



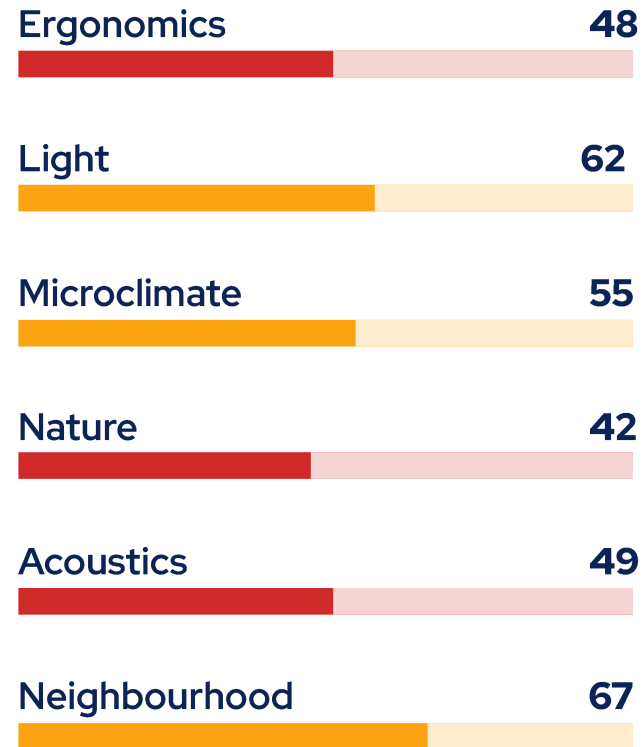
HABIscore

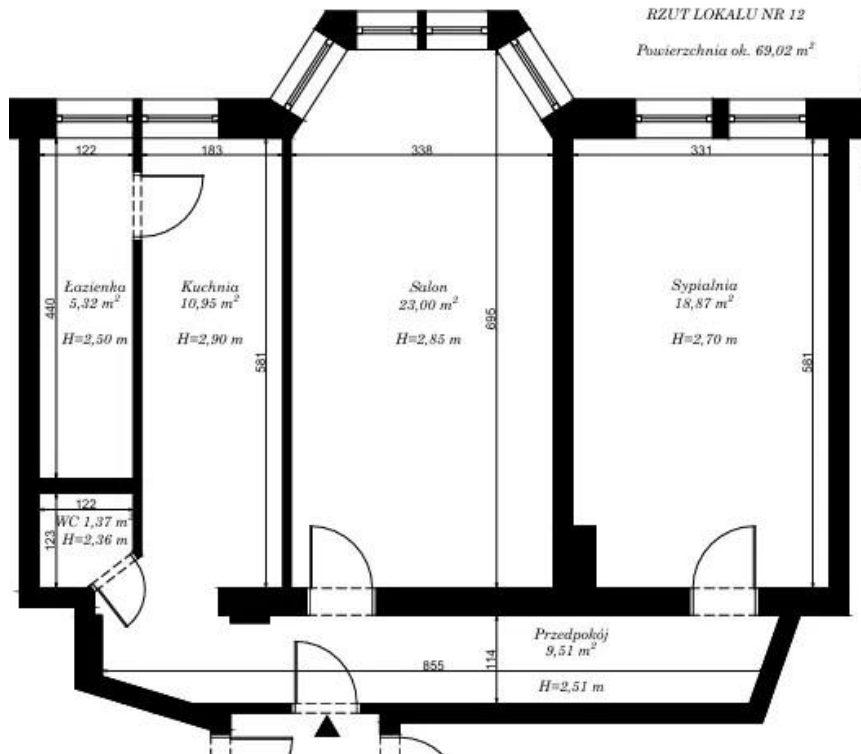
OVERALL SCORE

report



Overall assessment of the space's potential health impact





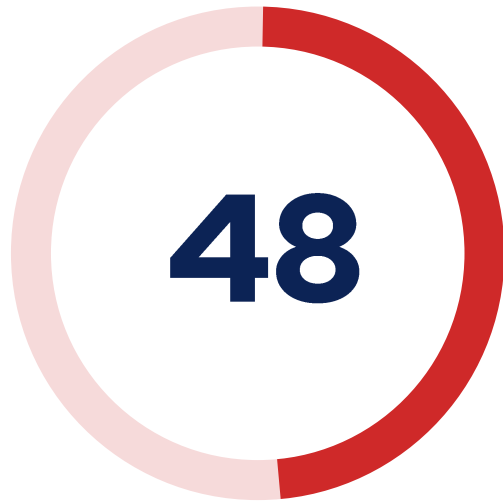
The apartment achieved an overall score of 54/100, indicating a moderate potential for supporting daily wellbeing. Its strongest feature is the neighbourhood with good service accessibility and a relatively favourable light aspect, resulting mainly from large glazing in the living room and western exposure of the rooms., co wskazuje na umiarkowany potencjał wspierania codziennego dobrostanu. Jego najmocniejszą stroną jest sąsiedztwo z dobrą dostępnością usług oraz relatywnie korzystny aspekt światła, wynikający głównie z dużych glazing in the living room i zachodniej ekspozycji pokoi.

The layout of the living space and bedroom is also a functional plus, however the overall score is reduced by significant ergonomic limitations. The main issues are an overly narrow corridor, lack of space for a wardrobe in the hallway, an inconveniently arranged bathroom and access to it through the kitchen. The layout also fails to provide a proper separation of day and night zones.

In terms of microclimate, the apartment performs averagely: the biggest drawback is the lack of effective ventilation, and the living room may periodically face a risk of overheating.

The contact with nature was also rated lower, mainly due to the lack of a balcony or garden, even though the area has green spaces and the Oder River nearby.

In terms of acoustics, the hallway acts as a useful buffer, but the location exposes the apartment to significant street noise. This is a flat with several clear advantages, but requiring conscious acceptance of functional compromises or renovation to relocate partition walls.



