasted in butter, they will be great as an addition to ice cream. In turn, stale bread should be treated on a par with that which is fresh. For example, I use them as a cheesecake base. Also remember about the quantities you need when shopping. A thoroughly pre-prepared shopping list will help you with this. To protect yourself even better against that dreaded effect of uncontrolled shopper's momentum, eat well before leaving home for a shopping trip.. A hungry person tends to buy more.

It is also worth carefully studying expiration dates. Their omission is another reason for wasting food (42%). When I run lectures and culinary workshops, it turns out that many people have a problem distinguishing between the terms. "Best before" and "should be consumed until". PROM research confirmed that as many as 64% of people do not distinguish between these terms. In all of this, the phrase 'best before' is particularly interesting. Products labelled in such a way are coffee, tea, pasta, rice, cereals, vegetable oils, tinned fish. After the "best before" date, these products are still good for consumption, provided that the information on proper storage has

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# 9

million tons

exactly how much food is thrown  
away in Poland every year

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# 235

kg of food per year

year that much is wasted  
by a statistical Pole

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The main reason we give for wasting food

# 29%

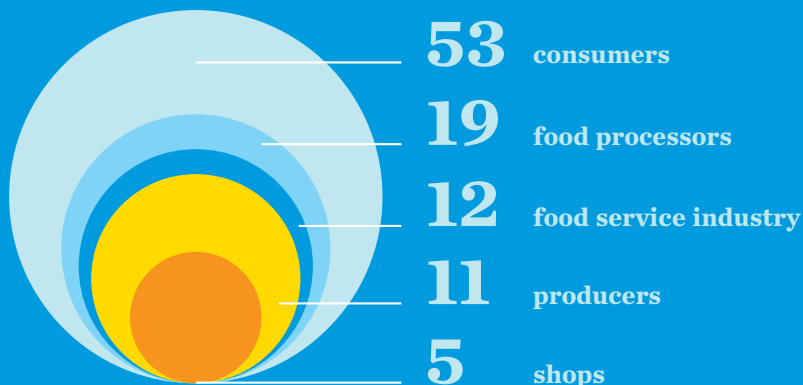
missing the expiry date

# 20%

too much  
shopping

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Who throws out the most? (%)



been observed. Products can lose their original consistency or taste, but are still fit for consumption. In turn, "should be consumed until" is a term that indicates that after this date the product is not suitable for consumption. So what happens when these two concepts are confused? Many products are mercilessly consigned to the rubbish bin. In my opinion, a large part of these be should be labelled with the term 'without a date', so that we would not so flippantly throw them away. The heart of a kitchen without leftovers are products with a minimal expiry date. Dry vegetables, such as beans, chickpeas or lentils, cereals, rice, flour, pasta etc. The fridge should be like a condiment to what our kitchen cabinets and shelves hide.

Another golden rule of the waste-free and feeds us well is cooking from what we have available at home. Yes, let's be inspired by TV programs, recipes from books and the Internet, but there is no reason to copy them verbatim. If we run out of any ingredient, there is no reason to cry about it or run to the shop in a mad panic. Instead, let's look for substitutes.

Which products are worth seeking out? Clearly seasonal and local ones. Proximity has a special value here. The shorter the distance from the producer to the customer, the less CO2 emissions and the decreased likelihood of the use of preservatives, that have an adverse effect on

our health and the environment. We should also pay attention to reducing the consumption of animal based products. Industrial animal husbandry is responsible for climate change due to huge emissions of greenhouse gases, and is also responsible for decimating forests to increase grazing land and environmental pollution through fertilizer use. In my opinion, a diet made up mainly of vegetables and fruit, while also including butter, cheese, cottage cheese, fish, eggs, is not only organic but by far the healthiest. Scientists from the University of Oxford and the University of Minnesota have a similar opinion. After recalculating all ecological indicators, they found that red meat is on average 35 times more harmful to the environment than a bowl of vegetables. Increasing the consumption of vegetables, pods, fruits, whole grains, nuts, fish, vegetable oils with a high content of unsaturated fats, i.e. food that reduces the risk of diseases and has an impact on the environment, would bring many health and environmental benefits around the world (PNAS - scientific journal American National Academy of Sciences).

In my opinion, to live a healthy and good life without having to give up the pleasure of eating and also for the sake of the planet, it is enough to be a local vegetarian who just happens to be reach out for the flavours and tastes of world cuisine.



# Light



The human biological clock reacts to the quality and the amount of light.

# Pleasing Light

Written by: Weronika Roś

Press photo's: yestersen, Menu, Stoff, Lexavala

Work standards are the basis for determining performance parameters within enclosed spaces. Light plays a pivotal role. A natural warmth is one thing, while inspiration of the imagination in a creative environment is another. The ideal recipe is to have a good design and a good way of introducing the light, which for interior designers has a multitude of meanings.

Lamps - design icons have arrived within the office space. They have made it their home be it hanging or floor-standing. Some are designed for specific buildings and then go down in history. Others are still basking in the glory of yet another revamp. Decorations such as mirrors or candlesticks also play a role as regards the emission of light and glow. Design gems can be found in shops which focus on vintage furniture, e.g. yestersen.com. Find out more about the whole history of the faithful observers of your daily challenges at work:

Light

**Lamp: VL45**  
**Designer: Vilhelm Lauritzen**  
**Brand: Louis Poulsen**

Designed in the 1940s for the headquarters of Radiohuset in Copenhagen. The designer of both the lamp and the building itself was the architect Vilhelm Lauritzen, best known for his functionalist architecture in Denmark. The coquette lamp has a beautiful round lampshade made of white opalescent glass that emits a soft, uniform light. Chosen for conference rooms and general lighting of spaces.

