

The Wonder of Wood: What I learned from a visit to Stora Enso's biophilic head office in Helsinki

By Wayne Visser

Yesterday, I visited the inspiring Helsinki head office of **Stora Enso** which is constructed almost entirely from wood, replacing vast quantities of concrete and steel. Here are a few facts about the incredible climate benefits of using wood for packaging and construction.

Packaging

? Did you know:

🌲 A corrugated cardboard punnet (typical fruit container) has 79% less climate impact compared to a recycled plastic alternative; and

🌲 A cardboard carton (typical for drinks) has 47% less climate impact compared to a virgin PET (plastic) bottle, and 37% less if the PET is recycled?

Buildings

? Did you know:

🌲 A cross-laminated timber (CLT) wall has a 71% lower carbon footprint compared to a concrete wall; and

🌲 Material related CO2 emissions can be reduced by up to 70% by building with wood instead of concrete?

Stora Enso

? Did you know:

🌲 Stora Enso's biophilic designed office demonstrates that CLT is as strong as steel and more beautiful; and

🌲 By building with wood, 6,000 tonnes of CO2 are stored for 100 years, equal to the building's operational emissions for 50 years?

Thanks to **Essi Laapas** for hosting **Indira Kartallozi** and I and showing us the beautiful spaces that can be created by working with nature, rather than against it.

Thriving: The Breakthrough Movement to Regenerate Nature, Society and the Economy is available as a paperback, ebook and audiobook.

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