Apartment ergonomics score

Pros

- + Functional layout of the living area
- + Functional bedroom layout

Cons

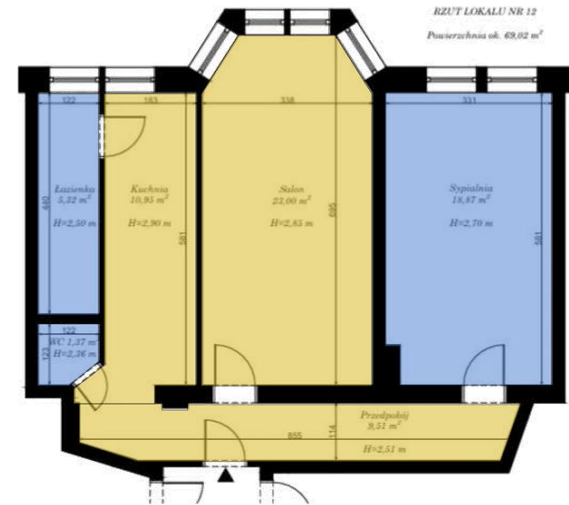
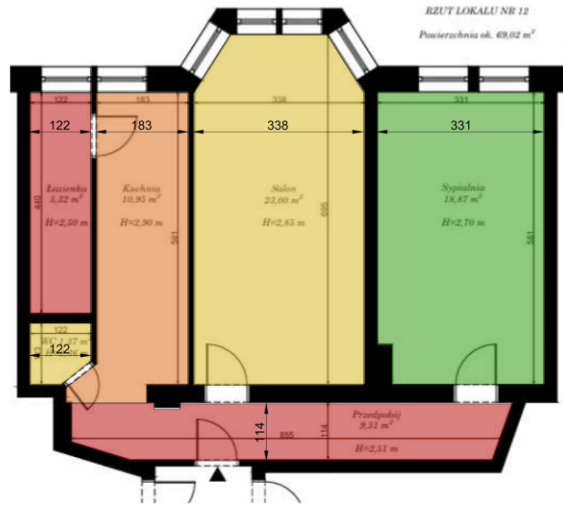
- Corridor width below standard
- No space for a wardrobe in the hallway
- Bathroom width below standard
- No space for washing machine access
- WC door size below standard
- Improper day/night zone separation
- Bathroom accessible only through the kitchen

Recommendations

- Redesign of the apartment layout – kitchen as an open-plan annex adjacent to the living room along the external wall, with the bathroom below merged with the WC

Room sizes

Zoning



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



Apartment sunlight
potential score

Pros

- + Large glazing area in the living room
- + Western exposure in the rooms

Cons

- No access to eastern light
- Limited natural lighting in the kitchen

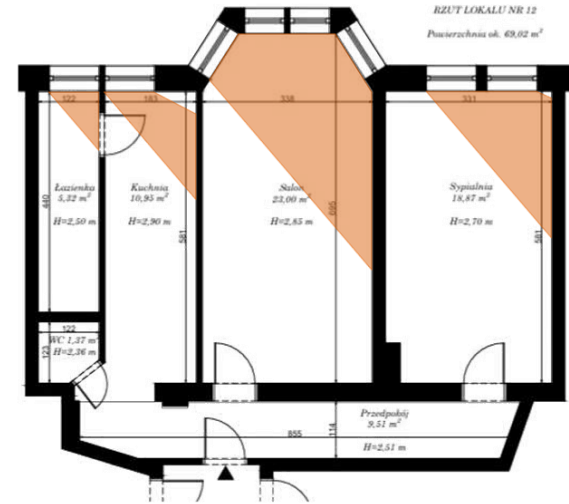
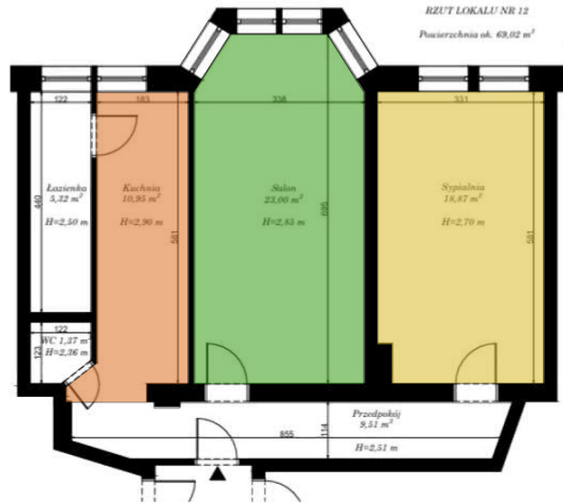
Recommendations

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

LIGHT

Window area

Sunlight exposure



	Window area	Eastern light	Western light
Living room	high	no exposure	high exposure
Master bedroom	limited	no exposure	high exposure
Kitchen	low	no exposure	limited exposure



Apartment microclimate
score

Pros

- + No overheating risk in bedrooms and kitchen
- + Cross-ventilation possible throughout the apartment

Cons

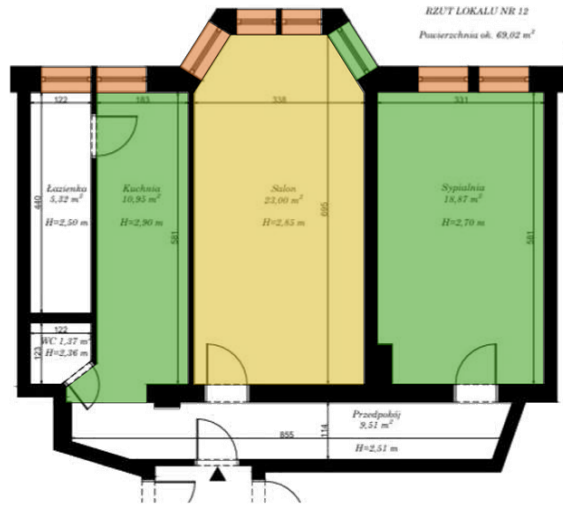
- No ventilation possible
- Moderate overheating risk in the living room
- Average air quality at this location