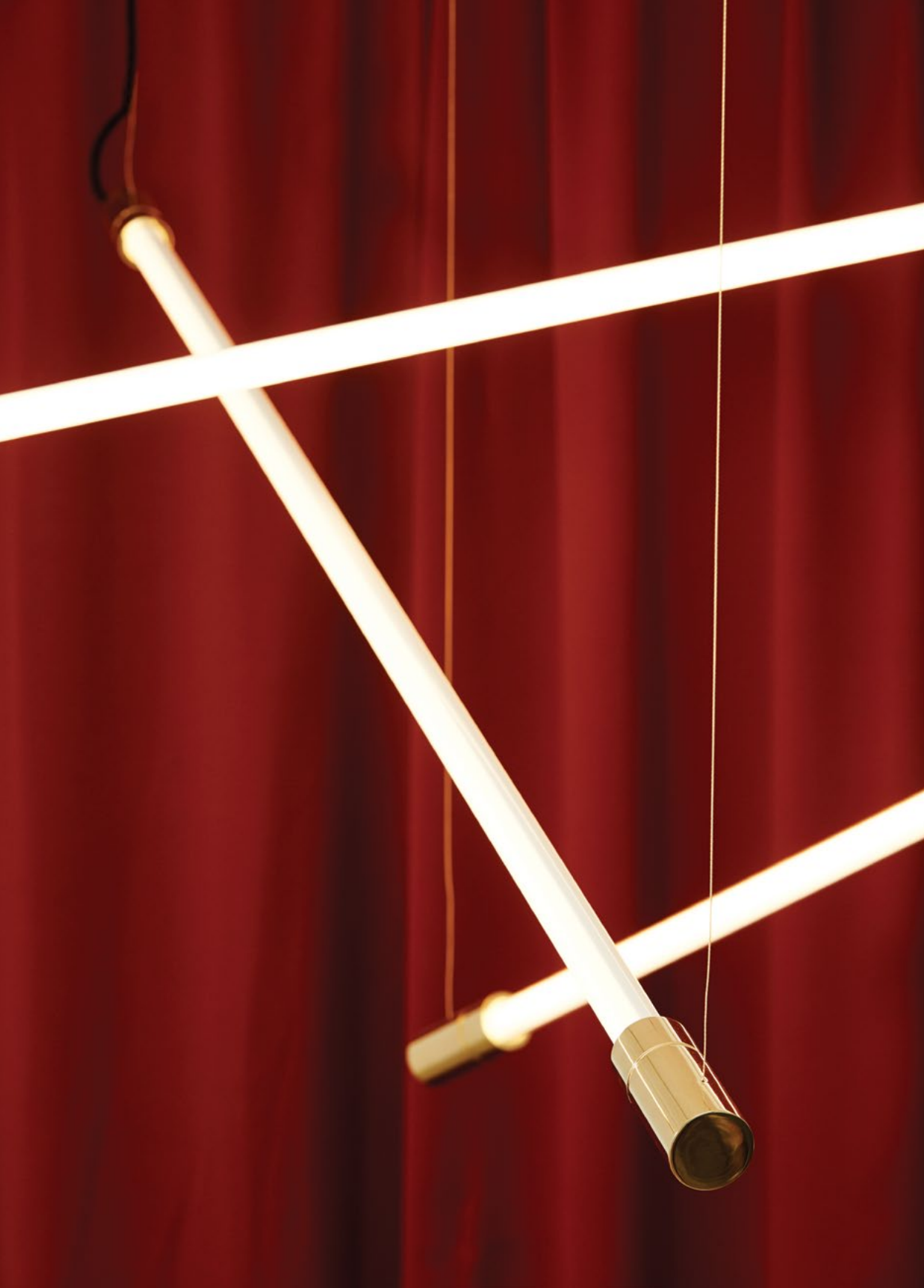
**Mirror: Gridy Me**  
**Designers: Gridy**  
**Brand: Menu**

A mirror designed by the Norwegian duo Gridy. It is embedded in a dark oak wooden base. Menu is Scandinavian brand founded in 1978 in Copenhagen. It is characterized by minimalist, frugal shapes that have a timeless character.









**Candle Holder: Stoff**  
**Designers: Werner Stoff**  
**and Hans Nagel**  
**Brand: Stoff**

The modular candlestick holder is a true design icon. It was designed in 1967. Inspiration for the design came when one of the designers collapsed in the snow during a ski-ing holiday in the Alps. The three impressions looked like the shape of a triangle, which was later assimilated in the design of the candle holder. Each individual module can be combined with any other freely and at will, thus generating original and unique shapes. The slim, minimalist, yet sculptural shape captures light from its surroundings, emphasizing its geometric breaks and cuts.



**Lamp: Jamnik**  
**Designer: Apolinary Gątecki**  
**Produced by : S.Z.M. No. 2 Field**  
**Industrial Factory in Warsaw**

Designed in the 1960s, the lamp resembles a dachshund and is made of metal and ebonite. The shade has small holes through which decorative diffused light comes out. Perfect for a desk or on a coffee table in a relaxation area.

**Lamp: Misalliance**  
**Designers: Paweł Zajiczek**  
**and Jakub Szkaradek**  
**Brand: Lexavala**

The Lexavala brand has been created by Paweł Zajiczek and Jakub Szkaradek - two young Polish designers who juggle with the concepts of minimalism and maximalism. The Misalliance lamp series, combines raw materials, a simple form and the elegance of precious metals. The wall-lamp scatters the light from side to side, and sometimes its glow can be intimidating.

**Lamps: PH5 & PH4/3**  
**Designer: Poul Henningsen**  
**Brand: Louis Poulsen**

The dream of designer Poul Henningsen was to create lighting that would not dazzle, project light only where it is needed, and with soft and spot light options. The idea for multi-segment lighting systems appeared in the 1920s. The timeless shape of the PH5 and PH4 / 3 models still pleases the eye of today's connoisseurs of good design.

# Health



Only after 21 days of repeating  
an action will it become  
second nature.





# A Holistic Road to Health

A holistic approach combines the work of various experts whose aim it is to improve one's health. The goal is to change habits and to better understand what is good for an individual. Experts from Holistic House have come to the rescue. They will explain what first steps we should take in order to regain a healthy balance.

Justyna Salamonowicz-Gustaw

## Diet Therapy

*I combine various coaching elements, diet, Ayurveda, stress work techniques, and I am also a relaxation yoga instructor.*

Today, a balanced diet is simply not enough. One should look at sleep hygiene, learn stress response techniques and introduce an element of relaxation every day. Sometimes these are breathing exercises, sometimes meditation. Taking a look at your everyday habits along with additional diagnostics will give you the answer as to why you sometimes fall asleep at work or why you are not effective enough. It may turn out that lunch is poorly composed, you eat at times when you should not, or you devour your meals in a hurry. The most important thing is to change your habits and understand why something is worth doing.

**Recommendation:** Grab a copy of the book *Shinrin Yoku*. The Japanese art of drawing power from nature. It speaks about the beneficial effects of forest baths. It is a science of mindfulness.

You have to focus, in silence, on your own steps you are taking, on nature, birds, leaves.

**Task:** If you happen to eat in-between main-meals, then the next time you year to reach for something to eat, think about why you are doing it. Stop for a moment and take some time to answer the question: what am I doing this for? If afterward, you still have the urge then eat, but do it consciously. Food should have a nutritional function, and not be in control of our emotions, by being a substitute for relaxation, reward or reaction.



Well



Health

## Mindfulness

*I practice yoga and meditation. I share mindfulness techniques that are helpful in the everyday control of difficult and stressful situations.*

Mindfulness draws on a variety of fields of knowledge and methods - careful eating, bodily observation, breathing, brain biology, and how hormones are secreted. It's the ability to recognize signals from your body and practice mindfulness. Introducing the principle in small steps into your life and practicing them every day. Our nerve connections need time to change and create new paths - new habits. Neurosurgery says that after only 21 days of repetition, it will become our habit.

**Task 1:** Focus on one thing here and now. When you are brushing your teeth in the morning, do not make plans in your head, do not think about what you have to do today, do not litter your mind. At this moment, you are brushing your teeth, so focus completely on this activity.

**Task 2:** Spend at least 15 minutes to eat a meal. Observe the colours on your plate, enjoy the smell of the food and its structure. Eat attentively, calmly, get to know your meal. Try to chew on one mouthful at least 36 times.

Monika Kondracka

## Reflexology

*I deal with reflexology of the feet, hands, face and head.*

Reflexology is all about stimulating reflexes located on the feet or hands, each of which corresponds to specific organs. The face is mainly responsible for relaxation. The nervous system impacts on our minds. Systematic work on reflexology points allows you to assist our body in a quest to restore a natural balance within the body. Reflexology improves the quality of sleep, minimizes pain, reduces muscle tension and reduces the effects of stress. In this way, we balance the circulatory, immune, nervous and endocrine systems.

