# POLYU JOCKEY CLUB "OPERATION SOINNO"
# 理大賽馬會社創「騷・In・廬」

SYMPOSIUM SERIES／研討會系列

# 10萬分1
## One from Hundred Thousand

Season 4 第四季：
# Intergenerational Play Space
# 跨代共融遊樂空間
SUMMARY REPORT 總結報告

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# 1. 引言 Introduction

香港經常被人形容為石屎森林，然而，很多人都不理解其實這城市的公園距離我們並不遠。而根據規劃署的估計，約九成人口正居住於距離公園四百米範圍之內的地方。

公園的本質其實就是不同年齡人士動靜皆宜的遊樂空間。在公園遊樂能有效促進人與人之間的互動，提升身心健康水平，並讓使用者產生社區意識。

很多現況問題和日常觀察都引起我們重新想像如何改造現時遊樂空間的設計，為社區增值。例如我們可否設計一個跟兒童遊樂場同樣充滿朝氣的銀齡遊樂場？遊樂設施的設計能否促進跨代互動？

賽馬會社會創新設計院（JCDISI）非常高興可以與建築署、香港房屋協會（房協）和康樂及文化事務署（康文署）合作，一起探索

Hong Kong has always been regarded as a concrete jungle. Yet, not many people realised that urban parks are actually close to us. According to the estimate by the Planning Department, about 90% of our population lives within 400 meters from a park.

A park is essentially a play space, in both active and passive manners, for all ages. Playing in a park is an effective way to foster human interactions, enhance physical and mental well-being, and create a sense of community for its users.

Many questions and observations trigger us to reimagine how our existing play space can be further improved to add value to the community. For example, can we create an elderly playground as lively as a children's playground to induce more active exercise for the elderly? Can play facilities be designed to promote intergenerational play?

Jockey Club Design Institute for Social Innovation (JCDISI) is pleased to partner with the Architectural Services Department (ArchSD), Hong Kong Housing Society (HKHS) and Leisure and Cultural Services Department (LCSD) to explore possibilities in two real open space sites located at

九龍公園和駿發花園兩處休憩空間的可能性。各持份者參與由下而上、跨年齡層的參與式設計過程，共同為兩個地方製作出初步方向，以促進跨代共融遊樂和市民的身心安康。

我們非常欣賞和感激一眾策略夥伴、支持機構和共創工作坊參加者全程的慷慨支持和積極參與。

我們將利用共創工作坊和研討會中所產生的意念，進一步在社創行動項目裡提出可行方案，改良兩個地點的休憩空間。

**凌嘉勤, 銀紫荊勳賢**
香港理工大學
賽馬會社會創新設計院總監
及實務教授（規劃）
2021年10月
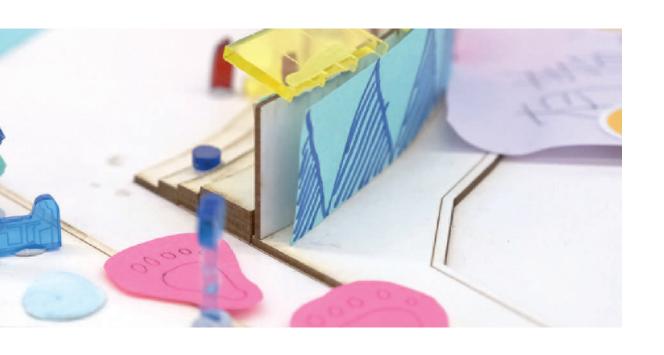
Kowloon Park and Prosperous Garden. With participation of stakeholders through a bottom-up, cross-generation participatory design process, we co-created initial options for these two sites on how to facilitate intergenerational play and enhance the health and wellbeing of citizens.

We hold tremendous appreciation and gratitude for our Strategic Partners, Supporting Organisations and participants of the co-creation workshops for their generous support and active participation in the co-creation process.

With ideas generated from the co-creation workshops and collected from this symposium, we would take further steps through our "Solnno Action Project" to produce implementable schemes for the enhancement of these two open space sites.