Recommendations

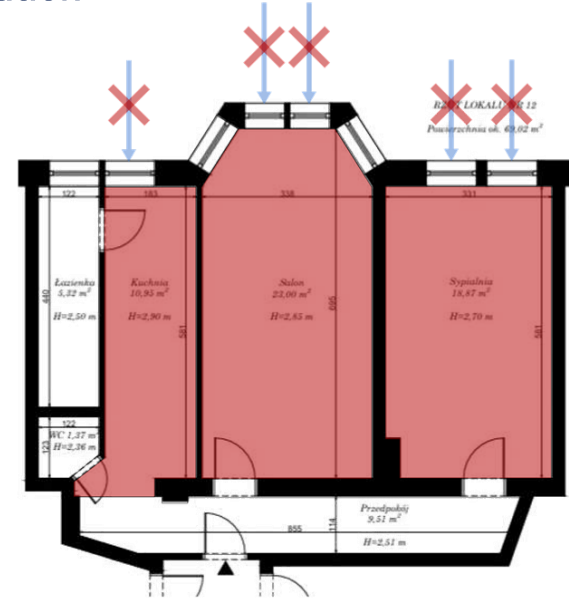
- Use supply air filters

MICROCLIMATE

Overheating



Ventilation

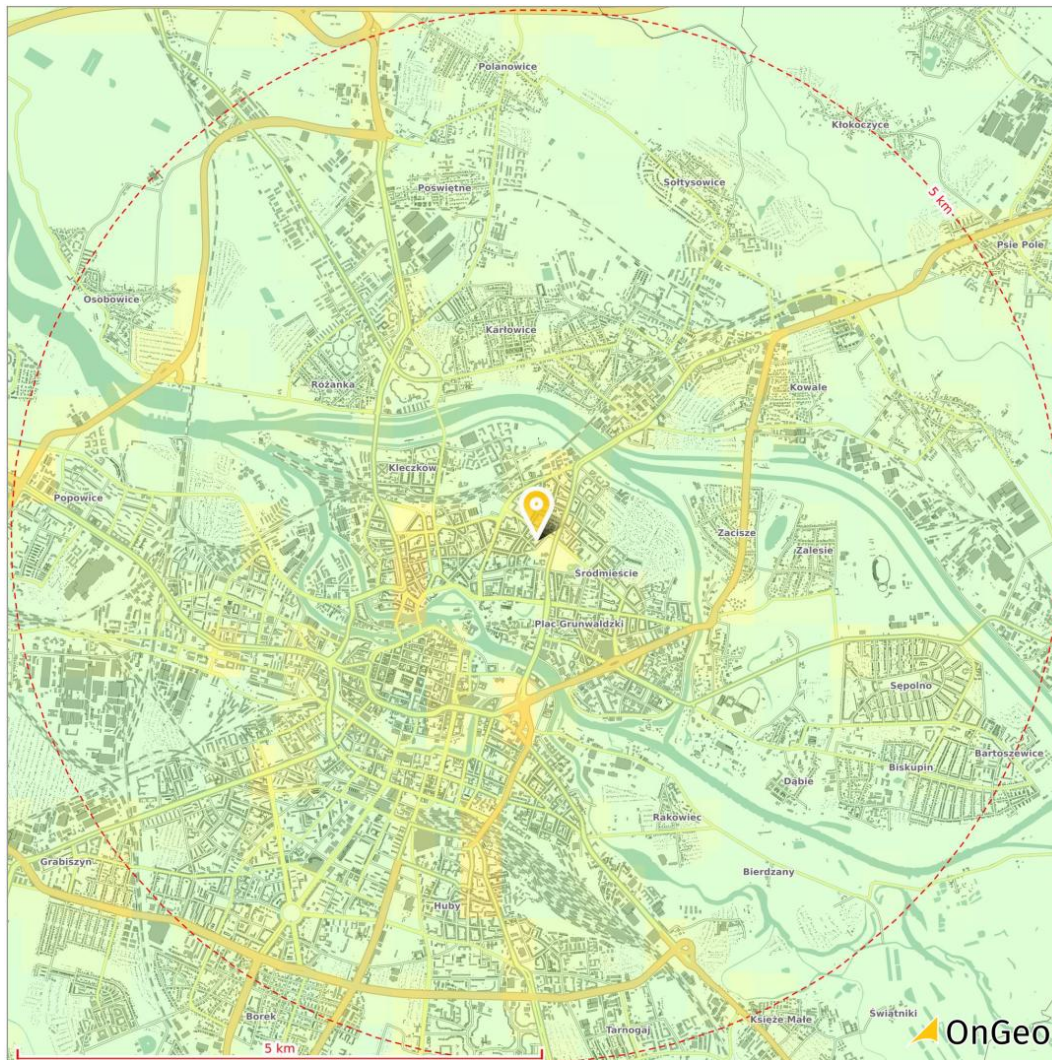


	Overheating	Ventilation
Living room	moderate risk	none
Master bedroom	low risk	none
Kitchen	low risk	none