**Tip 1:** You'll never ever completely get rid of the stress within your life. Learn how to take care of yourself, read body signals and respond. Bring mindfulness into your private and professional life.

**Tip 2:** Throw the word "multitasking" out of your personal vocabulary. It's overrated! Multitasking is most certainly not mindfulness. If you give each task sufficient time, complete it thoroughly from beginning to end, then you most certainly are doing it right.



# Business Here and Now

Columnist: Karina Furga-Dąbrowska



Health

The world has literally gone crazy on the subject of mindfulness. The mindfulness trend resembles something akin to that of jogging a few years ago. And even though no one jogs during office hours - unless it's to the kitchen to grab a so-called quick coffee - mindfulness in this dimension is actually going a step further: mindfulness sessions are being entered into the diary of the standard working day in many organizations.

More and more innovative companies around the world are implementing various types of training projects using mindfulness. Examples include Google, Goldman Sachs, Apple, IBM, Nike and Dentons. But why? Why this sudden interest in mindfulness within business? The answer is quite simple. On the one hand, we are living a faster and busier life. The growing pace of work and the constantly increasing amount of distractions cause chronic stimulation and destabilization of our minds, which translates directly not only into our private lives, but also into the quality of our work. Increased incidences of depression, neurosis, burnout syndrome or general addiction are just some of the effects that directly affect all of us. With these circumstances in mind, it becomes a priority to find how to deal with our speeding minds.

On the other hand, the growing number of scientific studies confirming the amazing benefits of this form of mind training have had a direct impact on the growing interest in mindfulness and the possibilities of its application



within organizations. It is already known that systematic mindfulness training has a direct impact on health - it lowers blood pressure, prevents the recurrence of depression, reduces anxiety, relieves chronic pain or improves the complex workings of the immune system.

But that's not all. By practicing mindfulness, we learn to calm the mind, while increasing the ability to concentrate, be creative and have the ability to work in stressful conditions. Developing the skills that make up so-called emotional intelligence, mindfulness training activates self-awareness, social skills, empathy and a skilful approach to emotional self-regulation. All of this is very useful not only in a private environment but also in our professional life. Thanks to mindfulness

meditation, we understand ourselves and our emotions better, and thus consciously manage our actions and behaviour. We understand better the needs and feelings of others, and this, is the basis for better team management and building lasting, trust-based relationships in business.

I really like comparing mindfulness training with that of training at the gym. Just as in the systematic way we develop our muscles by doing physical exercises, so the "mindfulness muscle" that is our mind, can be trained through regular formal and informal mindfulness exercises. And just like with the "physique" of our muscles, regular meditation and other exercises are a prerequisite for mindfulness, if we aspire to achieving a lasting and long-term effect. As numerous studies have shown, the first positive results can be already achieved after eight weeks of practice for a minimum of 10 minutes per day. Imaging studies of brain functions have been conducted using magnetic resonance imaging and computerized tomography, and as a result, show that after two months of regular mindfulness exercises, those parts of our brain that are responsible for conscious decision making, creativity and concentration begin to thicken (this is called neuro-plasticity of the brain and is dependent on our daily experience).

Assuming that we sleep for about six to seven hours per day, the 10 minutes of mindfulness training is less than 1% of the time when we are awake. So it's worth investing in it. What's more, unlike the gym, admission is free!

# Breathing Exercises

Text and Exercises: Kasia Klimczewska

## Focus in the middle of all the turmoil

You have at your disposal the best medicine, an efficient soother, excellent relaxant and uplifter. It's your breath. A giver of the endless joy of life and a regulator of the flow of energy that you can manage in any way you want. Just inhale ..., exhale ... and simply add a moment of awareness that you are doing just that.



You need nothing anything else to consciously work on your breathing – quite simply your attention and a moment of focus can bring with it an immediate calm, relaxation, reduced stress, and get rid of that unwanted headache. Breathing supports creativity, concentration and provides for a healthy night's sleep. Learning how to breathe effectively is the best and easiest change we can make in our life to definitely improve its quality.

## Breathing observation

This is the simplest breathing exercise that you can do anytime, anywhere. A simple breathing observation. For 30 seconds, a minute or longer. Stop for a moment wherever you are, close your eyes and notice the air flowing into your body through your nostrils, filling your chest and abdomen and then exhale slowly. Listen to the rhythm of your breathing, can you hear its soft, humming noise, or is your breathing changing in any way in what you hear? These are the moments that will carry you into a quiet place, regardless of any external circumstances.

## Abdominal Breathing

*oxygenates and calms the body,  
teaches the correct respiratory  
method*

Sit comfortably and see if you are breathing fully, deeply, using your diaphragm. It sometimes happens that our breathing is quick, shallow and only fills our lungs to a small degree. Exercising full diaphragmatic breathing is a simple, accessible way to change how you breathe for good.



- 1.** Sit comfortably on a chair or on the floor, cross-legged (it can be very convenient if you put a pillow or folded blanket under your bottom).
- 2.** Stretch your spine, put your hands on your legs, close your eyes and start feeling the free flow of air through your nostrils.
- 3.** Inhale and fill your stomach completely, as if it were a balloon that is full of air.
- 4.** Exhale the air slowly and evenly, loosening your chest and gently pulling your navel toward the spine so that it completely expels all of the air.
- 5.** Breathe like this for 2-3 minutes as soon as you find a moment for a break from work.

Benefits:

- deepening your breathing, thereby increasing the amount of oxygen intake
- anxiety removal, de-stressing
- strengthening the immune system
- soothing before bedtime

## Bee Breath

*for anger, excessive agitation, headaches, stress. Works best in the evening, at bedtime*

If you have a place where you can sit comfortably and nobody will disturb you for 2-3 minutes, Bhramari breath is a great idea.

A gentle, vibrating purr calms the mind, soothes, helps to get rid of headaches. It's best to perform this exercise on an empty stomach, or at least three hours after a meal.

1. Sit on a chair or cross-legged on the floor (it will be most convenient, if you put a pillow or folded blanket under your bottom).
2. Close your eyes and track your breath for a few breaths.
3. Plug your ears by gently pressing the cartilage inside them with your index fingers or thumbs (you can rest the remaining your fingers on your head), move your elbows away from your body. Essentially you want to try and block out extraneous sound.
4. Take a deep breath through your nose and start purring "mmmmmm" on the exhale. This sound is like a bee buzzing. Make this sound clear.
5. Repeat this vibrating-purring breath 8 times and stay with your eyes closed for a while, breathing naturally and observing the effect of the exercise.

Benefits:

- recommended for hyperactivity, anxiety
- calms the nervous system, soothes
- relieves headaches
- stimulates concentration

Your concentration and a moment to focus, can bring with it an immediate calm, relaxation, stress reduction and clear headaches.

Health



Well

## Conqueror Breath

*for suppression of irritability, lack of clarity and oxygenation of the body*

Commonly called the breath of Darth Vader, the clearly audible breath of Ujjaya is one of the most recognizable among yogis - it helps focus the mind on the movement performed and lengthens the breath, helping the practitioner remain calm. It will work the same outside of the yoga room - and it brings clarity of mind and focus. All you need is three to five minutes and a comfortable place to sit. It is recommended to practice this exercise in a well ventilated room and a long time after a meal.