**Ling Kar-kan, SBS**
Director, Jockey Club Design Institute for Social Innovation,
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October 2021

JCDISI Project team **賽馬會社會創新設計院項目團隊**

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## 2. 第四季: 跨代共融遊樂空間
## Season 4 Intergenerational Play Space

**為何需要跨代共融遊樂？**

公共空間的使用者是大眾市民，無分年齡和背景。實證研究顯示戶外活動對長者的身心健康有益，易於到達和具跨代共融設計概念的遊樂空間可鼓勵長者與年輕一代(尤其是年輕的家人)互動。如能落實跨代遊樂概念，作為社會基建投資的公共空間改造將能提升長者的自理能力，延遲他們對長期護理服務的需求，支援政府推廣居家安老的政策。

儘管現有不少計劃改善和更能配合長者的室內居住環境，但戶外空間則較少得到重視。改善公共開放空間的質素和功能性時，在鼓勵跨代互動和遊樂、減少社交孤獨感、提倡健康老齡化和積極老齡化及支持長者的身心管理幾方面極具潛力。這領悟可讓我們在空間的層面上推動社創項目，把生命力和躍動力注入到公共空間及社群中，改善市民的健康。這與政府推廣香港作為居家安老和年齡友善城市的政策不謀而合。

**Why Intergenerational Play?**

Open spaces are used by the general public, regardless of age or background. Empirical research shows that outdoor physical exercise is beneficial to both the physical and mental wellbeing of the elderly. An accessible play space designed with intergenerational play concepts may encourage the elderly to interact not only with people of their own age but also with the young, particularly with the younger members of their families. If effectively executed, the public space upgrade as a social infrastructure investment will increase the self-care ability of the elderly, delay their need for long-term care services and support the government's policy to promote ageing-in-place.

While there have been many initiatives for upgrading the indoor living environment to better suit the ageing population, the outdoor space has received less attention. There is massive potential to enhance the quality and functionality of public open spaces to encourage intergenerational interactions and play, reduce social isolation, promote healthy and active ageing and support elderly wellness management. This recognition provides a spatial dimension where we can introduce social innovative projects in our urban realm to inject liveliness and vibrancy in the community and improve the health of our citizens. This is also in line with the government's goal to promote ageing in place and make Hong Kong an age-friendly city.

**Cross-sector, bottom-up deliberation to reimagine public open space design in Hong Kong**
**跨界別、從下而上的決議來重新想像香港的公共空間設計**

## 哪裡 Where

### 公園 / 公共空間

- 全球3.3%的死亡人數是由於缺乏與城市公園連接和綠化空間不足而缺欠運動所造成。
- 15%的受訪者在一個月內到訪香港的休憩空間不到一次。
- 私人發展公眾休憩空間（POPS）的設施供應，公共使用率和社交性令人不滿意。
- 所有用家都面對過因其他使用者的行為，擠逼和不受歡迎的環境而引起的社交不適。
- 政府：有意重新想像和改造休憩空間。

## PARK

- 3.3% of global deaths are caused by physical inactivity linked to inadequate access to urban parks and green spaces.
- 15% of respondents visit an open space in HK less than once in a month.
- High unsatisfactory level towards facilities provision, public utilisation and sociability of privately owned public space.
- Social discomfort in open space caused by the users' behaviour, crowed and unwelcoming environment exists among all demographics.
- Government: intention to re-imagine and reinvent open spaces

## 為甚麼 Why

### 跨代共融

- 跨代互動已被證實對身體，心理和社會福利有益。
- 年輕人（18-29歲）認為休憩空間較迎合兒童和長者的需求。
- 47%的學生和上班人士在學校或工作場所附近不經常使用休憩用地。
- 長者及家長會擔心在休憩空間內，發生源於他人的意外事故或爭執。
- 需要重新改造休憩空間設施（硬件）和管理（軟件）以鼓勵跨代互動。

## INTERGENERATIONAL

- Intergenerational interaction has proven benefits on physical, mental and social well-being.
- Young people (aged 18-29) felt that open space catered towards the needs of children and the elderly.
- 47% of students and officer workers do not regularly use open space near their school or workplace.
- Elderlies and parents are concerned about potential accidents and conflicts arising from other open space users.
- A need to re-invent open space facilities (hardware) and management (software) to encourage intergenerational interaction.

**適用於所有人**
**Inclusive for all**

## 如何 How

### 遊樂

- 促進互動和身體活動，並鼓勵有效使用公園。
- 公園往往迎合活躍的兒童遊戲和成人與長者的靜態使用。
- 成人和長者缺乏動態和跨代遊樂的渠道，因而錯過了它對身心健康的好處。

## PLAY

- An effective way to foster interactions and physical activity and encourage park usage.
- Parks tend to cater for active play for children and passive use for adults and elderlies.
- Adults and elderlies lack a channel for active and intergenerational play, thereby missing out on its benefits.

