Kontio Healthy Living™

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Pudasjärvi School Campus for 2016
9800m² School for 800 Students
Pudasjärvi School, Finland
Why log school?

Healthy learning space

Long-life building solution
275x275mm Laminated Log
Kontio Holiday Homes, Finland
Bearpeak Ski Logde, Åre, Sweden

Architect Hans Aldefelt, Sweco
Kontio in Russia
Kontio Laminaria in China
Youyu, Shuozhou, Shanxi
Architect Juhani Paldanius
Modern Interiors, Kontio Finland
Kontio Slovakia

ARCHITEKTÚRA REPORTÁŽ

JUHI PETRA GABÁRIKOVÁ

ZDEŇA ZIMAN

FÍNSKY ZRUB
V SLOVENSKOM ŠTÝLE
International Kontio

World-leader in log houses
Finnish company with over 40 years experience
~2000 log buildings every year to more than 25 countries
Kontio Healthy Living™ Programme

1. Optimal indoor air humidity
2. Psychological stress relieving properties
3. Moisture safe log – healthy buildings
4. Antibacterial properties of Kontio Arctic Pine™
5. Good acoustics
6. R&D for healthy living
Massive wood “breathes humidity”

European research findings

• Wood cells ”breath humidity” from air, absorb and release moisture to indoor air

• The more massive wood there is in the house, the healthier the indoor air in terms of humidity

Arctic pine cells coloured, photo Pekka Saranpää / Metla
Healthy indoor air in Kontio house – optimal humidity

Arctic Pine Log is the best material to balance the indoor air humidity in long-term to the optimal health range 30-55% MC

Solid Wood House good for heart

- In Austria research about students in comparative school classes, two classes made of massive wood and two traditional masonry

- The students’ heart beat rate was measured for a year
- On average the heartbeat was 8600/day lower in a massive wood class, meaning 6 beats/minute throughout the days
- Log has positive calming effect – good for your heart
Connection to Nature relieves stress & heals

- KYAMK Restorative Environments research project

Natural materials

Being in nature

Scenery
Future Ideas for Healthy Living Research

Further "heartbeat rate school" research

Sleep monitoring research in wooden homes

VOCs (Volatile Organic Compounds)
  - Wood’s natural compounds
  -> Functional substances / health effects
    (instead of threat)
For more information & discussion, please contact:
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