1. Sit comfortably on a chair or floor.
2. Close your eyes and observe the natural flow of air through your nostrils for a while.
3. Inhale, exhale, open your mouth and say "haaa" gently.
4. Inhale through your nose and, while still breathing out through your nose, add the same "haaa" sound. Your throat will slightly tighten and the exhalation will become a clear, "rustling"
5. Repeat this exhalation several times and add the same "haaa" sound, breathing in through your nose.
6. Perform such a humming breath through the nose calmly and steadily for 2-3 minutes.
7. Return to your natural breathing state and feel the effect of the exercise for a moment with your eyes closed.

### Benefits:

- improves concentration
- calms the mind and body
- slows down and evens breathing
- improves the work of the cardiovascular system

# Comfort





We introduce a sense  
of community into every  
project, that we create.

Henning Larsen Architects





# Placemaking – a Guide to Good Practices

Written by: Tomasz Bojeć

Over the past years and based on my own personal experiences, I have created a placemaking guide. A compendium of nine steps that gradually evolve in order to develop activities that are for the common good of everyone. This attitude facilitates the creation of a space that is not only functional, but also one that gives a sense of belonging to a place.

Placemaking tracks in Poland began to appear during the mid 2000's. I myself, participated in a communal garden project for the residents of a housing estate located at the Dominican office building in Wrocław. Warsaw, can also boast of great examples of this process such as : The European Square, Powiśle power plant, Centrum Praga Koneser, Koszyki Market and Browary Warszawskie.

A communal garden, is a space meant for specific users, in this case the residents of the surrounding buildings - so with semi-public characteristics, it means that it cannot make money. There is therefore no opportunity to determine the effectiveness of the placemaking process in economic terms, and thus the allocated budget of the project could not overstep rational boundaries. This restriction did not however, affect the quality of the space and of the process itself.

Placemaking met and overcame many challenges where traditional methods of public consultations more often than not fail. Meeting times of the aforementioned consultations frequently flounder, as these are set to take place during office hours. In addition, the public consultations frequently attracted people that were totally ambivalent toward the future project.

Furthermore, the results of such a consultation could have been taken into account, but they did not necessarily have to - and without any kind of comment or statement of fact from those chairing the meetings. This kind of attitude frequently gave rise to frustration for those who conscientiously went through the process in order to make their feelings, positions and concerns known. That is why placemaking is a process that does not involve consulting the assumptions of the design, but on the joint production of the communal space. One cannot speak about efficient placemaking, when at the first meeting with stakeholders, the draft of the project is presented and an opinion is sought. Such actions are counter-productive from a business perspective also. The placemaking process of evaluation is made on the basis of an interest in the end result, testing the feelings of stakeholders, or put another way, have they had a chance to impact on shaping the space, which ultimately is “theirs”.

## The Placemaking Guide:

### 1. The initial meeting

Determining the scope of the meeting and the potential for any resultant actions (what space can be facilitated), presenting the key players of the initiative (the investor, the role of the public authorities, future designers and the weight of influence of the consultations on the project itself). A democratic process should determine the method(s) of communication with stakeholders and what dates of meetings can be planned that will correspond to the largest possible group of those being consulted. For those critical of the project, it makes good sense to facilitate a meeting e.g with representatives of the relevant authorities as soon as possible in order to bring them on-board.

Comfort

### 2. A cooling-off meeting

A meeting organized to relieve the frustrations and concerns regarding the project of some of the stakeholders does not have to touch on design issues, but the presence of the decision maker is very important be it a public institution (relevant civil-service director, deputy mayor...) as well as representatives of the investor and authors of the placemaking process. Strong involvement of local media is also a key element to have on-board.

### 3. Creative meeting

The purpose of the first creative meeting is to gather together the expectations and recognize any problems while understanding any pains and joys of the stakeholders within the overall process. A brainstorming session to create a vision for the project space and to clarify any specific issues (what specialist should be invited to the next meeting) is a great way to move forward.

### 4. A small celebration

The implementation of a small aspect as a result from the brainstorming, the aim of which is to build a sense of togetherness and ownership of the project can be a wonderful element of the process. The implementation can be a temporary experimental design, demonstration of certain solutions, an artist's impression e.g. a mural etc. This is the initial consolidation of marketing and PR activities, attracting influencers as well as lifestyle media.

### 5. Review meeting

The second design step, which consists of presenting a prioritization of previously discussed issues and concerns, thoroughly explaining the reasons for rejecting those that were not possible to implement. A mood-board presentation showing examples of those elements that came to light during the brainstorming process. A presentation of the designer who will continue work on the project is very useful at this stage. An ongoing discussion and further brainstorming to accept and approve further priorities and their possible rectification as necessary.





## 6. Presentation meeting

The third step is to present the initial concept of the project space within a specific visual framework whose purpose will be to gain the stakeholders' acceptance of the designer's decisions. It can also serve to establish which tasks or items of the project can or should be implemented in a bottom-up approach (e.g. communal planting of plants and foliage, assembling furniture provided by the local authorities, painting walls etc.). Creating a plan and scheduling which activities are due to take place within the project space.

## 7. Acceptance meeting

The aim here is to present the full concept for final and eventual approval following on from any design changes that have taken place. A presentation of the project space activity plan with any required explanations of the reasons behind the decisions (including those of the operating budget).

## 8. Implementation

Implementing the plan including obviously all of stakeholders. In parallel this is a great opportunity of strengthening elements of marketing and PR, which should be beneficial for the promoting and further implementing of the project space.

## 9. The space comes alive

After completing the implementation, it is wise to delegate the most active stakeholders to be responsible from a bottom-up perspective for the newly formed space. This would involve a consistent monitoring of the area and eventual remedies required vis-à-vis the initial assumptions for the project and any resultant activities of the general public.

# Scandinavian Lobby

By nature, we approach every project with curiosity. In essence, it is very simple - we design spaces for people.

Written by: Natalia Roś

Sommarstuga - a traditional Swedish holiday home has been installed at the Spark building in Warsaw, the Skanska headquarters in Poland, and another to an investment in Nowy Targ. The concept will also be introduced to other projects that have been implemented in Central and Eastern Europe.

The design of the Scandinavian lobby was prepared by the Danish Henning Larsen studio. The inspiration was a traditional Swedish holiday home that has become popular in Nordic countries. It is a synonym of a warm, cosy place that is close to nature. One spends time there time to rest and relax. Architects from the Henning Larsen studio emphasize that *Scandinavian heritage is largely based on the concept of community and that is why we have introduced this sense of community into the Scandinavian lobby project.*

By Skanska's own definition, the lobby has ceased to be a transitive space and has become a place reminiscent of a pleasant meeting with friends in a sommarstuga, where guests want to spend time. There is a kitchen, a living room, a dining room, a library and a mezzanine floor.

