

THIS HOSPITAL RETREAT IMMERSES PATIENTS IN NATURE

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Outdoor care retreats by Snøhetta, Norway



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Norway – Architectural firm **Snøhetta** has created a pair of secluded wooden cabins to ease the impact of hospital stays for patients and their families.

They are open to every patient at two of Norway's largest hospitals and can be reserved through an online booking system. A far departure from the clinical corridors of traditional wards, the retreats offer physical and psychological respite from treatments and the isolation associated with long-term hospitalisation.

Located in forests close to the hospital, the cabins are designed to blend naturally into their surroundings. According to children's psychologist and one of the project's initiators Maren Østvold Lindheim, 'being in natural surroundings brings [patients] a renewed calm that they can bring back with them into the hospital. In this sense, the outdoor care retreat helps motivate patients to get through treatment and contribute to better disease management.'

Health and wellness is increasingly **expanding into architecture**, as developers and institutions become more aware of the impact of our physical surroundings and the opportunity to incorporate the healing properties of nature.