*Source: World Heath Organisation (2019), Civic Exchange Open Space Opinion Survey (2018)*

JCDISI旨在探索跨代共融遊樂作為香港嶄新遊樂空間的設計理念，於2019年5月舉辦了兩場共創工作坊，以了解社區人士對促進跨代互動和社會凝聚力而設的公共空間規劃和設計有關的需求、關注和期望。

我們很榮幸邀請到康文署、建築署和香港房屋協會（房協）作為第四季「跨代共融遊樂空間」的策略夥伴，一同探索如何在本地不同性質的公共空間加入跨代元素，讓設計者、跨界別專家、管理者以及所有年齡層使用者都能參與其中。九龍公園健身徑和駿發花園的公共空間因為服務不同的訪客而具有截然不同的社會環境特徵。屬休憩用地的遊樂空間與屬私有公共空間的遊樂空間在管理模式和訪客背景都有差別，所以跨代設計要求都有所不同。有賴康文署、建築署和房協對第四季「跨代共融遊樂空間」項目的支持和合作，我們得以從用戶需求和場地管理方面等多個角度全面探討議題。

To explore intergenerational play as a new play space design concept in Hong Kong, JCDISI at the Hong Kong Polytechnic University (PolyU) organised two co-creation workshops in May 2019 to understand the needs, concerns and aspirations of the community in the planning and design of open space that would encourage cross-generation interactions and social cohesion.

We are glad to be able to invite LCSD, ArchSD and HKHS as our strategic partners in "Season 4: Intergenerational Play Space" to explore ways to infuse intergeneration elements for the participation of designers, multi-disciplinary experts, managers and users of various ages. The public spaces in Prosperous Garden and Kowloon Park Fitness Trail serve visitors of various backgrounds and thus demonstrate distinctive social characteristics. Given the difference in management models and user groups they are designed to serve, district open spaces and privately-owned public spaces (POPS) have to meet different requirements for intergenerational design. The support and collaboration of the LCSD, ArchSD and HKHS on "Intergenerational Play Space" enabled us to explore this issue comprehensively in terms of user needs and venue management.

## 選址

九龍公園是香港其中一個佔地最大和最具代表性的公園。與建築署和康文署的合作聚焦於探索大眾對香港跨代共融遊樂空間的需求和如何使用九龍公園健身徑作為跨代共融遊樂空間的試點。九龍公園的使用者有著不同背景，公園提供的遊樂設施和景點亦有所不同，提供了很多機會促進跨代共融互動。儘管健身徑毗鄰其他設施，較能滿足不同年齡用家的需要，但人流及使用率卻低於公園其他區域。這為測試「跨代共融遊樂」作為一種嶄新的公園設計概念提供了理想的環境。JCDISI希望藉着此共創過程，發展出由下而上的跨代共融遊樂設計意念，進而推廣到香港十八區實踐。

駿發花園是一個由房協管理的屋苑，其中157個單位劃為長者單位，約佔總住宅單位數目的10%。長者住客人數日漸增加促成了房協與JCDISI合作，探索如何重新構想轄下公共空間如何實踐居家安老計劃，從而支持跨代共融遊樂，促進長者住客的福祉，並增強他們適應體力退化的能力。屋苑內5,850平方米的私人發展公眾休憩空間，有潛力展示公共空間如何實踐居家安老和跨代共融的概念。參與式的共創設計活動為場地管理者和業主創立參考例子，有助他們改造屋苑公共空間，以滿足人口老化的需要。

## The sites

Kowloon Park is one of the biggest and most iconic parks in Hong Kong with a large catchment area. The collaboration with ArchSD and LCSD focuses on the need for intergenerational play space in Hong Kong and how to deliver the Kowloon Park Fitness Trail as a pilot intergenerational play space. The diverse user group and varied provision of facilities and attractions of the Kowloon Park mean that there are plenty of opportunities for intergenerational interaction. The Fitness Trail is close to facilities for users of a wide age range, but it is less frequently used than other parts of the park. The Trail is therefore an ideal ground for testing "intergenerational play" as a new park design concept. It is hoped that this co-design process will develop bottom-up concepts for designing intergenerational play space which are scalable and adaptable to the 18 districts in Hong Kong.

Prosperous Garden is a housing estate managed by the HKHS. About 10% of its residential units (or 157 flats) are designated for senior housing. The increasing number of ageing tenants prompted the HKHS to partner with JCDISI to explore how public spaces under their management can facilitate their "Ageing-in-Place" initiative to support intergenerational play, promote wellbeing of their elderly tenants and increase their resilience to health decline. The 5,850 sqm public garden in the estate has the potential to illustrate how POPS can promote ageing-in-place and intergenerational inclusiveness. It is hoped that this participatory co-design exercise will create new models for venue managers and asset owners as reference in transforming public spaces in housing estates to meet the needs of the ageing population.