Comfort

Well

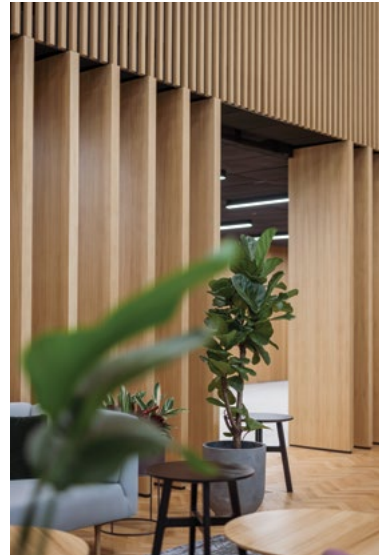




The project is based on several key elements: a warm and pleasant ambience, natural materials, with various spaces for gathering and relaxing in, as well as an openness toward local communities.

The interiors boast Scandinavian craftsmanship that has been combined with a sense of casual elegance and of course natural materials. To reflect the Swedish landscape and the nature of the province, a colour palette was developed based on a range of shades of grey, light wood colours, interspaced with black and white. When you close your eyes, you get the impression that you are walking in a leafy forest and taking steps on moss covered rocks.

The concept of a summer cottage is associated with a pleasant atmosphere, nature, access to light and lush greenery. This fully reflects the key values which are the fundamental focal-point of man's very existence, a sense of comfort and health.





# The Mind

Creativity - the ability to  
work with others in order to  
achieve a collective goal.

Agnieszka Szóstek – experience designer





# Experience Design

The International conference 'Undiscovered' - stories about experience.

Dr. **Agnieszka Szóstek**, an expert in the field of experience design, undertakes the challenge of discovering untold stories about how to explore the world that surrounds us and how to design inherent values. She gives a very interesting definition of what experience truly is. Furthermore, creativity it turns out, is something completely different than what it may seem at first glance.



Interview by: Natalia Roś

## What is design thinking?

This is a simplified design process that was proposed in 2008 by the international IDEO design and consulting company. Previously, agencies were essentially selling the end result, although it is clear as to how difficult it can be to guarantee this in a definite and tangible way. IDEO decided to find a market differentiator and came up with the idea to offer the management of the whole process of cooperation between the client and agency, whose task it is to develop solutions that meet the business needs, while in parallel based on the needs of their clients. Today, DT has become one of the basic processes in the quest for innovation. However, it is not fair to say that by going through all the steps of this process, will an innovative effect be achieved. A deep empathy is needed to uncover the correct elements required, to capture dependencies and to build the relevant applications. Empathy, or the ability to look at the world from different perspectives.

Designing experiences is the realization of a vision of something that has a positive impact on human behaviour and relationships.

### **How important is design from a human perspective?**

Design thinking is derived from user-oriented design. In the 1960s, a combination of engineering and cognitive psychology gave rise to user-centric design. The goal then was to design and build many useful interfaces so that everyone could handle them. With the introduction of the iPhone brand on the market, it became obvious that design can have the upper hand over technology and not the other way around. Designing only for the user can be fraught with various pitfalls. The first is that if the user wants something, then this should be made available. The implementation itself does not necessarily solve the user's problem and more often than not, it does not give the desired effect. Traditionally, users are a great source of information, superb evaluators, but fatal designers. The second trap that should be contemplated, is related to the complete lack of a business approach to the fundamental problem. Designers would most likely try and give the user lots of solutions, but these would be in complete contradiction of sensible business practices. Designing is achieving the right balance between what the client asks for and requires, and what is to be expected from the business in both areas. The third snag that is often encountered, is that the other project stakeholders (both internal and external) are often forgotten but they are just as important as the end user. Recent history also shows that focusing only on human needs is exceptionally short-sighted. Designers should create solutions, taking into account, for example, climate change, natural resources and nature.

**Designing user solutions was supposed to be intuitive and simple. Now we design experience and values.**

**What is this all about?**

From a psychological point of view, experience is our memory. All what we remember as an experience stays with us, we can recall it at any given moment. Designing experiences is the realization of the vision of something that has a positive impact on human behaviour and relationships. Narrative design and the ability to tell stories. If we use a banking application that gives you a sense of control over finances, then it is fair to say the application helps us. If we are lost, we have the impression that the application is too difficult, and that makes us feel incompetent and therefore we have a worse experience. That is why designing is all about building sense competences, autonomy and supporting interpersonal relationships.

**How to measure the effects of designing experiences?**

We have to start with a vision of what experience we want to design. You have to think about what the end result should be, what we want to bring to people. If our task is to make someone feel more competent, we design the whole process in such a way to achieve this effect. In this case, the measure is the level of competence that we will ask the user about later on.



**One of your case studies was about the future of work. What were the conclusions of this analysis?**

This project was implemented almost 20 years ago, so we are already in this future. Regarding the predictions that work will become remote, mobile and virtual, these have most certainly come true. Whereas in the psychological sphere we are still stuck in an individualistic and not a group work ethic, even though teamwork is very important and we have better and better tools to operate in such a way. Work culture is still very much focused on promoting individuals. However, the problems of the world that we face are becoming more and more complex. Individuals will not be able to resolve them unless they learn to cooperate together effectively.



Creativity is the ability not only to invent, but also to consciously choose what makes sense.



#### **How to stimulate creativity?**

The ability to come up with new solutions is very important and valuable, but for me creativity is the ability not only to invent, but also to make a conscious choice that makes sense. This will ultimately lead to achieving the best results under current conditions. This is the ability to work together with others to achieve a goal for a group, and not just for individuals. Creativity has two important characteristics for me. The first is courage, i.e. doing something different than the norm, while the second is trust - in yourself and in others. By having such parameters of creative work, you can design more interesting, innovative and relevant solutions to specific tasks.

#### **How can you influence creativity in the team and achieve the best results?**

The aforementioned vision is necessary, as it should focus on enabling aspects that stand out in the marketplace by creating stories that will, by themselves become a positive word-of-mouth. Vision is also the basis for stimulating creativity in a team. It places a focus on what the company focuses on. Along with the vision, the core of creativity is the autonomy of actions based on the constant testing of ideas and new learning opportunities, applying state-of-the-art tools and alternative ways to approach challenges. What we need at work is a culture of hypothesis and experimentation, combined with the accurate measurement of results of experiments conducted.

# Worth Watching



**1.** Have a look on the internet for a video entitled Ted Talks by Ralph Talmont, a Polish-Australian writer, speaker, presenter and consultant in the field of creativity, innovation and multi-media communication. The seven minute video about the importance of the smile will definitely heartily amuse you and will reveal the secret to business success.

**2.** Go to one of the workshops organized by the 'Pszczelarium' centre – a family run business with 20 years of beekeeping experience. The workshop offer includes fast-track courses on beekeeping, the breeding of Queen bees as well as classes for newcomers to this fascinating subject.



**3.** The Shift Project is a French think-tank in favour of a carbon-dioxide emission-free economy. It publishes video debates devoted to informing and influencing the process of energy transformation in Europe.



## Worth Listening to

**1.** Muda in Japanese means use-less excess and waste. Ania Pięta and Martyna Sztaba have created a series of Muda talk podcasts about the circular economy, sustainability, climate change and global warming. Invited guests speak and suggest what you can do to change the world for the better.



**2.** Play a meditation recording to start the day. Kasia Klimczewska has revealed a few tips on breathing exercises in the podcast in the Storytel app. It will introduce you to the practice of conscious mindfulness that you can play at any time.

