Lifegarden resilience course

Zurich, CH

Project details

Client	Verein Lifegarden
Project type	Healthcare and care facilities, Leisure and sport
Construction type	Wood element construction
Services	Timber construction
Construction	2025
Locality	Zurich
Country	Switzerland

Boosting mental health on an outdoor trail

This unusual commission involved advising the client and developing the five stations with structural studies, definition of materials, repeated discussions, specification of services and modelling of the individual objects. Several departments were therefore involved in implementing the project: our geometry team for development and design, the silo construction specialists for the re-framer and the trainees in production.

The Lifegarden consists of five open-access stations: ‘Re-Framer’, ‘Decision Cocoon’, ‘Flower Ring’, ‘Canopy Bed’ and ‘Resilience Band’ – all of which are modelled on nature. The stations translate experiences from current resilience research into timber objects and enable users to easily train their own mental resilience. Blumer Lehmann manufactured all the components at its own production facilities, including the curved components of larch wood and the steel components. The five stations are made of larch wood or pressure-treated laminated veneer lumber and rest on steel structures on screw-in foundations.

Specific Contact

Reto Bösch

Head of Sales Timber and Modular Construction | CH
Member of the Division Management

T +41 71 388 52 81
reto.boesch@blumer-lehmann.com

Lifegarden resilience course

Zurich, CH

The Flower Ring consists of larch floor grating and is surrounded by flower beds.

The Decision Cocoon seating sphere is made of pressure-treated laminated veneer lumber. It has a diameter of 4,500 mm and a height of 1,775 mm.

The Re-Framer station is a funnel measuring approximately 2,300 mm in width and 3,020 mm in height – offering new perspectives and optimistic views.

The Resilience Band for self-efficacy and inner strength consists of six curved larch wood slats per element.

info@blumer-lehmann.com
blumer-lehmann.com

Lifegarden resilience course

Zurich, CH

Now that the Lifegarden prototype has been developed and implemented in Zurich, the five objects are to be produced in series and installed at other locations.

info@blumer-lehmann.com
blumer-lehmann.com