



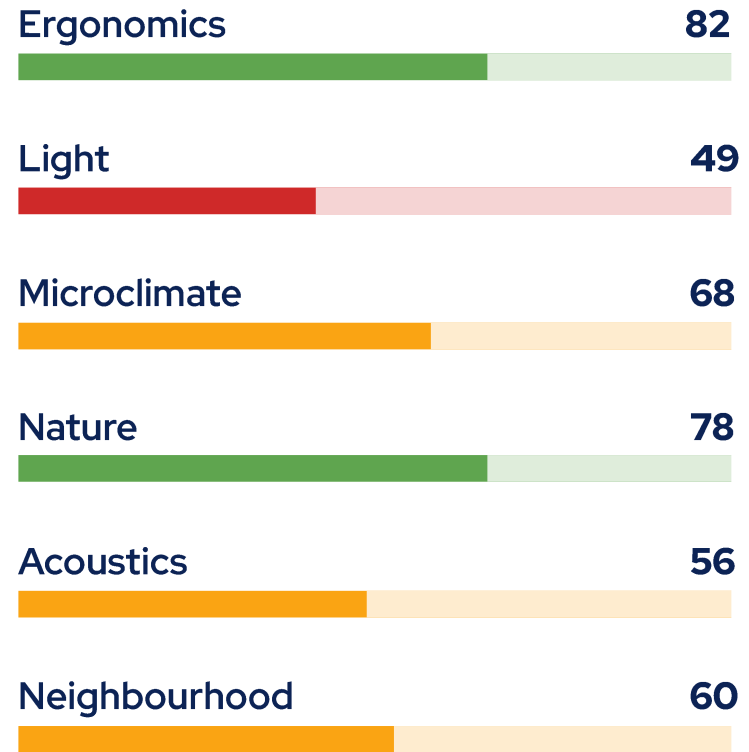
**HABI**score

# OVERALL SCORE

report

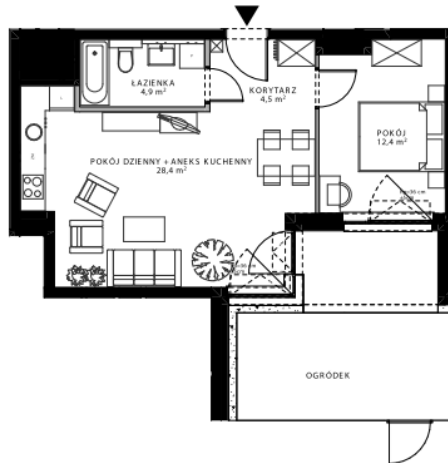


Overall assessment of the potential impact of space on health



KARTA MIESZKANIA ORAZ RZUT KONDYGNACJI Z ZAZNACZENIEM LOKALU

POWIERZCHNIA WEWNĘTRZNA	NUMER LOKALU	KLATKA	PIETRO	ILOŚĆ POKOI
51.7 m <sup>2</sup>	A.2.4	A	1	2

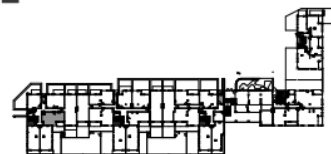


POWIERZCHNIA WEWNĘTRZNA 51.7 m<sup>2</sup>

POWIERZCHNIA UŻYTKOWA 50.2 m<sup>2</sup>

korytarz 4.5 m<sup>2</sup>  
pokój 12.4 m<sup>2</sup>  
pokój dzienny z aneksem kuchennym 28.4 m<sup>2</sup>  
łazienka 4.9 m<sup>2</sup>

■ ściana z możliwością wyburzenia - powierzchnia pod ściankami wynosi 12 m<sup>2</sup>  
■ ściana bez możliwości wyburzenia



The apartment has a well-designed circulation layout, properly positioned doors and comfortable passage widths.

There are only minor arrangement limitations in the hallway and bedroom. The living zone is well-defined, with proper proportions and a functional layout.

The dimensions of the bathroom and master bedroom are within an acceptable range.

The western exposure provides limited afternoon sunlight, but the apartment lacks morning light. The living area has a very limited window area, while the bedroom is well-lit.

The main weakness of the apartment is the lack of natural cross-ventilation, which combined with the western exposure increases the risk of overheating.

The apartment's strengths include very good access to public services and proximity to Gdańsk Bay, Kępa Redłowska, and the Tricity Landscape Park within approximately 15 minutes on foot.

A limitation remains the small amount of greenery in the immediate surroundings of the building.