**3.** The Urbanist is a podcast series created by the Monocle media house. Mayors, urban planners, architects and sociologists speak candidly and openly into a mike. They present a vision of creating better towns and cities with the support of new technologies. The Urbanist was nominated in the most substantive podcast category in 2019 according to the British Podcast Awards.

# Worth a Read



**1.** The "Integration" magazine was created from the need to create space, which helps to cope with your own disability and finding your place in society. The magazine has been published for 25 years and started one of the largest organizations in Poland - the Integration Foundation.



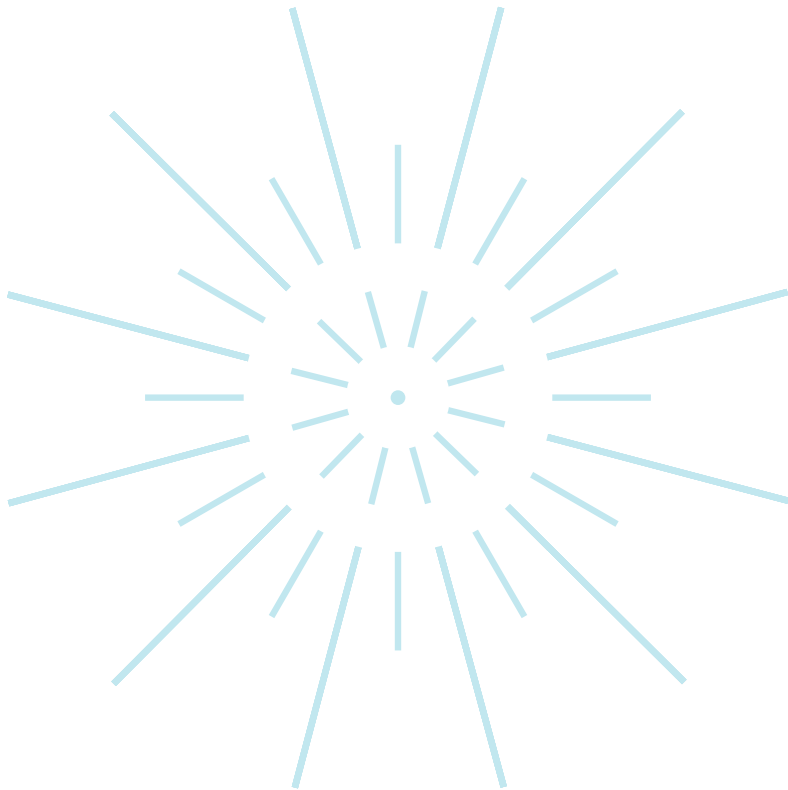
**2.** Pumpkin soup thickened with stale bread, a pizza with the base from mashed potatoes, omelettes made with leftover vegetables. Chef Jagna Niedzielska teaches how to cook with leftovers. Without leftovers is a position for anyone who wants to introduce zero waste rules into the kitchen.

**3.** The "Delayed Gratification" magazine is best known for its non-news journalism and not the quest for the speed of their publication, but for qualitative, in-depth articles stimulating a sense of reflection. It is constantly tracking historical news, coming back to them and constantly asking the strongly underlined question: Why?

# Now for Some Imagination and Concentration Training

Draw and colour the mandala.

A bit of tranquility and relaxation - guaranteed.





**Skanska**

A team of people creating offices in which they would like to work in themselves.

**Futu**

An agency that believes that one can design a better world by designing better businesses.

**PLGBC**

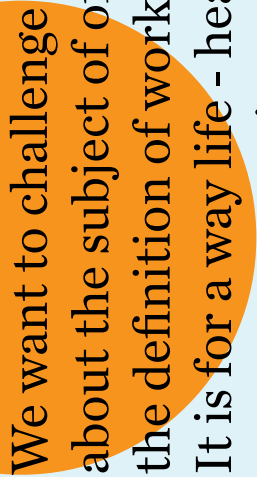
A non-profit organization that is more than happy to support projects where the phrase "Responsibility" plays the most important role.

The publication is printed on paper produced 100% from recycled paper using an environmentally friendly process.

Well 2019

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We want to challenge the way people think and discuss about the subject of office buildings. We want to modernize the definition of work space, because it is not just for work. It is for a way life - healthy, comfortable, effective, in which everyone can enjoy a sense of well-being, sustainable development and a passion for getting things done. The WELL certificate provides objective and measurable evidence that a certified building meets these requirements.



## Alicja Kuczera

*CEO  
PLGBC*

We spend over 90% of our time in buildings. Because of the space we are in it is extremely important in the context of how we function, the work space should inspire, stimulate creativity, facilitate networking as well as the exchange of information. A well designed office space is conducive for its users. It provides them with levels of comfort and positively affects creativity, indeed - it can even improve one's health! All that, while at the same time increasing employee productivity and strengthening their sense of loyalty to their employer.

Man is once again at the centre of attention of architects and designers. We are changing our domestic living spaces for aesthetic, functional, empathic and environmentally friendly work spaces. The social, environmental and financial benefits of sustainable office design attracts the attention of institutions, organizations, companies and international corporations. It is a trend that is

good practices

Well

The work place should inspire and stimulate creativity, and facilitate the building of relationships.



strongly marking its presence felt on the Polish market. It should be noted, that a balanced office environment is a key part of the organizational culture of a responsible and innovative company and its overall philosophies. More and more often it is the office space that is a deciding element for attracting new employees within the employment market, and thus a competitive advantage for companies.

When designing and then using an office space, it is important to follow some guidelines that will help create a healthy, sustainable work place. This can be achieved thanks to the WELL certification, which being the only one with such demanding multi-criteria, focuses on the health and well-being of building's users. The overall system is based on the assumption that the building has a significant impact on people - the physical environment in the building is responsible for the general health, productivity and comfort of its users, facts which are supported by numerous scientific and medical research that have analyzed these aspects. WELL certification is an external, independent confirmation for building owners and the employees, that the design and use of their work space responsibly cares for the people working there in every possible aspect.



## **Bartosz Marcol**

*WELL AP, WELL Faculty  
Ekspert PLGBC*

good practices

The main task of buildings is to isolate us from adverse and very variable external environmental conditions. We could not work well under a searing summer sun, next to a busy and noisy road or in the bitter cold. Current office building practice normally lets you enjoy comfortable working conditions of pleasant internal surroundings. But the difference between a good and an excellent work space can be quite significant.

WELL certification which focuses on a building's users, helps create some of the best work spaces. Through a holistic approach it improves the building wherever practically possible. Better air and water quality, healthier food at your fingertips, improved daylight availability, greater physical exercise opportunities, a closer contact with nature are just some of the many benefits that are brought

with WELL AP and WELL Faculty PLGBC expert self-certification. WELL draws upon the latest scientific research that indicates which elements of the building can be improved and which were so far simply overlooked. It is also very relevant that WELL checks the work spaces after construction is complete, so the results of all design assumptions can be verified. It is also worth pointing out, that the implemented WELL solutions are passive with respect to all the people present in the work spaces, and as such this significantly increases the effect the building has on its users. The internal environment, which the building can ensure, depends on many factors. WELL certification gives a guarantee of quality that has been optimized to such a degree as to provide the building's users, with a very comfortable and healthy working environment.

