



Interior Landscape

室内景观

童家林 编 张晨 译

辽宁科学技术出版社

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PREFACE 序言

From the Garden of Eden, the gardens are manmade paradise on the earth; extraordinary examples among them are the terrace gardens in the Apennine peninsula by the Italian cardinals, the Islamic courtyards in Granada by the Moor, the Suzhou gardens by the Chinese merchants. One model is the Lion Court of the Alhambra Palace in Spain, in which cruciform canal symbolising “water” “milk” “wine” “honey”, extend from the courtyard into the hallway, bringing coolness in the hot summer. It is a best combination of function, form and meaning.

However, the gardeners had not enough knowledge or technology to plant healthily indoor gardens until in late 20th century, the new science and technology make it realistic. The modernism took a big step forward in architecture and garden design, John Portman in Atlanta Grand Hyatt designed an atrium up to 22-storey with tall trees bathing in sunlight. By the early 2000s, the French botanist Patrick Blanc invented “vertical garden”, which growing plants on the wall become possible. Thanks to his innovation, interior landscape developed from the horizontal to three-dimensional.

On the other hand, along with the development of urbanisation, more and more human beings live in urban area. The statistics show, the urban population spend 70% to 80% of their time in the indoor space, especially the infants, the elderly and disabled persons even longer; indoor air pollutions cause shocking harm to the respiratory and cardiovascular. The indoor gardens could lower the temperature, increase humidity, absorb harmful gases, etc. The plants are irreplaceable in these functions. The other function of a green space with plants is the gardens can relieve nervous tension.

We are looking for more green space in the urban area, and an indoor garden is no doubt a good beginning for a healthier city. This book has presented some of the world's latest cases, to show the readers the interior landscape of new design concepts and design techniques. Architects, landscape designers, related engineering and management staff can take this book as a good reference.

园林从“伊甸园”开始，就是人们按照心中的理想为自己创造的天堂；意大利红衣主教们在亚平宁半岛的台地园，摩尔人在西班牙格拉纳达的伊斯兰庭院，江南富商在苏杭的宅园，这些古典园林就是其中的代表。最典型的的就是西班牙的阿尔罕布拉宫狮子苑，象征“水乳酒蜜”的十字形水渠从庭院延伸入走廊，在炎热的夏季带来丝丝凉意，是功能和艺术表现相互结合的典范。不过由于技术不够完善，他们还无法在室内栽种能长期健康生长的树木。20世纪现代主义运动把建筑技术向前推进了一大步，约翰·波特曼在亚特兰大凯悦大酒店设计出高达22层的中庭，把高大的树木带到室内空间来。到21世纪初，法国植物学家帕特克·布朗成功实现了把植物种到墙身的“垂直花园”，室内景观由水平面为主发展到了水平面和垂直面相结合的立体景观阶段。

另一方面，随着都市化的发展，越来越多的人口迁往都市定居。据统计，城市人口有70%~80%的时间是在室内度过，尤其是婴幼儿和老弱残疾者在室内的时间更长；室内的空气污染对人体的呼吸系统和心血管系统造成很大伤害。而室内园林在降低温度，增加湿度，吸收有害气体等方面起着无法代替的作用，栽植有绿色植物的空间也可以舒缓都市人紧张的神经。

建筑和室内园林景观结合得越来越紧密，室内景观的设计也不断推陈出新，这本《室内景观》结合世界上最新的案例，向读者展示了室内景观新的设计理念和设计手法以及工程技术，可供建筑师、景观设计师、相关的工程人员和管理人员作为参考。

CONTENTS 目录

Chapter One Interior Landscape: Creating a Green Microclimate

第一章 室内景观：营造绿色微气候

- 10 1.1 Why Choose Interior Landscape?
1.1 为什么建造室内景观?
- 14 1.2 Green Buildings: the Role of Interior Plants
1.2 绿色建筑：在室内发挥植物的力量
- 17 1.3 Concept of Interior Landscape Design
1.3 室内景观的设计原理

Chapter Two Design Elements of Interior Landscape

第二章 室内景观的构景元素

- 22 2.1 Nature and Architecture: Interior Design of Hard
Landscape
2.1 自然和建筑：室内硬质景观设计
- 23 2.2 Base Coverings (Paving)
2.2 基本路面
- 25 2.3 Secrets of Interior Waterscape
2.3 室内水景的秘密
- 33 2.4 Working with Nature: Lighting and Ventilation
2.4 利用自然：采光和通风
- 44 2.5 Living Landscape: Interior Plant Design
2.5 活的景观：室内植物设计