Ergonomics score

## Pros

- + Functional living room layout
- + Properly separated day and night zones
- + Comfortable circulation

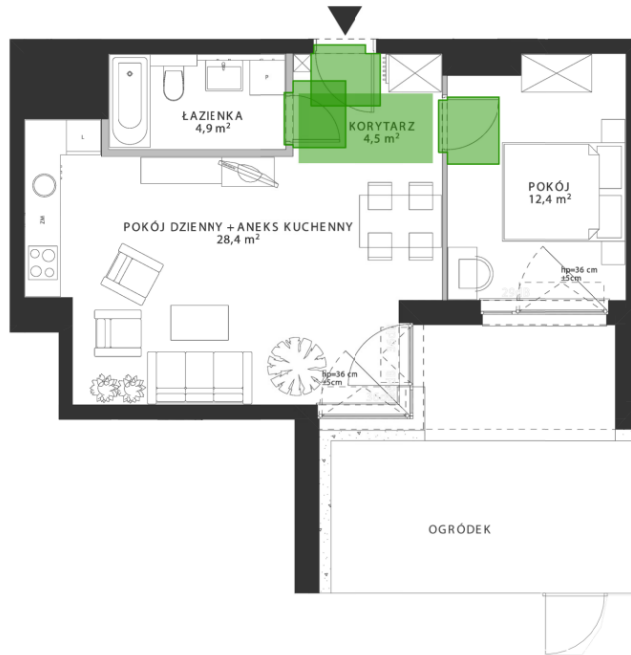
## Cons

- Limited wardrobe space in the hallway
- Wardrobe space below required standard
- Limited desk space in the bedroom

## Recommendations

- Arrange the dining area to enable remote work
- Full-height fitted wardrobes

## Circulation



## Functional layout



## Maintaining optimal space

- |                  |                       |                    |
|------------------|-----------------------|--------------------|
| + External doors | + Washing machine     | - Hallway wardrobe |
| + Internal doors | + Kitchen             | - Wardrobes        |
| + Passages       | + Table               | - Desk             |
| + Shower         | + Living / relaxation |                    |
| + Toilet         | + Master bed          |                    |
| + Sink           |                       |                    |

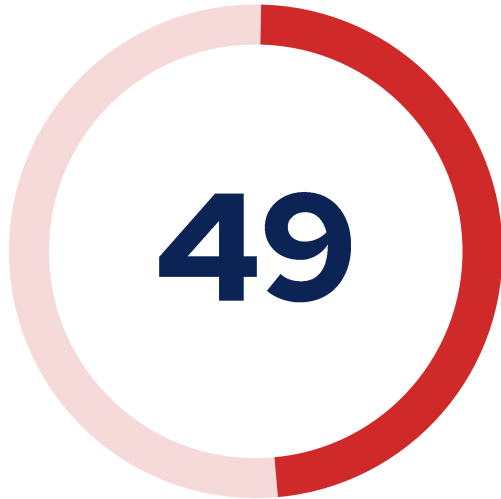
## Room sizes



## Zoning



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



Sunlight  
potential score

## Pros

- + Access to western light
- + Large glazing in the bedroom

## Cons

- Small window area in the living room
- No access to morning light
- Limited access to western light in the living room

## Recommendations

- Use of light colours in interiors
- Use artificial lighting with warm colour temperature

## Window area



## Sunlight exposure



### Window area

Living room	low
Master bedroom	high

### Eastern light

Living room	no exposure
Master bedroom	no exposure

### Western light

Living room	limited exposure
Master bedroom	high exposure



Apartment microclimate  
score

## Pros

- + Low risk of overheating in the living room
- + Moderate risk of overheating in the bedroom
- + Good air quality in this location

## Cons

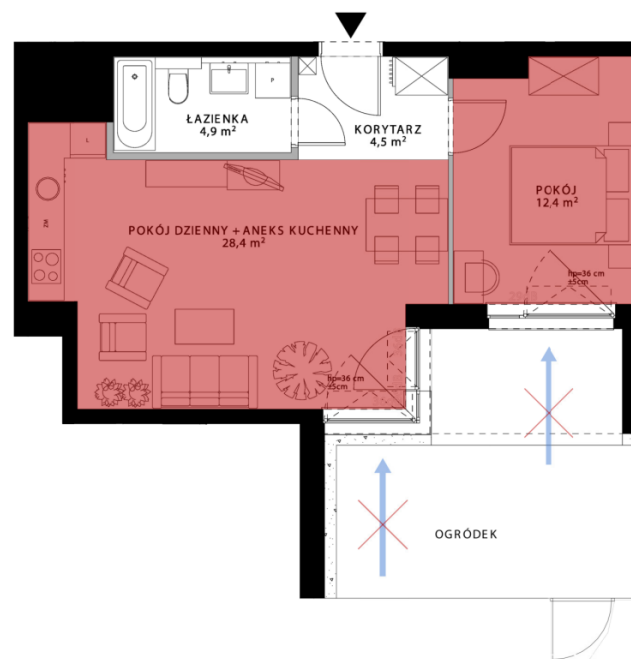
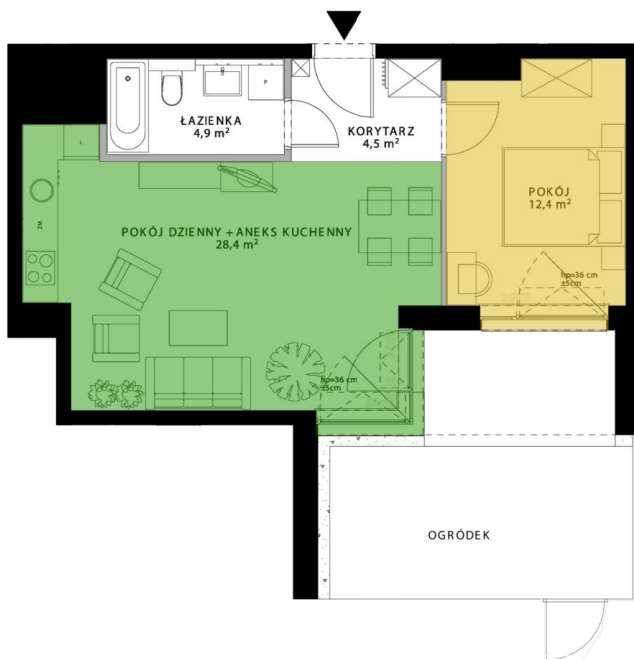
- No natural ventilation