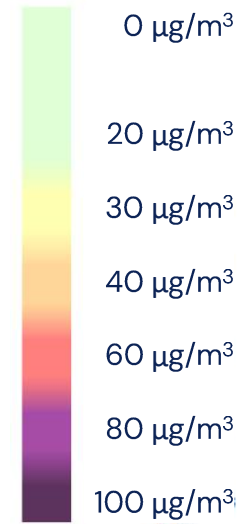
MICROCLIMATE

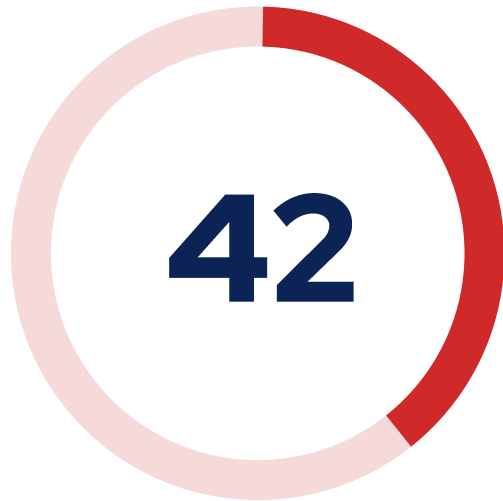
report

Air pollution



Annual average PM10 dust concentration





Nature exposure
score

Pros

- + Proximity of Edyta and Stanislaw Tolpa Park
- + Oder River within 1 km

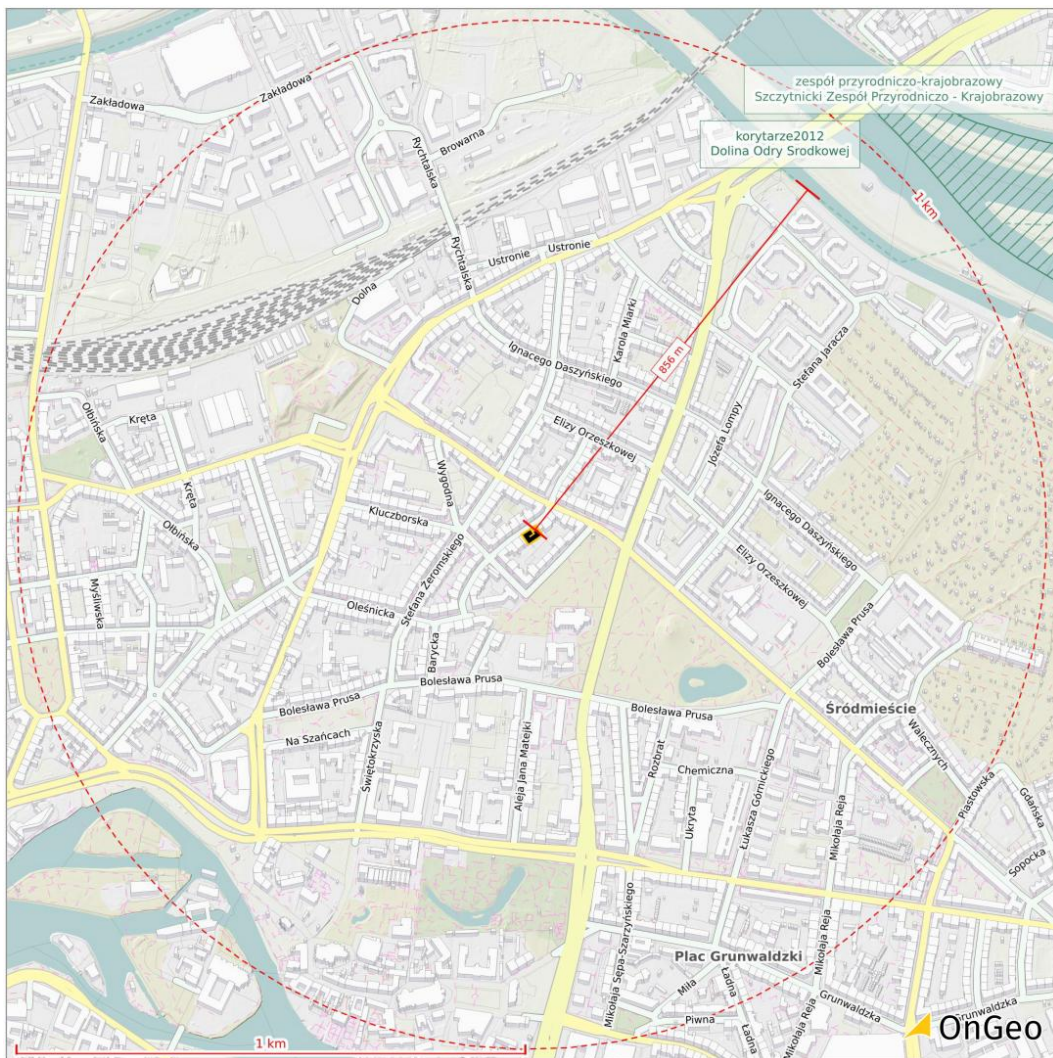
Cons

- No balcony
- No protected areas in the immediate vicinity

Recommendations

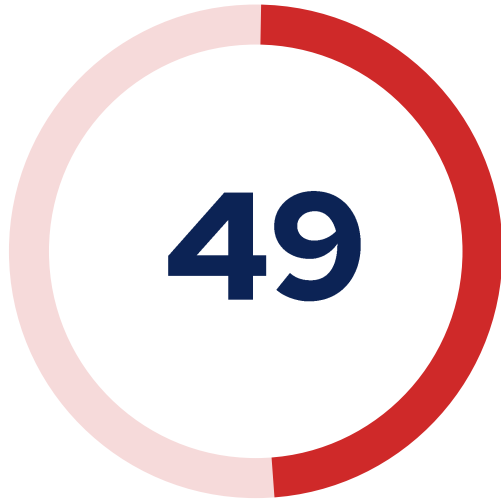
- Ensure the presence of plants and flowers indoors

Protected natural areas in the vicinity



Legend

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



Acoustic conditions score

Pros

- + Hallway buffer separating bedrooms and living room from the corridor and stairwell

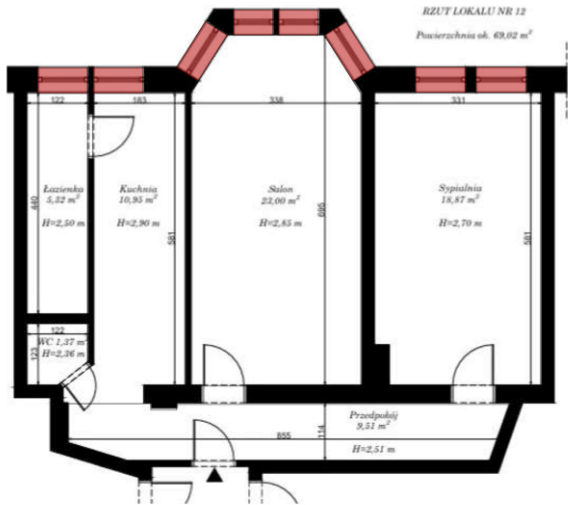
Cons

- High street noise levels

Recommendations

- Install window trickle vents with enhanced acoustic insulation or wall-mounted air vents