Chapter Three The Making of Interior Landscape

第三章 室内景观的建造

- 52 3.1 Growing Media
3.1 生长介质
- 57 3.2 Irrigation Systems
3.2 灌溉
- 58 3.3 Temperature and Humidity
3.3 温度和湿度
- 60 3.4 Top Dressings: Hiding Bare Soil and Enhancing the
Look of Plant Displays
3.4 裸土装饰

Chapter Four Landscape Design of Atriums

第四章 中庭景观设计

- 70 INRA research laboratories in Champenoux
阿克巴提综合商业区
- 78 Herringbone Restaurant
鲑鱼骨餐厅
- 84 Regional Printing House—a Bioclimatic Garden for an
Office Building
一座生态花园—区域印刷厂办公楼
- 88 Buyaka
布雅卡综合建筑群
- 94 Manquehue Clinical Centre of Clinica Alemana
曼库胡Clinica Alemana临床中心
- 98 LVM Versicherungen Münster, House 6 + 7
LVM保险公司6号楼、7号楼
- 102 Singapore Changi Airport Terminal 3
新加坡樟宜机场3号航站楼
- 108 Red Bull Music Academy
红牛音乐学院
- 114 Pfizer Bogota
波哥大辉瑞公司
- 120 Alexander Forbes
安博总部
- 126 Orona Hernani
欧那尼奥安达公司
- 130 Residential Centre Cugat Natura
库加特·纳特拉住宅中心

Chapter Five Landscape Design of Commercial Interior

第五章 商业空间室内景观设计

- 138 5.1 Indoor Garden Helps to Increase Sales
5.1 利用景观吸引顾客
- 139 5.2 Landscape Features of Typical Commercial Interiors
5.2 生态餐厅、购物中心、酒店的各自室内景观特点

- 148 Tanishq Store
Tanishq零售店室内景观
- 152 Hare
Hare品牌专门店室内花园
- 156 Rise Hair Brand miino
miino美容美发沙龙
- 160 Blub Lounge Club
BLUB酒吧俱乐部
- 164 D' amico
达米科
- 168 Fuel Station + Mcdonalds
燃油站+麦当劳餐厅
- 172 Lizm Hair&Spa
Lizm美发美体沙龙
- 176 Meander
“曲折”结构

Chapter Six Interior Landscape Design of Offices 第六章 办公空间景观设计艺术

- 183 6.1 Office Landscape Increases Work Efficiency
6.1 办公空间景观：景观帮助提高效率
- 184 6.2 Having a Garden in the Office
6.2 办公空间景观：把花园搬到办公室
- 198 Barra & Barra Office
巴拉 & 巴拉办公室
- 204 Office Greenhouse
办公温室
- 208 NBG I-Bank Store
NBG投资银行
- 212 Madrid Idom Office
马德里IDOM办公楼
- 218 Tbwa / Hakuodo
李岱艾广告/博报堂

Chapter Seven Landscape Design of Living Environment

第七章 家居空间景观设计

- 224 7.1 Landscape Design of Living Environment
7.1 人居环境的景观塑造
- 225 7.2 Plan, Scale and Placement
7.2 室内景观的规划、比例和摆放
- 228 7.3 Inner Courtyards
7.3 室内庭院
- 230 Garden Patio
中庭花园
- 236 S.A Residence
S.A住宅
- 242 3X9 House
3X9住宅
- 246 Windmills of Your Mind
心灵风车
- 252 Prime Nature Residence
自然住宅
- 258 a21house
a21工作室住宅
- 264 M11 House
M11住宅
- 268 Vitrea Suite
维达利套房
- 272 Index
索引



Chapter One

Interior Landscape: Creating a Green Microclimate

室内景观：营造绿色微气候

1.1 Why Choose Interior Landscape?

Interior landscaping has become increasingly popular during the last 30 years. Most architects now include plants in their design specifications for new shopping centres, office complexes and other public areas, and they are something we all expect to see when we walk through the door (Fig.1.1). But what is it about plants that make them such an important building accessory?

1.1 为什么建造室内景观？

室内景观在过去的30年间越来越普遍。大多数建筑师在购物中心、办公大厦和其他公共空间的新设计规划中加入了植物，这是一件非常值得期待的事情。（见图1.1）而植物为何是如此重要的建筑元素呢？



Fig.1.1 ASTER AADHAR HOSPITAL, designed by ar. Shirish Beri. The well ventilated, sky lit arrival atrium with plants, reception counters, waiting and circulation lobbies.