## Recommendations

- Install external blinds in the bedroom

## Overheating

## Ventilation



### Overheating

### Ventilation

Living room

low risk

not possible

Master bedroom

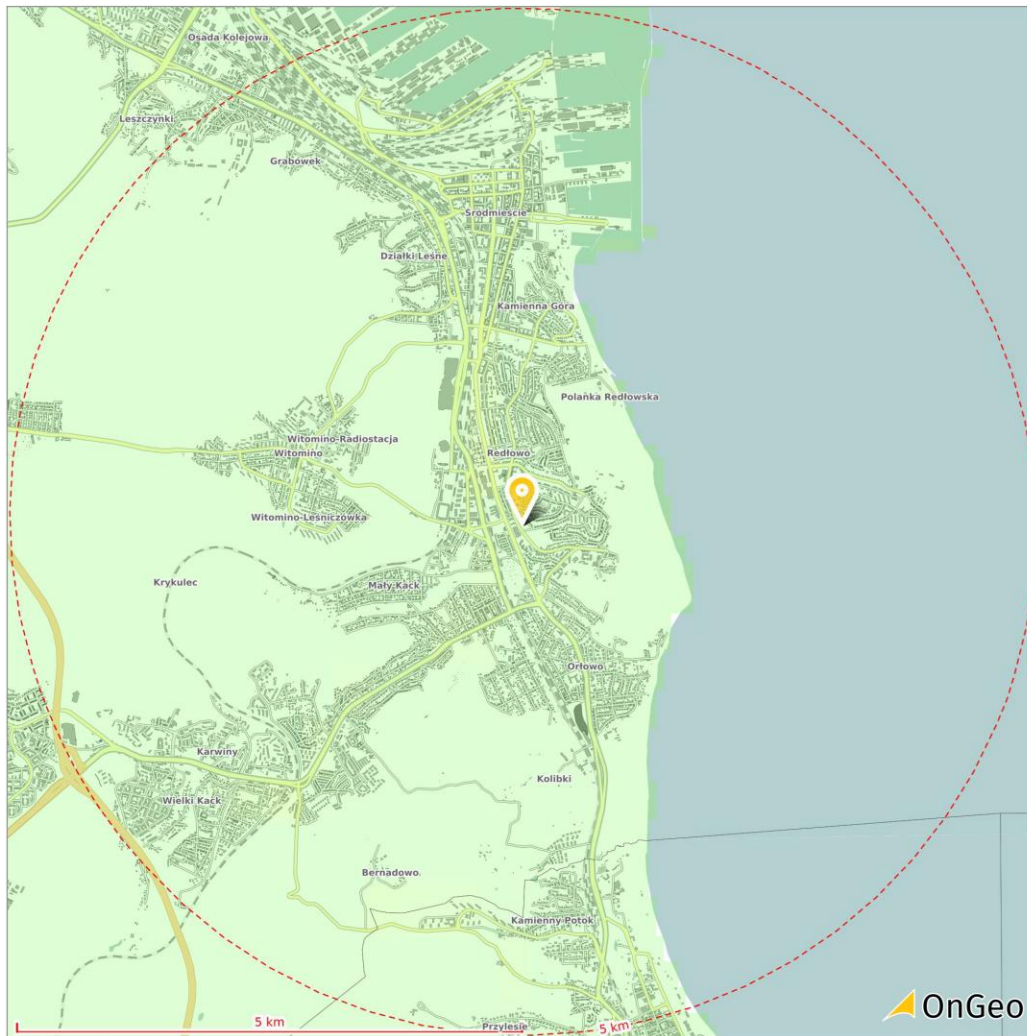
moderate risk

not possible

# MICROCLIMATE

report

## Air pollution





Nature exposure  
score

## Pros

- + Comfortable balcony space
- + Presence of a garden
- + Proximity to nature reserves

## Cons

- Limited window exposure to tall greenery

## Recommendations

- Landscape the garden with deciduous plants
- Maintain flowers inside the apartment