Noise in the immediate surroundings



Noise perception risk

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

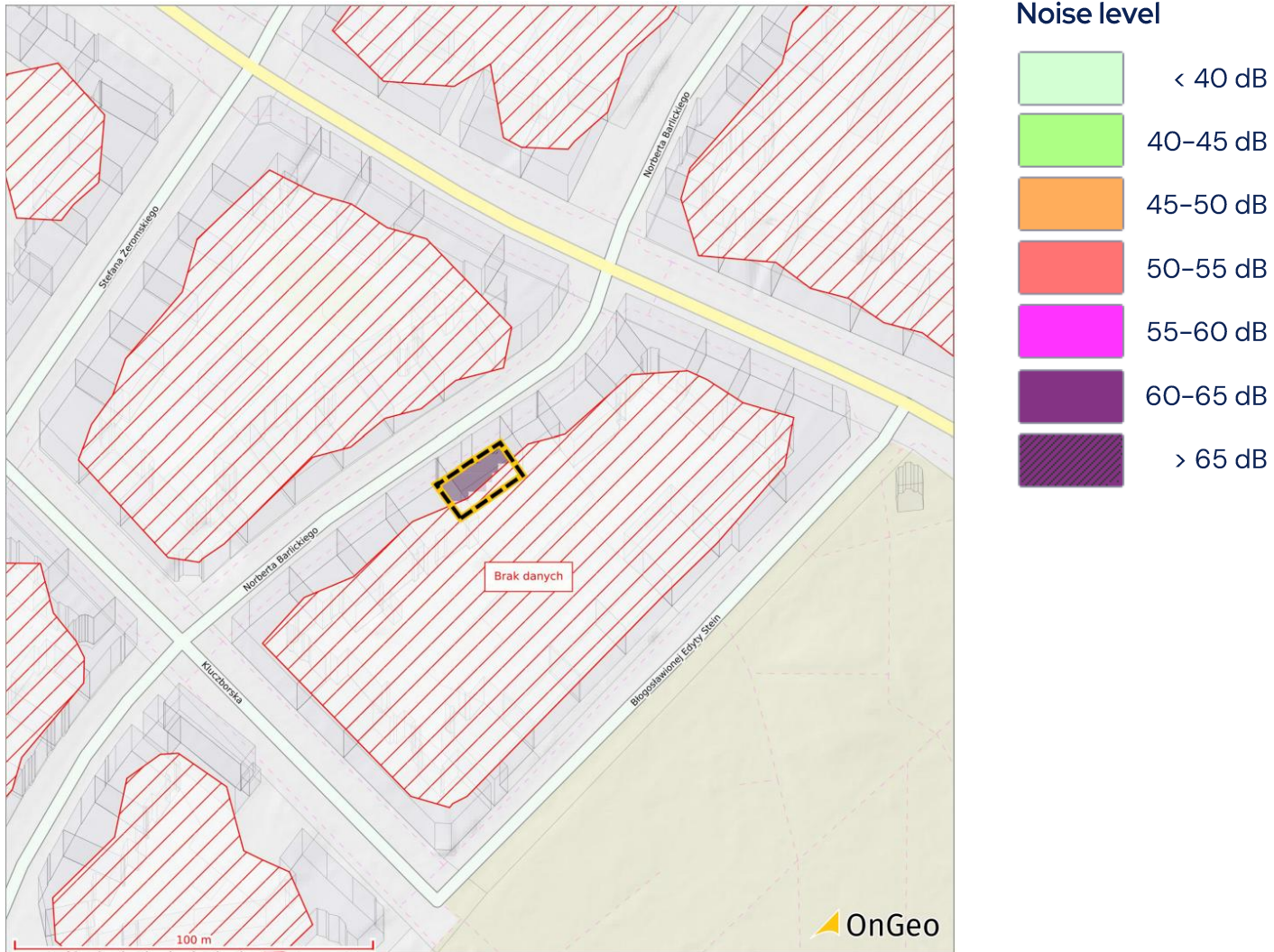
Windows

Child's bedroom window close to a pedestrian pathway

Walls

No risks

Average daily cumulative noise level from anthropogenic sources





Assessment of the surroundings and the potential for creating neighborly bonds

Prons

- + Rich service infrastructure
- + Medium building density

Cons

- Lack of shared/common spaces
- No buffer zone in the entrance area
- Risk of short-term rentals within the building

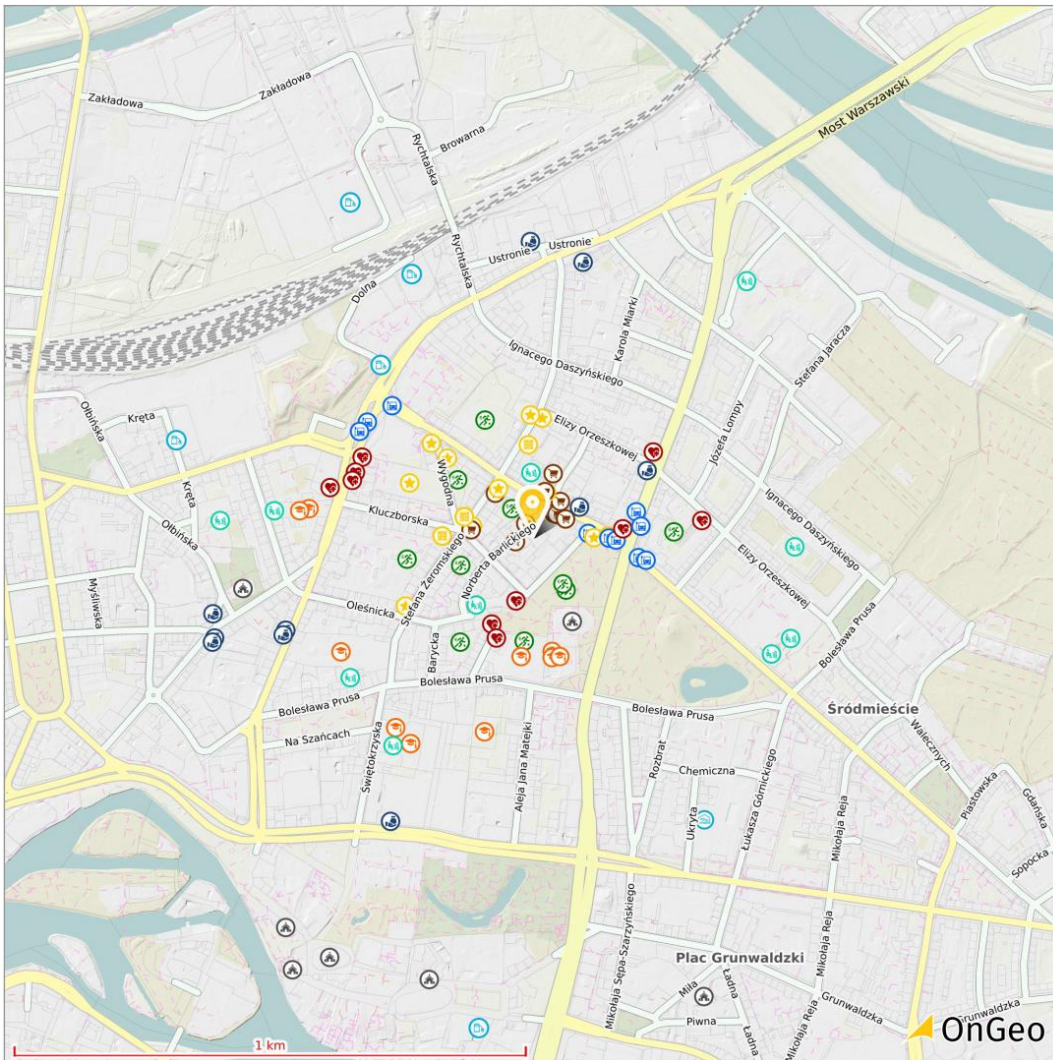
Recommendations

- In-depth environmental interview
- Actions to limit the possibility of short-term rentals at the homeowners' association level
- Use of local public services












