ØUTPOST

A New Ocean Office Concept | Outpost Nosara is developing state-of-the-art sustainable private office and communal working space with a focus on its users' wellness and productivity. With its hospitality-inspired design and amenities, Outpost enables members to easily transition from work to play. At Outpost, work space is more than just four walls. It's a community that inspires productivity and adventure.

Outpost is Dedicated to Nosara's Sustainable Growth and Wellness

The entire Outpost team is passionate about protecting Nosara's natural beauty and the ecosystem that makes Nosara unique. We are working alongside the Nosara Civic Association, Costas Verdes, Asada and the International Animal Rescue to ensure we preserve the fragile environment, including providing additional routes for the Howler monkeys to easily move between the beach and the hills.

Outpost has aligned its design and construction with the conservation of Nosara's natural resources at the forefront. Outpost has received all construction and building permits while abiding by the new building regulations that will enable Nosara to develop sustainability.

Outpost is working with and supporting the following organizations:

NCA · COSTAS VERDES · INTERNATIONAL ANIMAL RESCUE COSTA RICA

Outpost's Sustainability Design & Architecture Strategies

Outpost is infused with an earthy luxury that reflects its natural setting, as well as the community's focus on play. Stylish and serene, the decor combines relaxed silhouettes, muted palettes and natural materials while also incorporating high standard office furniture and amenities. The following strategies are being utilized to achieve sustainability and wellness:

- Native landscaping
- On-site water infiltration
- Rainwater harvesting
- Ultra water-efficient toilets, urinals and plumbing fixtures
- Passive design strategies for daylight, natural ventilation and avoiding glare
- High R-Value walls and roof to minimize internal heat-gain
- High efficiency AC system
- Locally sourced materials
- Solar hot water
- Photovoltaic panels
- Zero VOC paints
- Electric vehicle charging stations

OUR TEAM

Project Manager

SPHERA

Sphera is one of Costa Rica's leading sustainability consulting firms. Through their project management services, they ensure that both the design and building process minimizes the environmental impact.

Architect

LOOP

LOOP is a boutique architecture and design studio in San José, Costa Rica. They focus on creating projects with a positive impact on its user's quality of life and the regeneration of the natural environment.

Construction

totem constructora

Totem is a prestigious construction firm in Costa Rica. They specialize in providing creative solutions to capture value and cost savings while positively impacting the earth.

WATER

- Water stations every 30m to promote drinking good quality water; reducing or eliminating the use of bottled water.
- Potable water filtration for health and taste.
- Low consumption water fixtures/toilets - Saving up to 50% in consumption
- Greywater treatment for 2nd cycle use (non-potable).
- PEX instead of PVC piping for healthy distribution of water.
- Rainwater harvesting to reduce strain on local water aquifers.

ARCHITECTURE

- Ergonomic design to increase occupant comfort and reduce body strain and stress.
- Adjustable desks that mitigate the damages of prolonged sitting times, promoting health while sustaining productivity.
- 16 spaces for bike racks and showers to promote the use of bicycles as an alternative transport and mitigate CO2 emission.
- Composting area: Producing rich fertile soil from organic matter to repurpose waste, significantly reducing waste volume and smells.
- Waste collection center: Optimization of correct waste disposal program.
- Sustainable/local material selection to support local economy and indigenous materials and reduce the environmental impacts of transportation.
- Thermal/acoustic insulation in walls/ roof to reduce noise and provide spaces adequate for focus and optimal mental performance.
- Window specifications (with adequate U and SHGC values).
- Inspiration in traditional architecture to reintegrate local practices, passive and active strategies, and cultural heritage to a globalized region design-wise.
- Biophilic Plan so nature is always accessible visually, and upon physical reach for direct contact and direct impact on the user's daily routine. The project is centered in an internal garden that works as a heart that pumps in natural ventilation, solar lighting and direct contact with plants. Vegetation is also used for security and exterior protection, as well as a sound and dust barrier.

STANDARDS

- Project is striving to comply or exceed sustainable building standards set by LEED and WELL.

INDOOR AIR QUALITY

- Installation of fresh air injectors in all offices.
- Utilization of MERV 8 filters.
- Utilization of VRF fan coils.
- Exclusive use of low VOC paint and varnish.
- Ensure 75% of windows are operational, allowing for a wider range of control and Thermal comfort.

OPERATIONS & MAINTENANCE

- Sustainable cleaning products/chemicals.
- Use of compostable/biodegradable materials for the cafe.
- Cafe will strive for sustainable sourcing and cooking techniques whenever possible.
- Education: Giving educational value to the sustainability and wellness strategies implemented in the project to promote sustainable and healthy living using the project's features as examples.

LANDSCAPING

- Bioswales: Rainwater management, reduce runoff and prevent flooding, improving water quality.
- Primary use of native species for habitat creation and preservation of the site's natural ecosystem, improving soil quality, rainwater management and conservation of balanced local ecological communities.
- Use of natural species of plants for mosquito deterrence.
- Onsite seasonal food production through the use of perennial species, such as trees and bushes that provide fruit and edible plants.

WASTE

- Waste management program: Identify opportunities for reducing waste, composting organic waste and separating appropriately for recycling, diverting as much as possible from landfills.
- Waste collection center: Optimization of correct waste disposal program.
- Recycling bins throughout the property.

ELECTRICAL

- E-vehicle charging stations to promote electric mobility and healthier alternative modes of transportation.
- PV panels for electricity (40-50 panels) to reduce strain on the local grid and produce clean electricity onsite.
- Solar water heaters to reduce electricity consumption (for showers).
- Battery system connected to the PV system to manage power outages (backup for critical loads) and provides resiliency. Also allows for better use of onsite renewable energy, ensuring consumption of all electricity produced onsite.
- Daylight/motion sensors for lighting (Lutron stand-alone) to provide efficient lighting/electricity use.
- Dimmers for 80% of spaces to promote efficient energy use and increase occupant comfort.
- Automatic shutoff timers for 50% of power outlets in offices and meeting rooms to reduce electricity consumption.

SITE

- Vegetation: The study of native versus nonnative plants to promote the integration of local plants for reforestation, strategy against mosquitoes and others, sensorial experience through scenery and smell. Possible integration of edible or fruit plants.
- Street relation: Strategies to prevent or reduce sound and dust from the main vehicle circulated roads, such as screens, vegetation and louvers on specific areas.
- Flood and water runoff: Analysis of floodplain-areas prone to inundation to apply natural and artificial strategies for water retention.
- Trees: A survey on height, diameter, health and native condition of all existing trees inside the lot to review what species to maintain, remove, replant, cure and include or exclude design-wise.
- Orientation: Protection or aperture considering solar incidence in the building's orientation on the property according to the sun path.

STRUCTURE

- Drywall with insulation for non-structural internal office divisions for flexibility in the future.
- Regional Nicaraguan roof tiles.

For more information, please contact info@outpostnosara.com