## Outdoor spaces

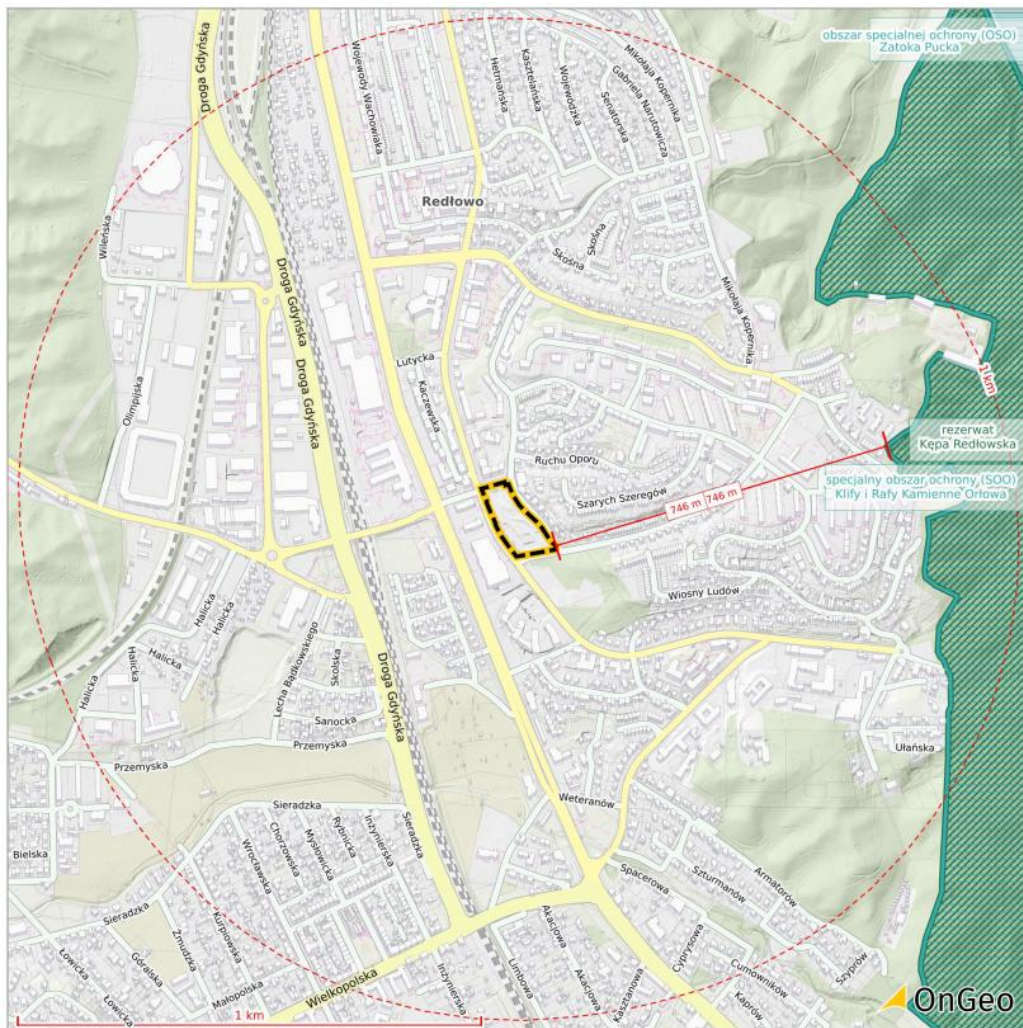


### Space usability comfort

- high
- medium
- low
- very low

	Area	Width
Balcony	ok. 6m <sup>2</sup>	ok. 1,8 m
Garden	ok. 15m <sup>2</sup>	ok. 2,8 m

## Nature conservation areas in the vicinity



### Legend

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



Acoustics conditions score

## Pros

- + No noise sources directly outside the window
- + No noise sources behind bedroom walls

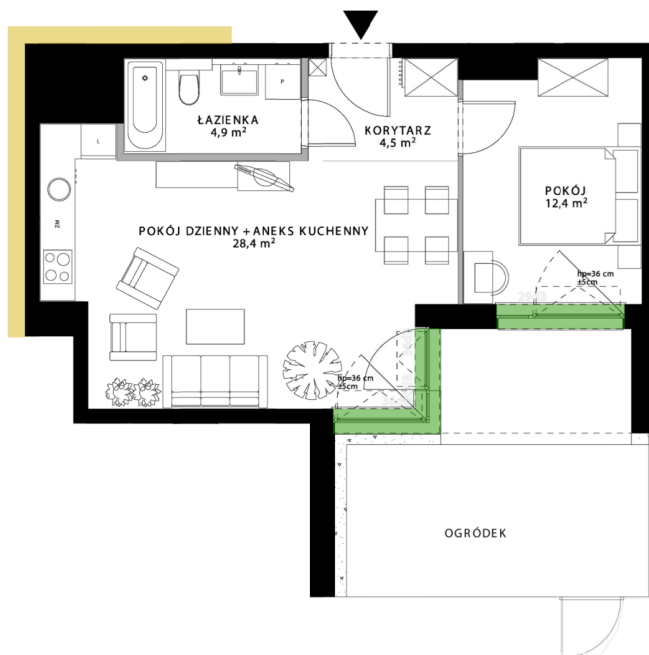
## Cons

- Building entrance adjacent to the living area
- Very high noise level in the surroundings





