

WELL feature guide

IN THE YARD



General introduction

In The Yard, located along the E40 near Drogen, distinguishes itself as one of the most sustainable business centers in Belgium. Strategically located between Brussels and Ostend, it offers not only an ideal location but also an environmentally friendly working environment.

In terms of sustainability, the design is progressive: a passive building envelope and triple glazing provide excellent insulation. The green roof contributes to a healthy living environment and natural insulation. Solar panels provide self-sufficiency and reduce the carbon footprint. Rainwater recovery and climate ceilings contribute to efficient water and energy use, while heating works completely without fossil fuels.

The space has been designed in such a way that every corner is functionally filled, such as the toilets under The Void (event space). As a result, the space is used optimally and no space is left unused.

An advanced lighting system adapts to daylight, gradually switching from 'cool light' to 'warm light', with a decrease in blue light as the day progresses.

The Yard will house several companies that rent private offices, while flexible workspaces will be available for those with a flex membership. Meeting rooms and the event space 'The Void' can be rented both internally and externally.

The business center fosters a vibrant community through shared bistro lunches, internal events, trainings and sports activities, creating a dynamic and collaborative environment.

1. In The Yard's Environmental Strategies and Goals

With the constant changes in the office market and its different forms of work, the need for progressive office buildings is growing. Energy efficiency and flexibility are paramount. With In The Yard, we offer a clear answer to this.

Sustainability as a core value

We attach great value to people and their environment. How can we, as a company, stay sustainable and healthy without harming others or our environment? Can we have a positive impact? What are we leaving behind for the next generation? We strive for growth in our social and environmental responsibilities.

Our five core values

1. Energy efficiency

An office building consumes a lot of energy for heating, cooling and lighting. At In The Yard, we use geothermal drilling for heating and cooling, which requires minimal additional energy. Our roofs are equipped with solar panels to generate 100% green energy. For lighting, we use energy-efficient LED fixtures that respond to daylight, and the many windows provide maximum natural light.

2. Water management

Water is becoming increasingly scarce, so we use it sparingly. We reuse rainwater by collecting it on our green roofs. By purifying excess rainwater for showers and then purifying it again for toilet flushing, we use rainwater three times and relieve the sewer network in the event of heavy rainfall.

3. Biodiversity

We maximize unpaved space for stormwater infiltration and encourage biodiversity. Our roof gardens and landscaping with native trees, plants and flowers are ideal meeting places for bees, butterflies and other insects. We therefore try to provide as many people as possible with a view of all this greenery in, on and around the building.

4. Materialization

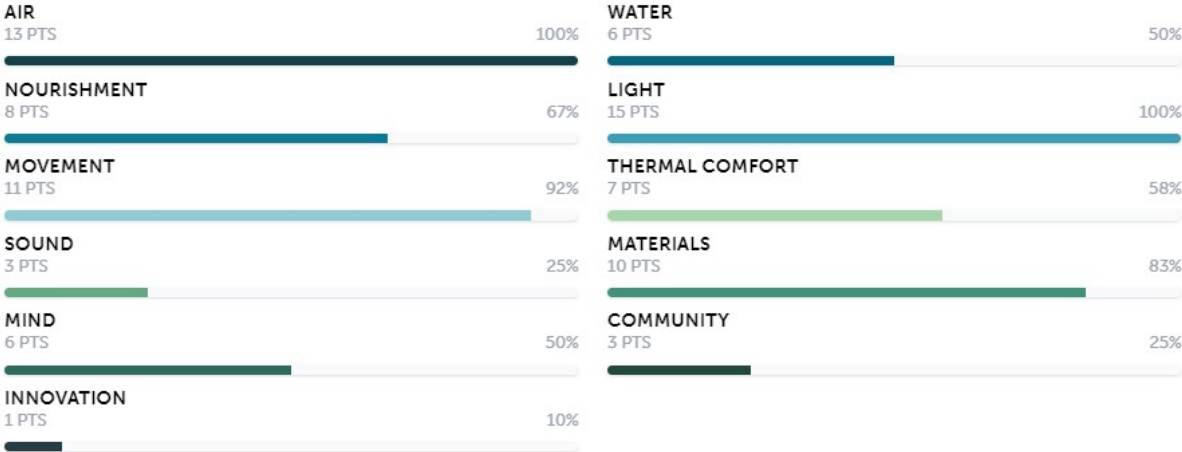
Through smart use of sustainable materials, we ensure that our buildings remain flexible in use. The open layout of the upper floors makes modular dividing easy, without producing unnecessary waste. The techniques are also immediately equipped for this so that renovations can be realized quickly and efficiently.