NEIGHBOURHOOD

raport












Surroundings and public utility facilities



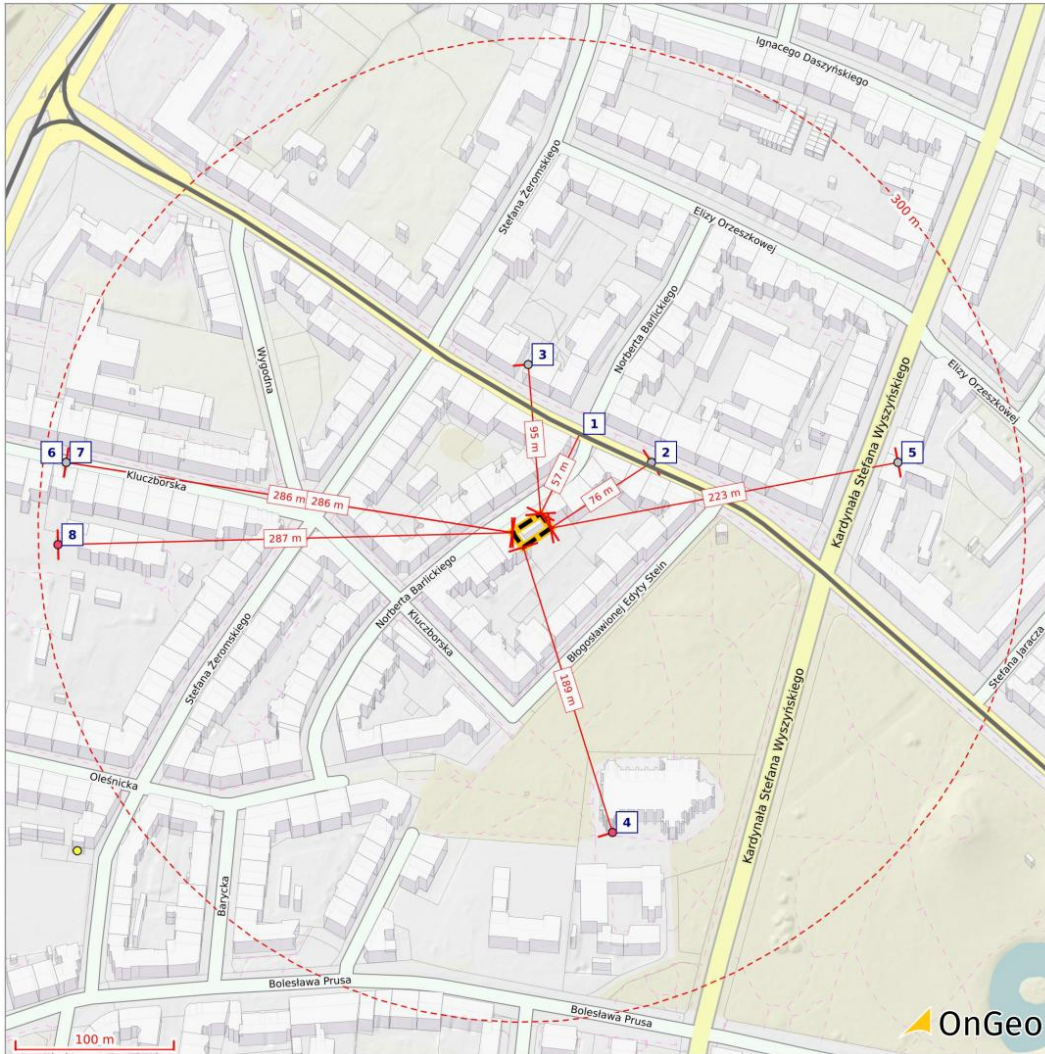
Availability of services

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

Surroundings and public utility facilities

Distance (m)	 Kindergartens	 School	 Medical care	 Shops Markets	 Banks ATMs	 Parcel lockers	 Sports and recreation	 Entertainment	 Churches	 Bus stops	 Charging stations
0-50				2				Sushi Room			
51-100				Na Rogu Julka Hert U Pani Ani Żabka	Planet Cash	3	1			1	
101-200	Przedszkole nr 55 Przedszkole Lokomotywka		Corfamed Cef@rm 36,6 Adental	Odessa Market Słonecznik Dino		7	3 (w tym park Świętej Edyty Stein)	Pizzeria Stopiątka Lawasz Kebab	Kościół pw. św. Michała Archanioła	Wyszyńskiego	
201-300		Salezjańskie LO SP nr 107 Technikum Salesjańskie	Eveta ArsMedis		PKO Bank Polski		4	Pieczone Barnaba Trzy Siostry Pizzeria Marco Centrum Kreatywności Talent Włśnia		Wyszyńskiego	
301-400		Szkola Podstawowa Primus	Rumianek Vita-wet Lege Artis Dental Point				2			Nowowiejska	
401-500	Przedszkole Sióstr św. Józefa Przedszkole Salesjańskie Przedszkole Leonardo Przedszkole Ente Przedszkole nr 3	LO nr I SP Leonardo Salesjańska SP Zespół Szkół Salesjańskich			SGB Bank Bank Spółdzielczy w Kobierzycach PKO Bank Polski						1
501-600	Przedszkole nr 109 Przedszkole nr 25				Euronet PKO Bank Polski				Kościół Opieki Świętego Józefa		1
601-700	Niepubliczny Punkt Przedszkolny J.S. Bacha				Euronet PKO Bank Polski Crédit Agricole Planet Cash						
701-800											1
801-900									Kościół Świętego Idziego		
901-1000									Kościół Świętego Marcina Kolegiata Świętego Krzyża i Świętego Bartłomieja Zbór Zielonoświątkowy Kościół Świętych Piotra i Pawła		1
Total in neighbourhood	18	34	55	183	30	159	101	125	7	73	5