## Recommendations

- Build an acoustic partition wall if corridor noise is a problem
- Window trickle vents with enhanced acoustic insulation

## Noise in the immediate surroundings



### Risk of noise perception

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

Windows

No threats to acoustic comfort

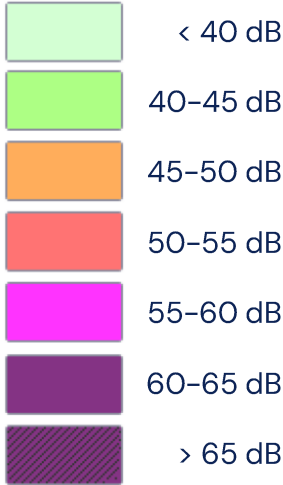
Walls

Adjacent to building entrance zone

## Daily average cumulative noise intensity from anthropogenic sources



### Noise intensity





Assessment of the surroundings and the potential for creating neighborly bonds

## Pros

- + Rich service infrastructure
- + Limited popularity of short-term rentals in the area
- + High public transport availability

## Cons

- High building density
- Significant number of apartments sharing the same corridor

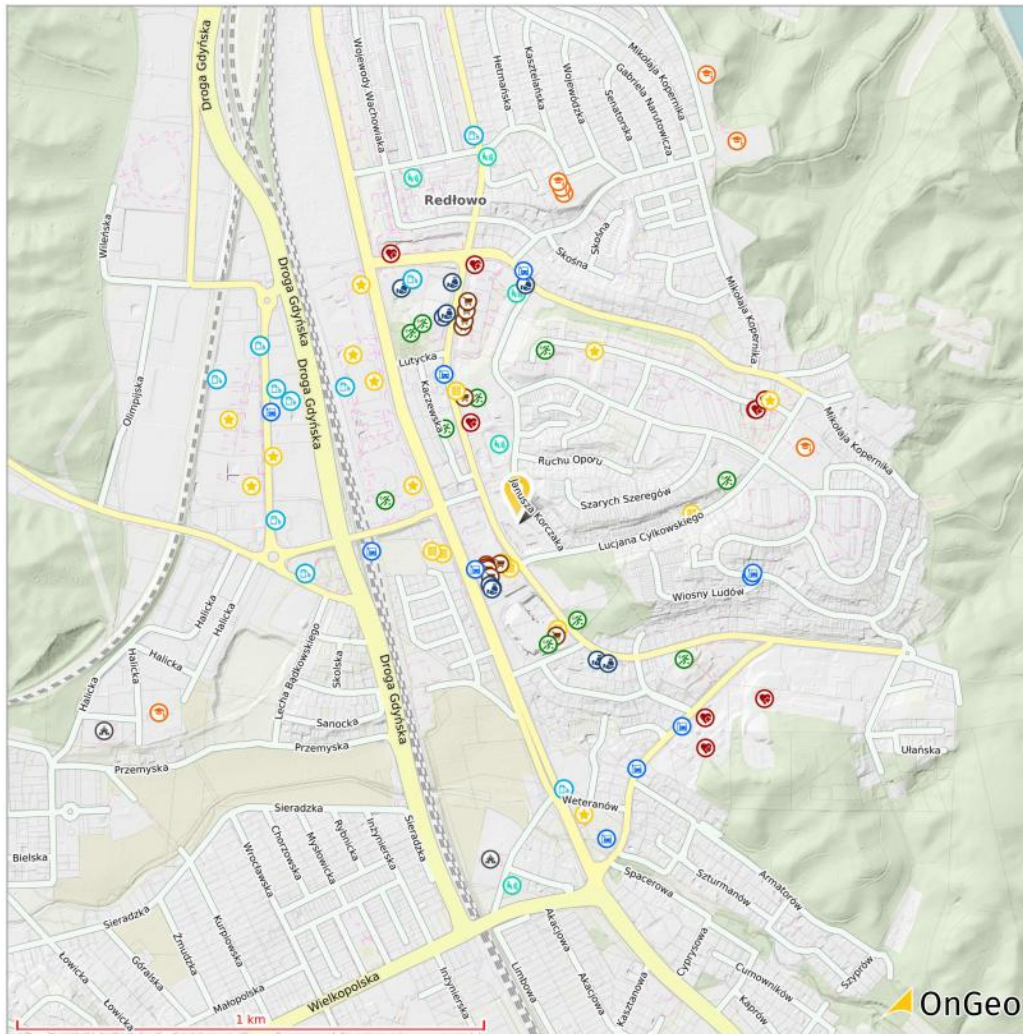
## Recommendations

- In-depth environmental investigation
- Use of local public services












# NEIGHBOURHOOD

report












## Surroundings and public amenities



### Service availability

-  School
-  Kindergarten
-  Medical care
-  Shop
-  Entertainment
-  Sport & recreation
-  Swimming pool
-  Church
-  Bank / ATM
-  Bus/tram stop
-  Parcel locker