## **PLGBC**



PLGBC – The Polish Green Building Council is an NGO whose aim is to support the construction sector in Poland by promoting and implementing the principle of triple responsibility: environmental, social and economic. The goal is to develop further the processes of designing, constructing and utilizing buildings by using sustainably developed materials, so that overall it benefits the users, the environment and all of the participants of the construction process.



## **Anna Marciniak**

*HR and Administration Director  
Skanska Property Poland*

WELL certification is important to us primarily for two reasons. First of all, as an employer, we feel responsible for the well-being of employees and our guests. Secondly, as a real-estate developer, we want ensure that we deliver products that provide a healthy and comfortable environment to any future tenant as they are also employers. Together, we want to provide the best working conditions for our teams - for healthy, effective and pleasant working conditions, and above all for a sense of well-being in a building where most of our time is spent.

Certification gives us objective and measurable evidence that our office meets all of the often very demanding requirements as set by the International WELL Building Institute. Certification alone is not everything. The opinions of employees and

good practices

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guests who visit the Spark building are extremely valuable to us. It is very pleasant to collect positive reviews and hear that one really wants to come to such an office, the air quality is noticed, as well as the positive energy within the whole space. A work place that can boast a WELL certificate is currently an extremely valuable tool in the process of employee recruitment and retention.

We are very happy to have received a WELL certificate, but equally important in this success, is the cooperation with our stakeholders and education on the proper use of the building's functionalities that are available. Without proper implementation, even the most modern solutions become useless and bring no tangible benefits.



## **Skanska**

Skanska is one of the world's leading companies within the field of construction and real-estate development. The main goal of the company is constructing in accordance with sustainable principles of development, caring about what the needs of the community will be in the fields in which we operate, as projects will affect people's lives from a long-term perspective. Skanska participates in the most innovative endeavors of our time and works on 10,000 projects throughout the world.

# Wojtek Ponikowski

*CEO*

*Futu*

We look at projects comprehensively. We know that very often certain aspects intertwine, even if at first glance, this is not perhaps so obvious. Space-design, placemaking, designing the function and value of investments, communication, marketing, space storytelling are tasks that require a hybrid approach and consideration of many aspects and individual elements.

From the point of view of a design company, the WELL certification is a great example of comprehensiveness and a multi-element approach to a modern office building. It is putting man right at the very centre of everything, a clash of physical space with the emotional and social aspects of the building. We function in a fluid reality, so the spaces in which we spend time should be the best spaces in which we spend time, work, create and live.



good practices

## **Futu**

A design and marketing agency focused on the effectiveness of operations in the real estate sector. It offers comprehensive multi-faceted service, including creating strategies for places and building their history, brand design, content production and digital experiences.

# eat well

Mindful eating is a philosophy of the conscious eating of food.

Pay careful attention to what you eat – its appearance, colour, smell, texture and temperature.

## A lunchbox for active people



Conscious eating is nothing more than forming eating habits. This can start with the introduction of diversity in taking or eating a lunch at work. This is the first major step to improving one's well-being. By eating colourful, healthy and tasty food, we make sure our brain functions better and becomes more active.

# Asian style omelette with fresh herbs

## Ingredients (2 servings)

- 4 chicken eggs size M
- teaspoon of low-sodium soy sauce
- teaspoon of black sesame seed
- 2 teaspoons of unrefined coconut oil
- large carrot
- a piece of leek bulb
- 1/2 a green or yellow zucchini
- chopped chives
- chopped coriander (can be replaced with parsley)
- a few Thai basil leaves

## Preparation

1. Wash, dry and cut the vegetables into strips. Sauté them briefly in a teaspoon of coconut oil.
2. Wash the eggs, break into a bowl, mix with the soy sauce and sesame to obtain a homogeneous mass.
3. Heat the remaining oil in a frying pan, pour in the prepared eggs and spread over the surface of a frying pan.
4. When the top of the omelette is browned and set, fold it in half and fry for a while longer.
5. Transfer the omelette to the box, put the vegetables on one half, half, sprinkle with herbs and cover. Do the same with the second portion.

**Nutritional value (1 serving):**

**Energy – 310 kcal Protein – 18 g Carbohydrates – 6 g Fats – 23 g**



# Whole grain sandwiches with smoked tofu and beetroot

## Ingredients (2 servings)

- 4 slices (8 x 8 cm each) of whole-meal bread with seeds, e.g. flax, pumpkin, sunflower, chia
- 100 g smoked tofu (1/2 cube)
- Beetroot baked in tin-foil/boiled in the jacket – according to your preference
- 1/2 soft avocado (preferably Hass varieties)
- lemon juice
- any sprouts (e.g. sunflower, alfalfa, kale) – for sprinkling
- teaspoon of dried yeast flakes
- sea salt
- freshly ground black pepper

## Preparation

1. Crush the avocado with a fork and mix with the lemon juice, salt and pepper to get a “paste”.
2. Cut the baked / pre-cooked beetroot into slices, do the same with tofu.
3. Spread the bread with “avocado paste”, sprinkle with yeast flakes, place slices of beetroot, tofu, and sprouts on them.
4. If we have other preferences, the beetroot can be served sliced next to the sandwich and sprinkled with yeast flakes.

**Nutritional value (1 serving):**

**Energy – 240 kcal Protein – 14 g Carbohydrates – 30 g Fats – 7 g**

# Millet with a hint of coconut, chocolate and cashew nuts

## Ingredients (2 servings)

- ¾ cup of dried millet
- a medium-sized apple
- lemon juice – for sprinkling on the apples
- 1½ cup millet “milk” (without sugar and any other additives, only millet, oil and salt)
- ½ cup of coconut flakes
- ⅓ of a bar of chocolate 70% cocoa
- 6 cashew nuts
- a pinch of Himalayan salt
- ½ tsp. liquid coconut oil, unrefined - to sprinkle onto the groats

## Preparation

1. Rinse the millet in a strainer and cook in salted millet milk.
2. Add the coconut flakes and leave covered until all of the liquid has been absorbed by the groats.
3. Cut the apple into cubes and drizzle with lemon juice.
4. Dissolve the chocolate in a water bath.
5. Transfer the cooked groats to a box, sprinkle it with oil, pour on warm chocolate, sprinkle with chopped cashews and apple cubes. As an option, sprinkle with cinnamon.

**Nutritional value (1 serving):**

**Energy – 390 kcal Protein – 12 g Carbohydrates – 46 g Fats – 20 g**



# Italian ham and vegetable rolls

## Ingredients (2 servings)

- 4 sheets of rice paper
- a slice of cooked Italian ham (prosciutto cotto)
- 2 small beetroots
- 1/3 yellow pepper
- 2 dried tomatoes drained
- fresh spinach
- a spoon of sesame seed

## Dressing

- 2 tablespoons of pumpkin seed oil
- A bit of tangerine juice
- Sea-salt
- Freshly ground black pepper

## Preparation

1. Cut the ham into strips.
2. Peel the beetroot with a sharp peeler and cut into thin strips. Do the same with the dried tomatoes and pepper.
3. Wash the spinach thoroughly and place it on kitchen towel to dry.
4. Prepare dressing from oil, tangerine juice and spices: vigorously mix all ingredients in a bowl.
5. Gently moisten the rice paper, and in the center of each sheet arrange: spinach leaves, dried tomatoes, peppers, beetroot and ham. Sprinkle with sesame seeds.
6. Fold the paper like for tortillas, but remember to roll up the sides of the sheet. It sticks nicely when the paper dries. Pack in a box.
7. Eat the rolls, dipping them in the previously prepared dressing.