5. Safe, healthy and inclusive

Our business center combines safety, health and inclusivity. The building has excellent ventilation systems, natural lighting and ergonomic workplaces. It is fully wheelchair accessible and equipped with various facilities for people with different needs, making everyone feel welcome. The many sports facilities such as a fitness room, padel court, table tennis, petanque court and basketball court ensure that physical health can also be sharpened.

The construction project is aimed at a WELL certification with a Gold level.

The following diagrams show the steps in the certification process. Even after obtaining the certification, continuous follow-up and reporting remain of great importance. In this way, we guarantee that the efforts made to maintain the certificate continue to bear fruit.



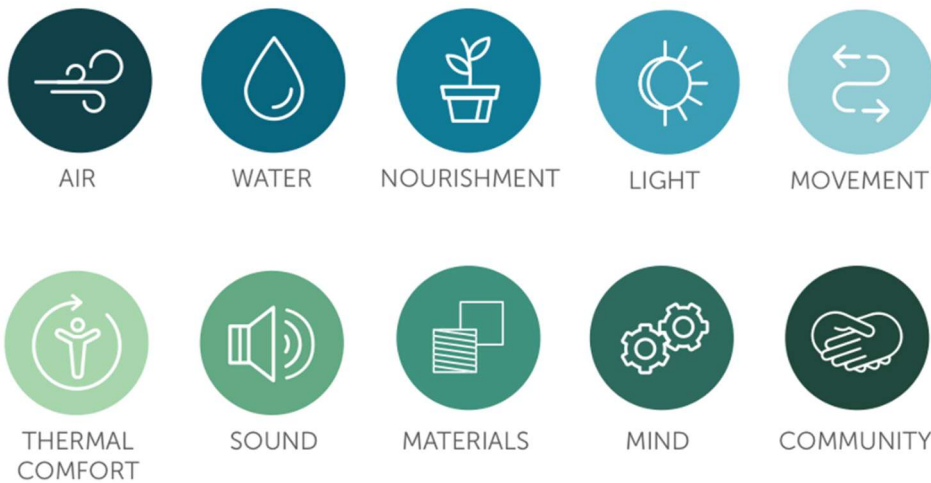
2. WELL concepts and strengths

In The Yard is the building that is the subject of the WELL label. The WELL label values the comfort and well-being of users in the building. The living environment affects behavior, habits, eating, sleep cycle, etc. Thus, it has a passive impact on health through our environment.

WELL provides a design framework to incorporate features and procedures that improve the health and well-being of occupants through the design, construction, and operation of the building. WELL also enables innovation and transformation of the way occupants interact with the building and living spaces.

TEN CONCEPTS

There are ten concepts in WELL:



Each of these themes is presented in the project to promote a healthy building and a comfortable environment for its occupants.



The fully automated ventilation system D guarantees a fresh air supply at all times. The incoming outside air is carefully filtered to ensure the quality of the air. At the same time, the heat from the extracted air is recovered to the blown air, without them coming into contact with each other and mixing. In this way, energy loss is minimized.

In addition, a pre-treatment of the air is provided, so that the humidity in the building can also be constantly monitored and adjusted if necessary. All this contributes to a comfortable and healthy working environment in the building.

Various sensors have been installed throughout the building that continuously measure temperature, humidity, ppm concentration, CO2 content and general air quality. When these values exceed a preset threshold, measures are automatically taken to improve air quality.

This proactive system ensures a healthy and comfortable environment for all users of the building, by intervening in a timely manner when necessary.

There is a strict no-smoking policy throughout the In The Yard building, including e-cigarettes, and this extends to a radius of 7.5 meters around the building. Clear signs have been placed at various locations to emphasize this prohibition.