## Surroundings and public amenities

Distance (m)	 Kindertagens	 Schools	 Medical care	 Shops Markets	 Banks ATMs	 Parcel lockers	 Sport / Recreation	 Entertainment	 Churches	 Stops	 Charging stations
0-50				Żabka		1					
51-100			Cosmedica	NAP Rossmann	Planet Cash ING Bank Śląski	2			1		
101-200				Biedronka		4	2	Park Café			
201-300				Żabka	Kasa Stefczyka Planet Cash	4	2			Lutycka 02	
301-400				Żabka Wiecha Kwiatów Szafa	Planet Cash SGB Bank Bank BPS	1	2	Centrum Nauki Eksperyment Pizzeria 105 Dobra Koza Bistro			1
401-500			Pod Korabiem Apteka św. Jana Zakład Diag. Obrazowej Przychodnia NZOZ	Doda	Bank Millennium Euronet		2	Pizza Point On The Wok Biblioteka z Pasją		Gdynia Redłowo Wiosny Ludów 01 Wiosny Ludów 02	3
501-600			Apteka Słowińska UCM Morskiej i Trop. Dbam o Zdrowie BioDentica					Duży Ben Burger King Bar Alicja I		KorczaKa 02 Inst. Med. Morskiej 01 Lużycka	3
601-700	Kindergarten Nr 24 im. KorczaKa Kindergarten nr 22	SP nr 34 im. L. Teligi XV Secondary School for the Hard of Hearing SP nr 49						1	Church of Our Lady of Sorrows	Inst. Med. Morskiej 02	2
701-800	Academy of Young Explorers Kindergarten nr 14										1
801-900	1	SP nr 53 SP nr 13 im. Cylkowskiego									
901-1000		Katolicka SP im. Świętej Rodziny Gdynia Social School							Church of Christ the King	1	1
<b>Total in area</b>	<b>5</b>	<b>7</b>	<b>37</b>	<b>40</b>	<b>20</b>	<b>47</b>	<b>36</b>	<b>22</b>	<b>2</b>	<b>17</b>	<b>11</b>

## Potentially troublesome locations, objects and devices



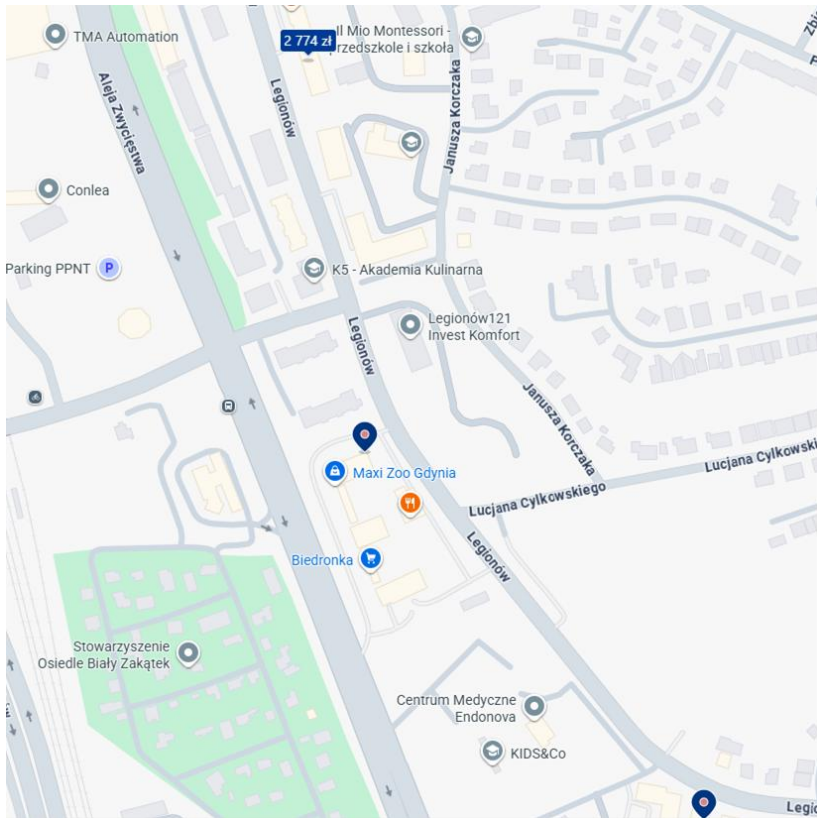
## Hazards and nuisances

No.	Nuisance	Distance (m)
1	Transformer	on the site boundary
2	BTS transmitter – T-Mobile Polska S.A.	62 m
3	BTS transmitter – POLKOMTEL Sp. z o.o.	62 m
4	Statoil petrol station	122 m
5	Transformer	124 m
6	Transformer	130 m
7	Fuel dispenser cluster	136 m
8	Transformer	221 m
9	BTS transmitter – P4 Sp. z o.o.	240 m
10	Railway track	262 m
11	Transformer	270 m
12	Railway track	273 m
13	Railway track	278 m
14	Transformer	281 m
15	Railway track	282 m
16	GPZ Redłowo power substation	283 m
17	Transformer cluster	288 m
18	District heating pipe	293 m
19	Pipeline	293 m

