



Project No.
6001

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المعهد الهندسي لخدمات التكنولوجيا والبرمجيات

Engineering office for Technology and Software Services



Course Title: Sustainable Interior Design: Eco-Friendly Materials and Practices



Code: 6001-DE

Duration: 6 Weeks



Introduction

This course is designed to equip interior designers, architects, and sustainability enthusiasts with a solid foundation in sustainable interior design practices. By focusing on eco-friendly materials, energy-efficient systems, and cultural sensitivity, participants will learn to create spaces that are not only beautiful and functional but also environmentally responsible.



Course Description

Sustainable interior design is no longer a trend—it's a necessity. This course explores how to reduce environmental impact through smart design strategies, material selection, and compliance with international sustainability standards. Participants will analyze real-world

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case studies, evaluate different types of sustainable materials, and complete a practical project integrating all the learned principles.

Through a project-based and learner-centered approach, the course blends theory with hands-on design experience, encouraging participants to create environmentally and socially conscious interior environments.

Learning Objectives

By the end of this course, learners will be able to:

1. Understand and apply the core principles of sustainable design.
2. Identify and source sustainable, recyclable, and renewable materials.
3. Incorporate energy-saving solutions into design layouts.
4. Align projects with international standards such as LEED and WELL.
5. Consider social and cultural dimensions in sustainable design.
6. Design and present a fully integrated sustainable interior project.

Understanding:

- Gain proficiency in sustainable material selection.
- Create efficient and healthy interior spaces using energy-saving strategies.
- Understand the requirements of LEED, WELL, and other certifications.
- Develop and present a full-scale sustainable interior design concept.
- Build a portfolio-ready project that demonstrates their skills and environmental values.

Course Modules – Weekly Breakdown

Week 1: Introduction to Sustainable Interior Design

- What is sustainability in the context of interiors?
- The environmental impact of interior spaces
- Core principles: efficiency, durability, life-cycle thinking
- Integrating sustainability into the design process
- Examples of successful sustainable interiors

Week 2: Sustainable Materials & Resource Selection

- Types of sustainable materials: rapidly renewable, salvaged, biodegradable
- Bamboo, cork, recycled glass, FSC-certified wood
- Evaluating material certifications (e.g., GreenGuard, Cradle to Cradle)

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- Case study: comparing conventional vs. sustainable materials
- Practical: sustainable materials research log



Week 3: Energy Efficiency in Interior Environments

- Passive design strategies: orientation, ventilation, insulation
- Lighting design: maximizing daylighting and LEDs
- Energy-efficient HVAC systems and controls
- Smart technologies in sustainable interiors
- Tool: Energy use audit and improvement checklist



Week 4: Green Certifications and Environmental Standards

- Overview of LEED, WELL, BREEAM certifications
- Design guidelines for healthy and efficient interiors
- Required documentation and credit categories
- Incorporating certification into design planning
- Assignment: mock certification checklist for a sample project



Week 5: Social, Cultural, and Ethical Dimensions

- Local sourcing and craftsmanship: reducing embodied carbon
- Designing for accessibility and inclusivity
- Cultural sensitivity in design aesthetics
- How sustainable design supports communities
- Workshop: designing with community values in mind



Week 6: Capstone Project – Sustainable Design Proposal

- Final Project: Create a full interior design proposal applying all sustainability principles
- Sections: concept board, material selection, lighting and energy strategy, floor plan, LEED points outline
- Presentation: verbal walkthrough + digital board
- Peer and instructor critique and feedback
- Course wrap-up and portfolio guidance
- **Learning Outcomes**

By the end of this course, participants will be able to:

1. Apply Sustainable Design Principles

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- Demonstrate a clear understanding of the core principles of sustainable interior design including resource efficiency, durability, recyclability, and lifecycle thinking.
- Integrate sustainability into all phases of the design process—from concept to execution.

2. Identify and Select Eco-Friendly Materials

- Evaluate and compare materials based on environmental impact, renewability, embodied energy, and certifications (e.g., FSC, GreenGuard, Cradle to Cradle).
- Justify material choices for various interior components such as flooring, finishes, and furnishings based on performance and sustainability criteria.

3. Enhance Energy Efficiency in Interior Environments

- Design interiors with passive energy strategies such as natural lighting and cross-ventilation.
- Integrate energy-saving systems (e.g., LED lighting, efficient HVAC) into interior layouts to reduce operational carbon footprint.

4. Align Designs with Global Sustainability Standards

- Interpret and apply relevant green building standards such as **LEED**, **WELL**, and **BREEAM** in interior design projects.
- Prepare basic documentation and strategies to meet certification requirements.

5. Address Social and Cultural Sustainability

- Incorporate inclusive, accessible, and culturally sensitive design elements.
- Promote local materials, crafts, and labor to support sustainable economies and reduce environmental impact.

6. Develop and Present a Sustainable Interior Project

- Complete a capstone project that includes a sustainable material palette, lighting strategy, energy efficiency plan, and LEED-compliant layout.
- Present the project visually and verbally using professional standards suitable for client or stakeholder presentation.

7. Build a Sustainability-Focused Design Portfolio

- Create a compelling design case study demonstrating sustainable strategies.
- Use this work as part of a professional interior design portfolio or for accreditation support.

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