# 3.  項目簡介 Project Outline

**May 2019**
**共創工作坊 Co-creation Workshops**

- 78位年齡介乎6至86歲的參加者探討跨代遊樂空間的概念，共同為九龍公園健身徑和駿發花園設計遊樂空間，並為方案製作原型。

- 78 participants, ranging from 6-86-year-old, discussed issues concerning the intergenerational play concept designs for the Kowloon Park Fitness Trail and Prosperous Garden. Prototypes were also built according to the proposal deliberated.



**July 2019**
**「十萬分一」社創研討會**
**"One from Hundred Thousand" Symposium**
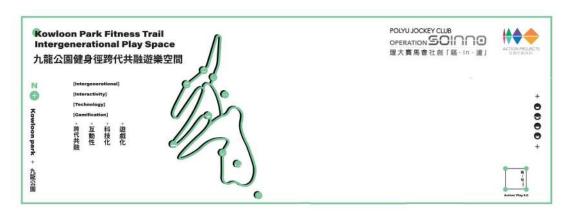


- 邀請策略夥伴和支持機構的嘉賓向公眾參加者作主題演講，講者來自不同的政府部門和社會組織，在會上分享推廣共融遊樂空間和居家安老的經驗。

- 分享和展示共創團隊的設計理念及原型成品。

- Invited strategic partners and supporting organisations to deliver thematic public seminars on their experience of advocating intergenerational play space and ageing in place in Hong Kong

- Shared and displayed the proposal's design concept and prototype of the co-creation teams

- 與房協合辦跨代共融遊樂空間設計比賽，邀請專業人士及學生，以社會創新角度結合「身心健康管理」及「共融遊樂」，通過跨學科、跨界別協作和參與式共同設計模式，一起探索如何提供創新的共融遊樂空間供年輕人和長者一起使用。

- An intergenerational inclusive play space design competition was held in collaboration with the HKHS. Professionals and students were invited to promote "physical and mental health management" and "intergenerational play" from a socially innovative perspective. We explored ways to provide an innovative inclusive play space for the young and the elderly through interdisciplinary and cross-sectoral collaboration and participatory co-designs.



- 以招標形式邀請顧問，根據共創工作坊和社創研討會的討論，將九龍公園健身徑深化成切實可行的設計方案，承接「社區共建遊樂場」計劃概念，與兩大策略夥伴康文署和建築署合作，鼓勵跨界別的專業人士採用社區為本的設計理念，把跨代遊樂設施、復康元素、科技應用和物聯網融入空間設計，以概念驗證方式設計跨代共融遊樂空間的原型。

- The project invited consultants by tender to formulate workable designs for the Fitness Trail in Kowloon Park based on our discussion in workshops and seminars. We adopted the concept of "Community Playground for All" and worked with our strategic partners, namely the LCSD and the ArchSD. We encouraged professionals from different sectors to adopt a community-based design concept and create spatial design prototypes incorporating cross-generational play equipment, rehabilitation elements, technology, and the Internet of Things into their spatial design prototypes.

## 4. 共創工作坊過程
## Co-creation Workshop Process

為期兩天的共創工作坊邀請了不同年齡及專業背景的公眾人士，一同以「設計思維」的方法共創理想的「跨代共融遊樂空間」。
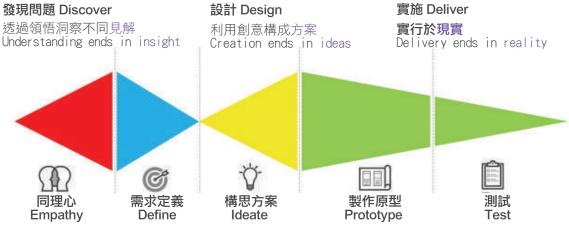
「設計思維」是一種思考和設計方法，為現有問題提供解決方案。透過「設計思維」，共創成員以「同理心」了解用家需要、重新組織問題痛點、激發意念想像，並製作及測試原型，為尚未清楚定義的複雜議題提出有效而可行的解決方案。

「設計思維」採用圖示的雙鑽模型思考循兩個方向進行，首先激發思維，然後整合構想，先發掘用家和持份者的痛點（激發）到界定真正的需求（整合）；再從開放式「頭腦風暴」（Brainstorming）中產生大量可能的解決方案（再激發），從眾多方案之中挑選出最佳方案（再整合）作修正和實踐。

Using "Design Thinking" as a foundation to the co-creation process, the two-day co-creation workshop engaged the general public of all ages, professions and backgrounds to generate ideas under the theme of "intergenerational play space".