图1.1.1 艾斯特医院，谢瑞什·贝里设计。入口走廊通风良好，采光充足，配有悦目的植物、接待处、等候区和大堂。

The most obvious answer is that they look attractive – who can fail to be charmed by the graceful arch of palm leaves or the exotic beauty of orchids? However, recent research has shown that the value of plants goes far beyond the purely aesthetic. Plants are actually good for the building and its occupants in a number of subtle ways and are an important element in providing a pleasant, tranquil environment where people can work or relax.

The key uses and benefits of plants are summarised below.

1.1.1 They help to reduce sickness absence.

Absence from work cost British business £11.8 billion in 2002. Job dissatisfaction and low morale can be prominent factors in short-term absence and could account for as much as 15% of all reported sickness absence. Employers can tackle this most easily by re-examining people management policies and the working environment, to see what can be done to improve staff productivity and well being. If companies with the worst absence rates could meet average levels, the UK economy would be £1.9 billion better off.

1.1.2 They improve the indoor environment.

There is now general agreement within the scientific community that plants improve the indoor environment, and are useful weapons in the fight against the modern phenomenon known as sick building syndrome (SBS). No specific cause of SBS has been identified, but poor air quality, excessive background noise and inadequate temperature and light control are thought to be important factors. Because plants have a large surface area and exchange water and gases with their surroundings, they have a unique ability to tackle many environmental problems. In particular, plants can:

- Reduce levels of carbon dioxide, which can accumulate in buildings from the breathing of its occupants and the by-products of heating systems and electrical equipment.
- Increase relative humidity, which should be between 40% and 60% RH for maximum human comfort.
- Reduce levels of certain pollutant gases, such as formaldehyde, ben-

最简单的答案是植物拥有与生俱来的吸引力——没有人会对弧线优美的棕榈叶或是兰花的异域风情无动于衷。但是，最近的研究结果显示，植物的价值并不停留于美观的层面。植物通过一些细微的方式影响建筑以及建筑使用者，并有助于为人们工作、休息提供舒适、安静的氛围。

以下是植物的主要用途和益处。

1.1.1 减少因病缺勤情况的发生

2002年，英国企业仅因员工请假缺席就损失了118亿英镑。对工作的不满情绪和低落的士气是员工请短假的主要原因，占有病假的15%。要解决这类问题，雇主能够采取的最简单的方法就是审视人员管理政策以及工作环境，提高员工的工作效率，改善他们的生活质量。数据表明，如果所有的公司都能将出勤率提升到目前的平均值，英国经济将实现19亿英镑的增长。

1.1.2 改善室内环境

如今科学界普遍认为植物能够改善室内环境，有效对抗被称为室内空气综合征（SBS）的现代病。室内空气综合征的病因尚未明确，但是与较差的空气质量、过强的背景噪音和欠缺的光温控制都有一定关系。由于植物表面积较大，并与周围不断进行水和空气交换，它们有消除特定环境问题的独特功能。特别是：

- 降低二氧化碳含量。人类呼吸排出二氧化碳，供暖系统和电器也产生二氧化碳，这些气体可能在楼内堆积
- 增加相对湿度。人体在40%~60%范围间的相对湿度环境中会获得最大舒适感
- 吸收某些有害气体，如甲醛、苯和二氧化氮

zene and nitrogen dioxide.

- Reduce airborne dust levels.
- Reduce air temperatures.
- Reduce background noise levels.

1.1.3 They can be used to soften/hide less attractive features.

However well designed, most buildings have features that are best kept covered, such as service areas, storage facilities and harsh structural elements. Plants, with their wide range of size, shape, habit and leaf form provide an elegant solution that is both attractive and functional. Fig.1.2 and 1.3

- 减少空气中的灰尘
- 降低空气温度
- 减少背景噪音

1.1.3 弱化/掩盖不美观的空间

无论如何精心设计，大部分建筑总是有一些需要掩盖的边边角角，例如服务区、储藏设施和不甚美观的建筑结构。植物有着多种多样的大小、形状、生长习性和叶片形状，能够同时满足视觉和功能的需求。见图 1.2、图1.3