For smokers, a designated smoking area has been set up outside the building, which is located more than 7.5 meters from the entrance. In this zone, a sign informs about the health risks of smoking, with the aim of not encouraging smoking within the grounds of In The Yard.



In the building, the water is distributed according to the strict WELL standards, which ensure access to high-quality drinking water. The water quality is regularly verified by a specialized testing agency to meet the strict standards of the water concept.

In each office and in the common kitchens of the garden offices and bistro there is the possibility to get chilled still or sparkling filtered water. In the common areas, this water is available free of charge, to encourage drinking water.

To limit our water consumption, we use rainwater recovery. We reuse the water up to 3 times. First of all, we allow the rainwater to infiltrate as much as possible into the roof

garden substrate, so that it can be absorbed directly by the plants. We then filter the excess water, making it suitable as shower water. We collect this shower water again, filter it again and use it for toilet flushing. By using water several times in this way, we relieve the sewage system during heavy rainfall and significantly reduce our overall water consumption.

This sustainable water management contributes to a more efficient use of water resources and supports the pursuit of an ecologically responsible working environment at In The Yard.



At In The Yard, we strive to unburden users and provide them with healthy options. Our smart fridges offer fresh meals 24/7, available via an app for ITY users. The fridges are refilled with fresh dishes 2 to 3 times a week, so there is always a varied choice.

In our roof garden we have a vegetable garden where users can harvest fresh and organic products for free. We grow seasonal crops such as winter spinach, strawberries, zucchini, cherry tomatoes and pumpkins in the fall. This initiative not only encourages healthy eating, but also strengthens the community through collaborative gardening and planting new crops.

We do not offer or sell soft drinks with a high sugar content. In the smart fridges, you can sometimes find drinks such as fruit juices, all of which contain less than 25 grams of sugar per package. In this way, we want to contribute to the health and well-being of our community at In The Yard.



In offices, the importance of energy-efficient and high-quality lighting has been demonstrated in various studies. Providing the correct lighting can contribute to increasing the productivity and well-being of the users.

At In The Yard, we have equipped the offices with luminaires with circadian control to support and improve the natural day-night rhythm of the human body. This lighting technology adapts throughout the day to synchronize people's biological clock, resulting in better concentration, alertness, and well-being.

Adapting to Natural Rhythms: Circadian lighting mimics the changes in natural daylight. In the morning, more blue light is emitted, which increases alertness and productivity. As the day progresses, the color temperature shifts to warmer light, which helps to prepare for relaxation and rest.

Biological Effects: The lighting directly affects the production of hormones such as melatonin, which regulate the sleep-wake cycle. By being exposed to the right light at the right time, sleep quality at night is improved and fatigue is reduced during the day.

Technology and Implementation: Our luminaires use the latest LED technology in combination with an advanced control system. Sensors measure external light levels and presence, allowing the lighting to be automatically adjusted according to the needs of the users.

Benefits for Work Environment: The lighting will contribute to improved concentration, increased productivity, and reduced fatigue and stress among employees. It can also help to improve well-being by bringing the work environment more in harmony with the natural needs of the human body.

By integrating circadian lighting, we aim to not only illuminate the physical space, but also to optimize the health and performance of their employees.



MOVEMENT

At ITY, we actively encourage movement in a variety of ways. Upon entering the hall, you are immediately welcomed by a staircase, with clear signage that leads you to the reception via the stairs. The clues are so prominent that you're almost automatically led to the stairs. Of course, there is also an elevator, discreetly located around the corner, for people who are less mobile.

Music is played in the stairwells to make climbing the stairs more pleasant and enhance the experience.



At In The Yard, movement is key, supported by various facilities and amenities:

Our fitness room offers space for group lessons and individual training sessions. In addition, we have a padel court, a basketball court, a pétanque court and two ping pong tables, so there is something for everyone to experience.

For cyclists we have a covered bicycle shed with direct access to showers. We have 7 showers, including separate facilities for men, women and disabled visitors, and gender-neutral facilities are also available.

At the workstations, we offer ergonomic chairs that are adjustable in height, backrest and armrests. In addition, all desks are electrically height-adjustable, allowing users to alternate between sitting and standing work.

To guide visitors effortlessly to the entrance, clear signage is provided at the entrance and parking spaces.



