

旅游探访指数 - ECR 医疗综合体

总分：4.0/5.0 (波罗的海畔的疗愈生命之花)

1. 开放的生态海滨花园：这是一座位于波兰索波特下城区的医疗建筑，距离波罗的海仅四百米。与传统封闭的医院截然不同，建筑团队将周围五公顷的废弃棕地彻底唤醒，修复成了一座种满本土植物的滨海花园，并向公众开放了一条全新的绿色漫步廊道。即便你没有就医需求，这里也是一处极佳的城市自然公共空间。

2. 告别刻板的波浪立面：建筑师从拍摄海浪的摄影作品中汲取灵感，用起伏的体量和雕塑般的入口雨篷彻底打破了传统医疗建筑的冰冷感。最引人瞩目的是覆盖全身的穿孔铝板，上面镂空着象征古老疗愈力量的“生命之花”图腾。这些金属板随着曲面变化，在室内采光、视觉私密性和夏季遮阳之间达成了极其精准的平衡。

3. 隐医病痛的温情室内：建筑内部的氛围更像是一座充满关怀的精品酒店。临床设备和呼叫系统被巧妙地隐藏进室内装饰中，极力削弱了疾病带来的视觉压迫。四十四间病房更是拒绝了千篇一律的苍白，通过各异的色彩搭配、定制家具以及当地艺术家手工编织的藤条灯罩，为患者提供了罕见的个性化与温润感。

探访指南

- **最佳方式：**挑一个阳光明媚的天气，沿着重新贯通的城市绿带步行前往。重点在建筑外部的滨海花园驻足，观察阳光透过

“生命之花”穿孔铝板所投射出的斑驳光影。

- **看点:** 仔细体会设计团队在医疗空间中注入的克制与同理心——看他们是如何用艺术化的立面图腾和温馨的手工陈设，悄然化解掉来访者内心的焦虑与恐惧的。

一句话总结: 它用海浪般的起伏立面和满墙的生命图腾，在波罗的海畔彻底颠覆了医院的冰冷刻板，将治愈空间化作了一场充满温情的自然漫步。

Travel & Visit Index - ECR Health Care Complex

Total Score: 4.0/5.0 (A Healing Flower of Life on the Baltic Coast)

1. Open Ecological Seaside Garden: Located in the lower town of Sopot, Poland, this medical building is a mere 400 meters from the Baltic Sea. In stark contrast to traditional, enclosed hospitals, the architectural team completely awakened the surrounding five hectares of abandoned brownfield, restoring it into a seaside garden filled with native plants, and opened a brand-new green walking corridor to the public. Even if you do not have any medical

needs, this is an excellent urban natural public space.

2. A Wave-like Facade Breaking Stereotypes: Drawing inspiration from photography capturing ocean waves, the architects completely shattered the coldness of traditional medical architecture with undulating volumes and a sculptural entrance canopy. Most striking are the perforated aluminum panels covering the exterior, hollowed out with the "Flower of Life" totem symbolizing ancient healing powers. As these metal panels follow the curved surfaces, they achieve an extremely precise balance between interior daylighting, visual privacy, and summer shading.

3. A Warm Interior Concealing Illness: The interior atmosphere feels more like a caring boutique hotel. Clinical equipment and call systems are cleverly hidden within the interior decor, striving to diminish the visual oppression brought on by illness. The 44 patient rooms reject a uniform paleness; through diverse color palettes, custom furniture, and rattan lampshades hand-woven by local artists, they offer patients a rare sense of personalization and warmth.

Visitor Guide

- **Best Way to Visit:** Pick a sunny day and walk along the

reconnected urban greenbelt. Focus on pausing at the seaside garden outside the building to observe the dappled light and shadows cast by the sun through the "Flower of Life" perforated aluminum panels.

- **Highlights:** Carefully experience the restraint and empathy the design team injected into the medical space—observe how they quietly dissolve visitors' inner anxiety and fear using artistic facade totems and warm, handcrafted furnishings.

One-Sentence Summary: With its wave-like undulating facade and walls full of life totems, it completely subverts the cold stereotype of hospitals on the Baltic coast, transforming a healing space into a warm, natural stroll.