

# Table of Contents

**Abstract** ..... 3



## Abstract

Modern work environments often lack quiet retreats where people can take a brief break and recharge their batteries. Especially in open plan offices or high traffic learning environments, noise, sensory overload and stress can impair concentration and well-being. As part of the European Project Semester 2026, our interdisciplinary team from various study programs and nationalities worked on a solution to this problem.

The resulting concept “Bloem” is a compact relaxation pod specifically designed for brief breaks during the workday. The goal is to create a shielded space that offers a quiet environment both acoustically and atmospherically. The use of appropriate materials and a well-thought-out design incorporating lighting and optional sound elements aims to provide a pleasant user experience.

Throughout the project, aspects such as sustainability, user-friendliness, and practical feasibility were taken into account. From the initial idea through market analysis to the development of the product, the central question remained: how can modern work environments be improved through simple yet effective solutions?

From:

<https://www.eps2026-wiki2.dee.isep.ipp.pt/> - **EPS@ISEP**

Permanent link:

<https://www.eps2026-wiki2.dee.isep.ipp.pt/doku.php?id=report:abs>

Last update: **2026/03/24 19:57**