Acoustics are an essential aspect of In The Yard, where various solutions have been implemented for high-quality sound management:

Underground Parking: In the underground car park, materials with high sound absorption have been used. These absorb sound reflections from hard concrete floors and reduce reverberation, contributing to a comfortable environment.

Offices and common areas: These areas are equipped with a combination of soundproofing materials to minimize sound transmission between rooms. Sound-absorbing materials also help to prevent reverberation, creating a quiet working environment.

Technical Installations: Technical installations are equipped with acoustic damping to reduce vibrations, air movement and other disturbing noises, contributing to an undisturbed working environment.

At the start of the design, a thorough acoustic study was carried out by a specialized agency. Important building nodes have been analyzed and numerous recommendations have been made to optimize acoustic comfort.

This approach ensures a high level of acoustic comfort in In The Yard, contributing to a productive and pleasant working environment for all users.



At In The Yard, we have designed our building with a strong focus on energy efficiency, contributing to a more sustainable working environment.

Our passive outer shell includes 20 cm of façade insulation and triple glazing, together with high airtightness. This minimizes heat losses and reduces the need for additional heating energy.

We use soil borings for both heating and cooling, extracting coolness from the ground in the summer and using it for heating in the winter. Our heat pumps are precisely dimensioned to keep the building at a comfortable temperature in an efficient and energy-efficient way.

These measures not only contribute to the comfort of our users, but also underscore our commitment to sustainability and energy savings at In The Yard.



MIND

In this building, we designed our office environment with a focus on improving comfort and well-being through green spaces and a vegetable garden.

Our green spaces provide a calming environment where employees can relax and connect with nature. From a calming stroll through the garden to actively participating in sports activities, these places provide an opportunity to detach the mind from work-related tasks. This ultimately promotes productivity through regular breaks that encourage creativity and focus.

The vegetable garden is a place where seasonal plants and herbs thrive, ranging from winter spinach and strawberries to pumpkins in the fall. Harvesting fresh, organic produce encourages healthy eating habits and strengthens the community through collaborative gardening activities.

Additionally, we offer planting courses to share knowledge about gardening and plant care, allowing users to further immerse themselves in the natural environment and strengthen their connection to it.



COMMUNITY

At Camino we strive to create a vibrant community where tenants and employees come together and get to know each other through various communal activities.

Sports competitions: We organize various sports competitions such as padel, ping-pong and group lessons. This not only promotes health and team spirit, but also the mutual interaction between different people within Camino.

Drinks: Regular drinks provide an informal setting where people can meet, exchange ideas, and build relationships.

Joint Trainings: We also facilitate joint trainings and workshops. These educational events encourage knowledge sharing and professional development, which strengthens collaboration and engagement within the community.

(Vegetable) garden and Bistro: Our garden and bistro serve as central meeting places where people can mingle freely and make informal contact. Whether it's sharing experiences or just socializing, these spaces are designed to foster a sense of community.

At Camino, we believe in building a close-knit community where everyone feels welcome and where collaboration and interaction are stimulated through diverse and engaging activities.

Conclusion

In The Yard is more than a business center; It is a leading example of sustainable building and working, with a strong focus on health and wellbeing. Our commitment to achieving the WELL certification underlines our ambition to provide a working environment that is both functional and conducive to the well-being of our users.

By incorporating cutting-edge technologies and sustainable practices, such as circadian lighting, geothermal heating, and rainwater harvesting, we provide a space that contributes to the health and comfort of everyone who works there. These measures not only ensure a lower carbon footprint, but also a productive and stimulating working environment.

Our pursuit of the WELL certificate goes beyond implementing green technologies; It encompasses a holistic approach to well-being. This means that every design decision, from air quality and water management to nutrition and mental health, is made with the aim of improving the daily lives of our users.

At In The Yard, we have created an environment where sustainability, health and community are central. Our facilities and initiatives promote healthy lifestyles, encourage interaction and collaboration, and provide an inspiring place to work and grow.

With this focus on well-being and sustainability, we are setting a new standard for office buildings and are continuously working on improvement and innovation. In The Yard is a living, breathing space that adapts to the needs of its occupants and continues to evolve to provide the best working environment.