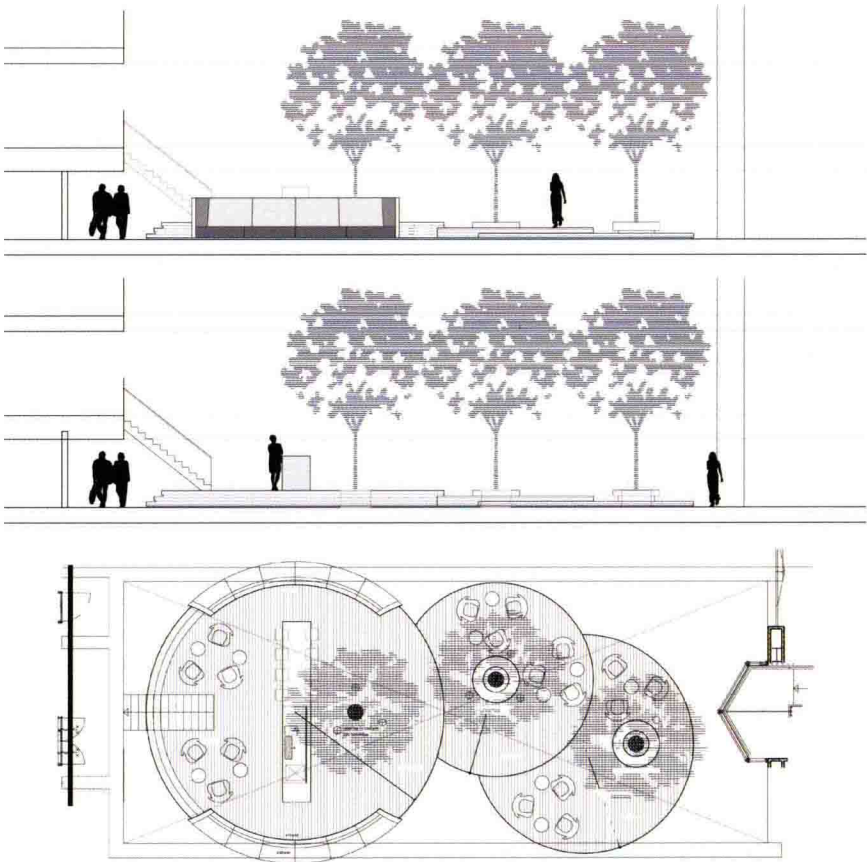


Fig.1.2 and 1.3 Ploum Lodder Princen Law, designed by C4ID interieurarchitecten.

图1.2、图1.3 Ploum Lodder Princen法律咨询服务公司，C4ID室内设计师事务所设计。



By creating a new link between the main entrance of the building and this entresol, it became easy to make a new routing for both the employees and the clients. In that way the base of the void became the new meeting place for everyone. Surrounding that with meeting rooms and completing it with a high-end coffee bar made its success almost obvious.

1.1.4 They can be used to break up large open areas.

The vast expanses of open space found in airports, stations, shopping malls and open plan offices look soul-less and intimidating unless “broken up” by familiar objects. Plants are the most common solution, providing natural divides and reference points that make the space look more friendly and inviting.

1.2 Green Buildings: the Role of Interior Plants

The Green Building movement is gaining strength in many countries. Developers, especially governments and local authorities, often set the trend by commissioning buildings built to recognised “green building” standards.

The main motivation in building to such standards is that “green buildings” are much more energy efficient than conventional buildings and, consequently, cost less to run. However, there are other factors that motivate developers to adopt “green building” standards, including a desire to enhance their image as responsible corporate citizens or employers, or to increase the lettable income from the buildings.

Interior plant displays can contribute to a good green building rating in many ways, not all of which are immediately obvious.

1.2.1 What are “green buildings”?

“Green buildings” are buildings that have been built or refurbished to a set of auditable standards that reduce the negative impact of the building on the environment. Initially seen as a “nice to have” feature, developers are increasingly specifying that buildings should be as environmentally friendly as possible.

大楼正门和夹层楼面之间的连接方便员工和客户通行，这样高出地面的基座可以作为公共区域使用。环绕周围的会议室和高级咖啡厅使这一空间结构紧凑，功能完善。

1.1.4 分隔大型开放式空间

机场、车站、商场和开放式办公室内宽敞的公共空间往往单调刻板，缺乏亲切感。通过使用相似的物品“打破”公共空间可以明显改善这种情况。植物是一种常见的途径，不仅自然地分隔空间，还能作为参考点，增添空间的亲切感。

1.2 绿色建筑：在室内发挥植物的力量

当今在世界各国，绿色建筑运动正在发展壮大。开发商，特别是国家和当地政府都在积极建设符合“绿色建筑”标准的工程。这样做的主要原因是“绿色建筑”比传统建筑更加节能环保，因而能够节约运营成本。除此之外，还有其他原因，例如体现政府的责任意识，提升公众形象，或者提高建筑的出租收入。

室内植被对绿色建筑的益处体现在许多方面，其中一些益处需要经过长期作用才能体现。

1.2.1 什么是“绿色建筑”？

“绿色建筑”指的是建造或翻新后达到一系列审查标准的建筑，可以降低建筑对环境造成的负面影响。起初被视为可有可无的建筑环保标准越来越受到开发商的重视。