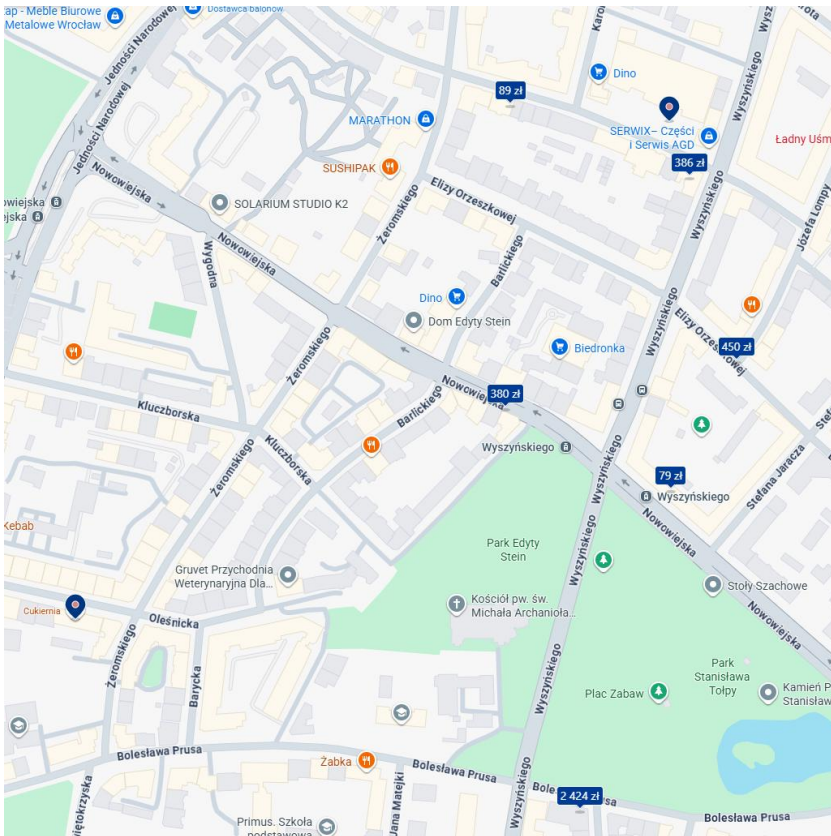
Places, facilities, and installations that may cause nuisance



Hazards and nuisances

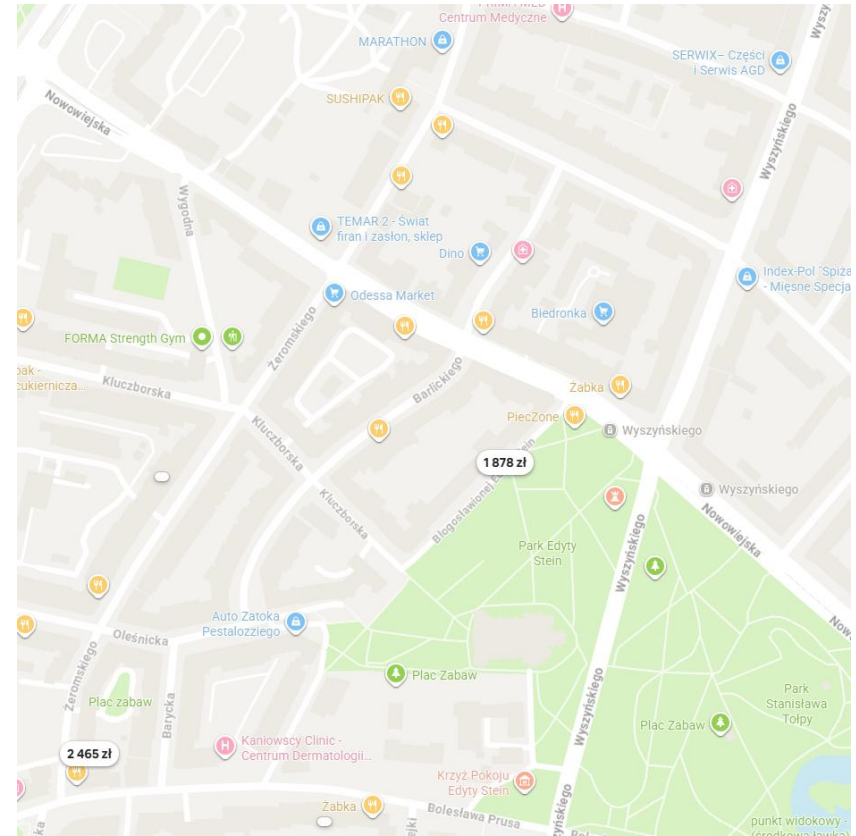
No.	Nuisance	Distance (m)
1	Tram track	57 m
2	BTS transmitter – POLKOMTEL Sp. z o.o.	76 m
3	BTS transmitter – POLKOMTEL Sp. z o.o.	95 m
4	Industrial chimney	189 m
5	BTS transmitter – Orange Polska S.A.	223 m
6	BTS transmitter – POLKOMTEL Sp. z o.o.	286 m
7	BTS transmitter – Orange Polska S.A.	286 m
8	Industrial chimney	287 m