**Nutritional value (1 serving):**

**Energy – 250 kcal Protein – 19 g Carbohydrates – 18 g Fats – 11 g**



**Nutritional value (1 serving):**

**Energy – 300 kcal Protein – 8 g Carbohydrates – 30 g Fats – 18 g**

# Stuffed sweet potato

## Ingredients (2 servings)

- Large sweet potato
- ¾ cup dry brown lentils
- 2 cocktail tomatoes
- 8 stoned black olives
- dried tomatoes
- teaspoon of cumin
- ½ tsp dried turmeric
- teaspoon of smoked paprika
- teaspoon of ground cardamom
- Himalayan salt
- Freshly ground black pepper
- 2 teaspoons tahini (100% sesame)
- A few leaves of fresh coriander or similar herb
- tablespoon of pomegranate seeds
- handful of lamb's lettuce
- fresh cucumber

## Preparation

1. Wash the sweet potato thoroughly, cut it in half, gently prick with a fork and spread with a spoonful of oil mixed with the smoked paprika.
2. Place the sweet potato skin up on a baking sheet and bake in a preheated oven at 200°C for 20 minutes.
3. Boil the lentils in salted water, drain. Add finely chopped fresh and dried tomatoes and olives to it. Sprinkle the ingredients with salt, pepper, cardamom, cumin and turmeric. Mix everything thoroughly.
4. Remove the sweet potatoes from the oven, scrape out some flesh and add it to the lentils. Then apply the ready stuffing to the sweet potato halves, pour the tahini, sprinkle with herbs and pack in a box.
5. Place the lamb's lettuce and slices of fresh cucumber next to the sweet potato halves. Extract seeds from the pomegranate and sprinkle the dish with them.

# Chickpeas with bulgur groats and quail eggs

## Ingredients

- a glass of cooked chickpeas (you can use tinned from, but rinse thoroughly)
- ½ cup dry bulgur
- 1 packet of sunflower sprouts
- medium-sized red pepper
- 3 tablespoons of pumpkin seeds roasted in a dry frying pan
- fresh thyme (leaves only)
- Iceberg lettuce
- teaspoon rapeseed oil
- 6 quail eggs
- ½ avocado (preferably Hass varieties)
- lemon juice – for drizzling the avocado
- Himalayan salt
- black pepper

## Preparation

1. Prepare the groats according to the instructions on the packet. Mix with salt, pepper and thyme.
  2. Lightly fry the cooked chickpeas (or tinned) in oil.
  3. Wash the avocado, peel, cut into cubes and drizzle with lemon juice.
  4. Cut the peppers into pieces, mix with the iceberg lettuce, sprinkle with roasted pumpkin seeds and drizzle with oil.
  5. Cook the quail eggs for 4 minutes. Then peel and cut into halves.
  6. Arrange all ingredients loosely in the lunch box.
- If required, groats can be mixed with chickpeas.

**Nutritional value (1 serving):**

**Energy – 360 kcal Protein – 14 g Carbohydrates – 45 g Fat – 13 g**

# Lettuce with turkey, fennel and orange

## Ingredients (2 servings)

- a handful of romaine lettuce
- 300 g turkey breast
- fresh cucumber
- fennel
- orange
- 10 stoned green olives
- 6 blanched almonds
- black cumin – for sprinkling
- pink salt
- black pepper
- a teaspoon of extra virgin olive oil
- optional – red onion

## Preparation

1. Rinse the turkey breast, cut into strips and fry for a while in olive oil with a little water, adding salt and pepper. When the meat is slightly browned, put it on kitchen paper to drain excess fat.
2. Wash the fennel thoroughly, cut it as desired. Do the same with the peeled cucumber and orange. Cut the olives or leave them whole.
3. Rinse the lettuce, tear into smaller pieces, put in the box, and put all the ingredients listed above on the lettuce.
4. Sprinkle with almonds, black cumin and drizzle with oil. Optionally, chopped onions can be added.

**Nutritional value (1 serving):**

**Energy – 348 kcal Protein – 18 g Carbohydrates – 15 g Fats – 6 g**



**Nutritional value (1 serving; 2 pieces):**

**Energy – 500 kcal Protein – 24 g Carbohydrates – 55 g Fats – 20 g**

# Buckwheat pancakes with egg and spinach

## Ingredients (2 servings; 4 pieces)

- 6 heaped tablespoons of buckwheat flour
- 2 tablespoons of potato starch
- 2 teaspoons of defatted flax seed
- 1½ cup of milk 1.5% fat
- tablespoon of rapeseed oil
- a pinch of sea salt

## Extra's

- 4 chicken eggs size M
- 200 g fresh spinach (½ pack)
- clove of garlic
- sea salt
- black pepper
- a pinch of nutmeg
- chili flakes – for decoration

## Preparation

1. Mix the flour with the potato starch, flax-seed and salt. Add half the milk and oil, combine the ingredients thoroughly, pour in the remaining milk, mix until homogenous, and set the dough aside for 15 minutes.
2. During this time, fry the eggs in a frying-pan with a bit of rapeseed oil and fry until firm, stew the spinach leaves in a pan of hot water, with the addition of pepper, nutmeg and salt. Add a small amount of oil and a crushed clove of garlic.
3. After 15 minutes, fry the pancakes from the dough in a dry, non-stick pan.
4. Add some spinach and fried egg to each pancake - they can be cut into smaller pieces. Sprinkle with pepper and chili flakes.

# Whole grain pasta with parsley pesto and almonds

## Ingredients (2 servings)

- 80 g dry whole grain pasta  
(e.g. linguine, spaghetti, penne)
- 2 bunches of parsley leaves
- 1½ cup pine nuts (pignoli)
- 2 tablespoons dried yeast flakes
- lemon juice
- 10 almonds unpeeled
- ⅓ cup extra virgin olive oil
- sea salt & black pepper

## Preparation

1. Rinse the parsley and stems, dry them slightly. Place it together with the pine nuts and yeast flakes into a blender and mix, adding oil gradually until a smooth cream, i.e. a pesto, is obtained.
2. Chop the almonds and roast in a dry frying pan until slightly browned. Season to taste with salt, pepper and lemon juice.
3. Cook the pasta al-dente in slightly salted water, strain, do not flood with water. Transfer to a bowl, mix with the pesto, then transfer to a box, sprinkle with the roasted almonds.

Nutritional value (1 serving):

Energy – 380 kcal Protein – 21 g Carbohydrates – 53 g Fats – 29 g



# Recipes

## Prepared by:

Milena Nosek – a graduate of dietetics at the Medical University of Warsaw, lecturer at the College of Rehabilitation and a dietician at the Polish National Ballet. Lover of travel, Mediterranean cuisine and dance theatre.  
milenanosek.pl

### **Skanska Property Poland**

al. Solidarności 173  
00-877 Warszawa  
skanska.pl

### **Publishers**

Futu  
ul. Skolimowska 3/16  
00-795 Warszawa  
futu.pl

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**Mindful eating wishes  
you Skanska.**