# NEIGHBOURHOOD

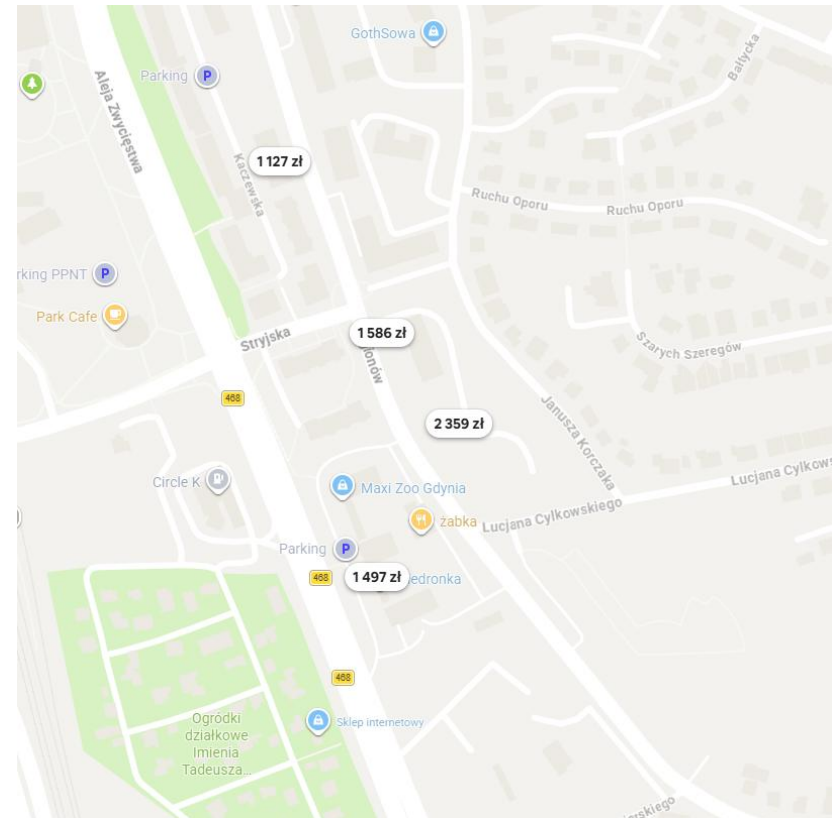
report

## Short-term rental listings in the immediate vicinity



booking.com

airbnb.com



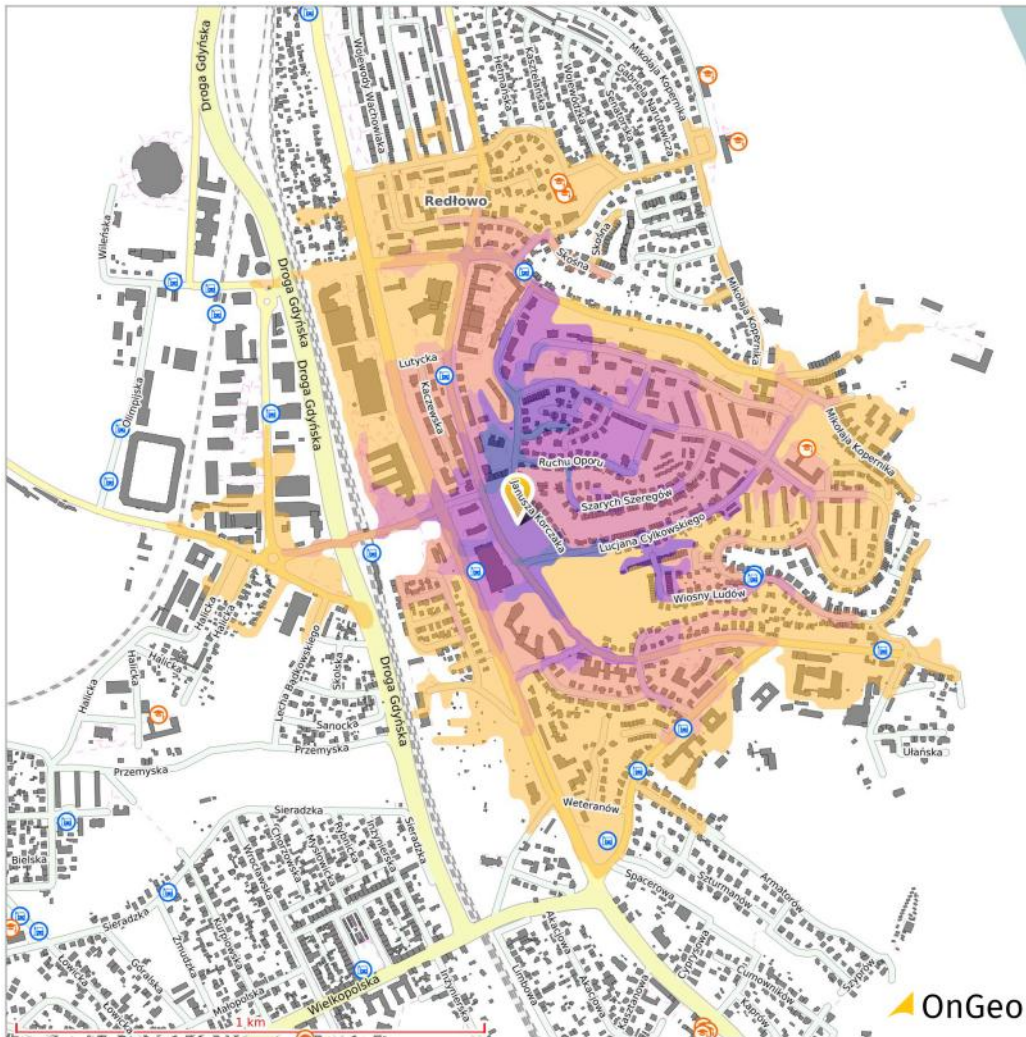
low listing rate

low listing rate

# NEIGHBOURHOOD

report

## Walking time range map



### Walking time

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

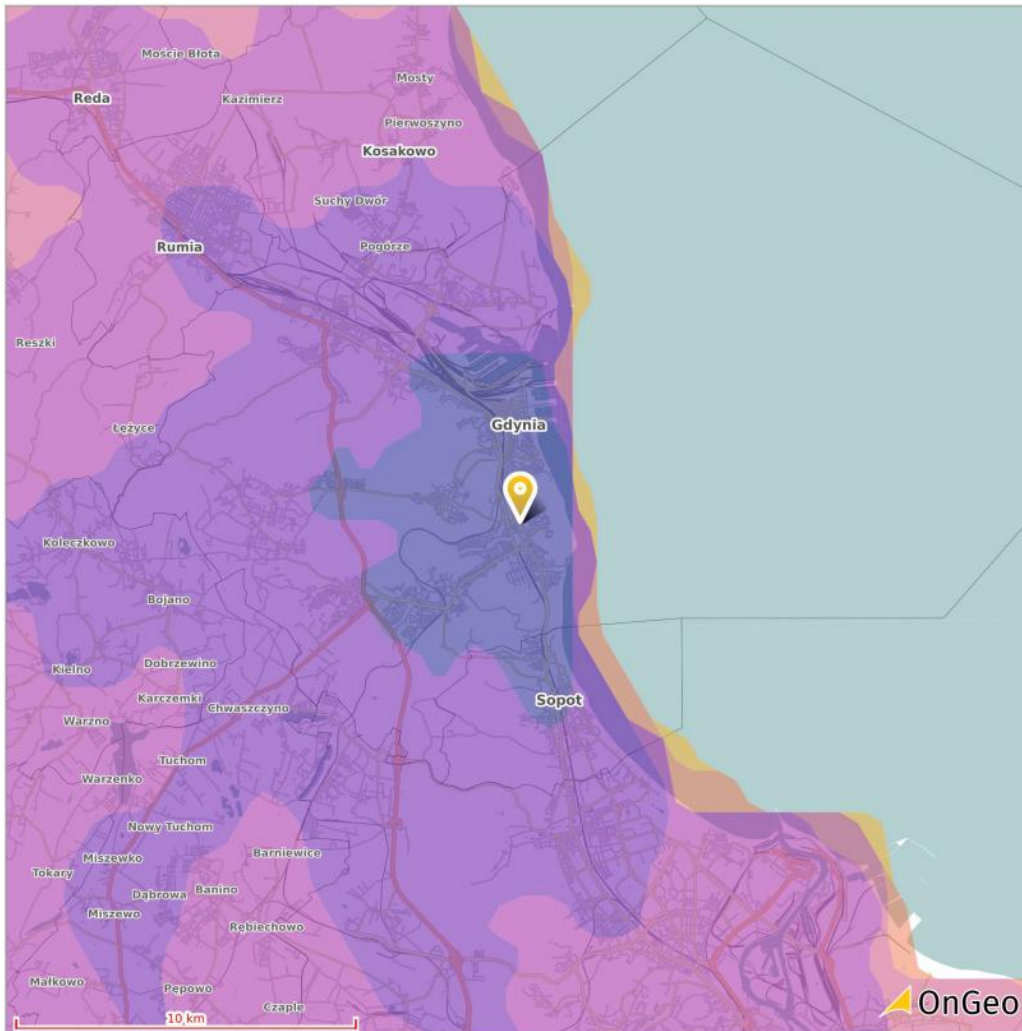
 Bus/tram stop

 School

# NEIGHBOURHOOD

report

## Driving time range map



### Driving time

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

## ERGONOMICS

### An apartment layout that works every day.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

## LIGHT

### Sunlight where we need it and when we need it.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

## MICROCLIMATE

### Breathing fresh air in comfortable conditions.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

## NATURE

### Daily paths surrounded by greenery.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

## ACOUSTICS

### Silence that allows us to recover.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

## NEIGHBOURHOOD

### People around us who are not strangers.

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

### What exactly we assess

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

### Impact on our wellbeing

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

### What to watch out for

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

**Wishing you a healthy home**