Short-term rental listings in the immediate neighbourhood



booking.com

airbnb.com



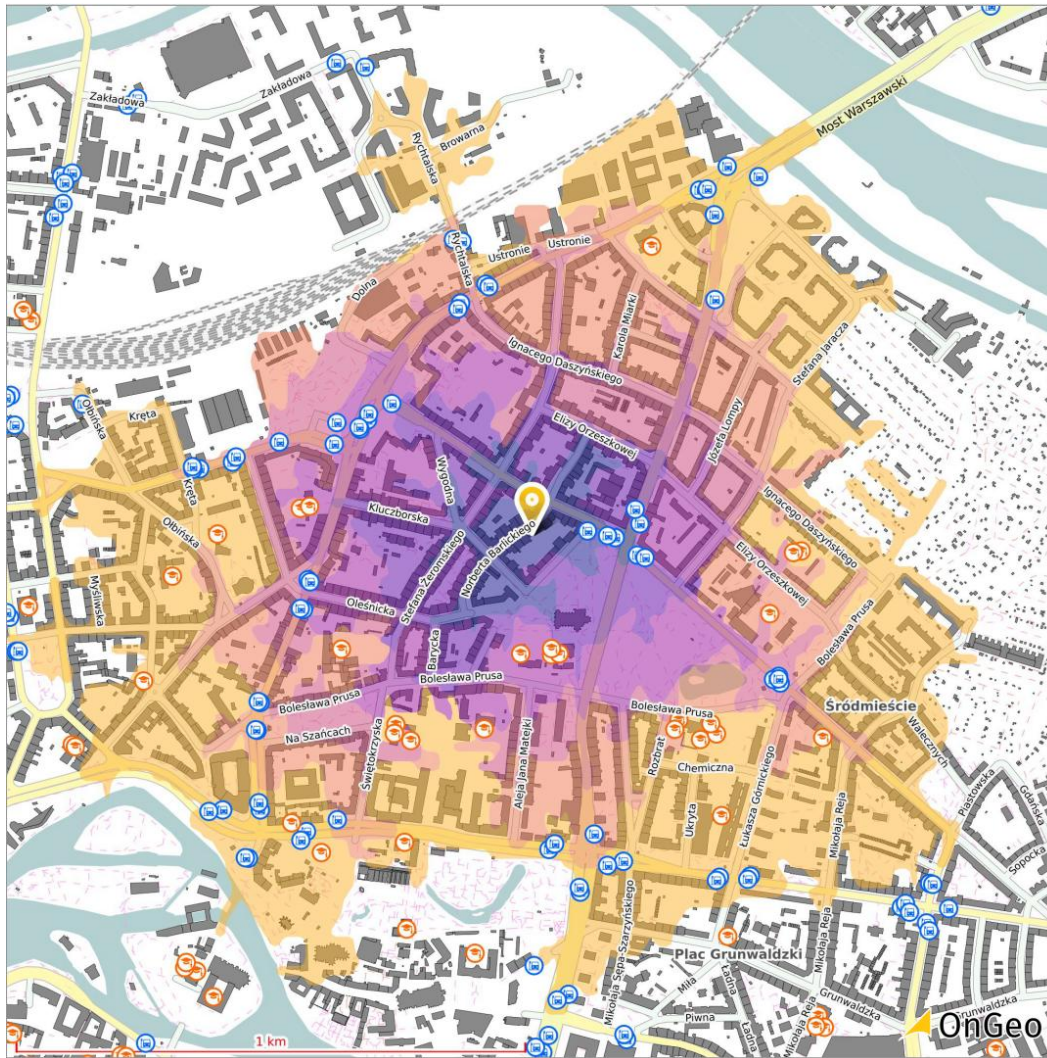
Risk of short-term rental activity

Risk of short-term rental activity

NEIGHBOURHOOD

report

Walking distance range map

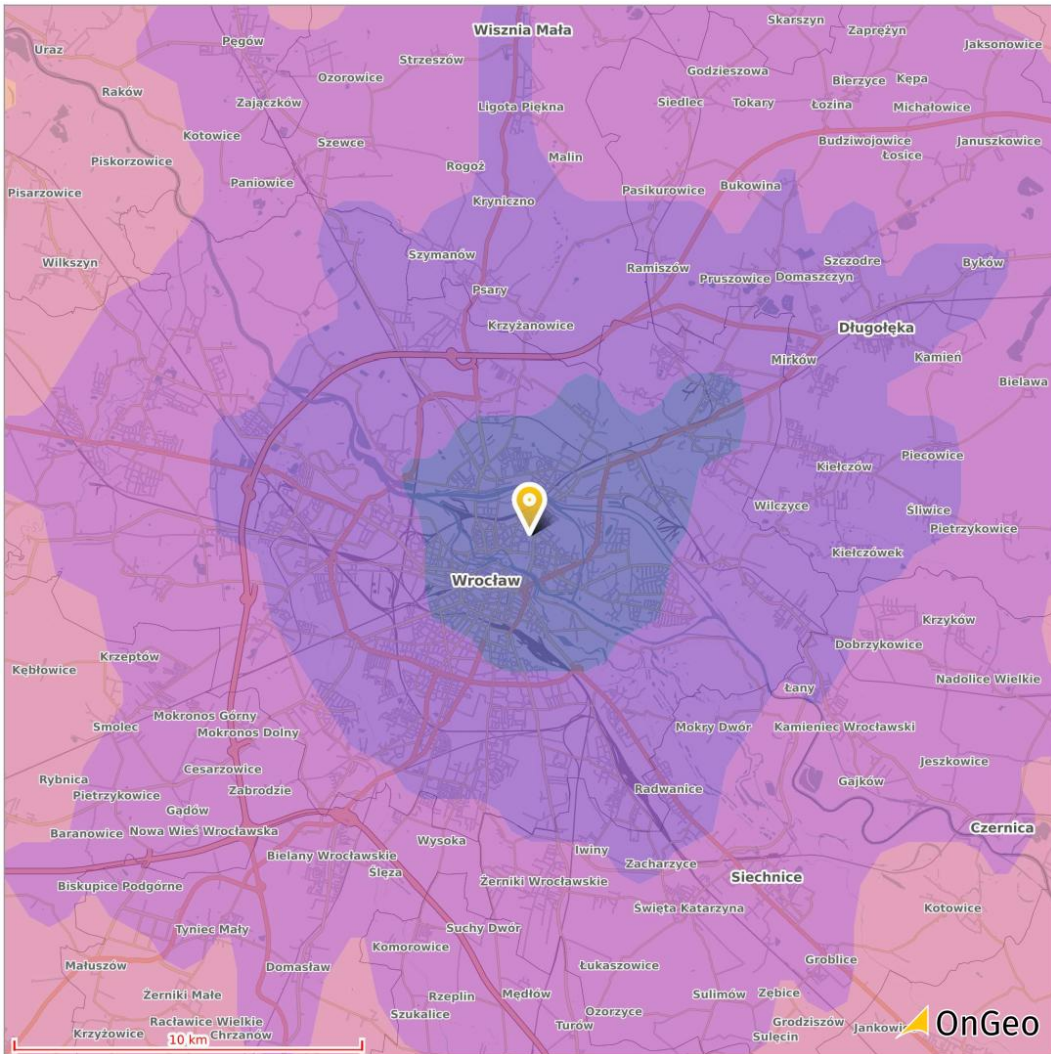


Walking time







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

- Bus stop
- School

Driving distance 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