"Design Thinking" is a method which identifies solutions to existing problems. Through "design thinking", co-creation members apply "empathy" to understand user needs, sort out their problems and key concerns, stimulate ideas, make and test prototypes, and propose effective and feasible solutions for complex issues yet to be clearly defined.

"Design thinking" follows two diamond-shaped thinking directions shown in the diagram. Ideas will be stimulated and generated. The pain points (stimulation) and real needs (ideation) of users and stakeholders will first be identified; then brainstorming (ideation) will generate numerous possible solutions (re-stimulation) for deducting and selecting the best proposals (re-integration) for refinement and implementation.

### 設計思維模式 DESIGN THINKING MODEL

發現問題 Discover
透過領悟洞察不同見解
Understanding ends in insight

設計 Design
利用創意構成方案
Creation ends in ideas

實施 Deliver
實行於現實
Delivery ends in reality

同理心
Empathy

需求定義
Define

構思方案
Ideate

製作原型
Prototype

測試
Test

設計思維是一個反覆運算和牽涉多方思考的過程。在這個過程中，我們先理解使用者，反覆挑戰假設，並重新定義問題，試圖尋找其他策略和解決方案。
Design Thinking is an iterative and non-linear process in which we seek to understand the user, challenge assumptions, and redefine problems in an attempt to identity alternative strategies and solutions that might not be instantly apparent with our initial level of understanding.

## 與使用者對談建立同理心 "Meet the Users" for Empathy Building

同理心及互相理解是共創過程關鍵的第一步。開始構思之前，每支共創團隊均獲安排與不同組別的使用者對談，當中包括小童、青年、家長、年輕長者、年長長者及公園管理員，嘗試理解每組使用者對跨代共融遊樂空間的需要及疑慮。



Empathy and understanding are vital components to kick-off the co-creation process. Each co-creation team had the opportunity to engage in dialogues with children, youth, parents, young-olds, old-olds and park managers to understand their respective desires and concerns about the play space.

## 實地考察及分析 Site Visit and Analysis

每支共創團隊到所屬的地點進行實地考察，從每組受訪使用者的角度出發，設身處地理解地點的位置、周邊狀況和使用情況。

The teams then visited their respective sites to gain a better understanding of the locations, contexts and situations from a user perspective.

## 以「我們可以如何」定義問題 Problem Definition using "How Might We"

理解過不同使用者的需要及地點周邊狀況後，每組共創團隊展開討論，並利用「我們可以如何」界定著手解決的問題。每個共創團隊分別定義了自己的「我們可以如何」問題。

With the understanding of user needs and site context, each team discussed and defined the problems they aimed to solve with their own "how might we" questions.

## 共創構思 Ideation

每個共創團隊集思廣益，得出多個創新構思，嘗試解決界定的問題，再在模型上以小旗子和便利貼呈現構思。

Each team began to brainstorm ideas to tackle their "how might we" question and plotted them on a site model with flags and post-its.

## 專家評論環節 Expert Panel Session

康文署、房協、救世軍及香港職業治療學會均派出專家代表，就每支共創團隊的構思提出寶貴意見，幫助團隊進一步將意念發展成可行方案。

Experts from the LCSD, HKHS, The Salvation Army and Hong Kong Occupational Therapy Association provided invaluable advice to each co-creation team's ideas for developing a feasible scheme.

## 原型設計及點子匯報 Prototyping and Idea Expression

綜合專家意見後，共創團隊、JCDISI及一口設計工作室的同事一起製作模型，將心目中的跨代共融遊樂空間呈現於九龍公園及駿發花園的模型。

After summarising the expert opinions, the co-creation team and the colleagues from JCDISI and One Bite Design studio built the prototypes together and illustrated their ideal intergenerational play space in the models of the Kowloon Park and Prosperous Garden.

# 5. 共創工作坊結果
# Co-creation Workshop Outcome

**不同用家群組的同理心分析 Empathy Maps of Different User Groups**

團隊跟不同年紀的用家進行同理心分析練習，了解他們對公園的期望及憂慮，從而分析如何改善空間設計。

Empathy maps were formed upon interviewing different user groups to understand their expectations and frustrations and identify the room for spatial improvements.



## 年青人 Youth
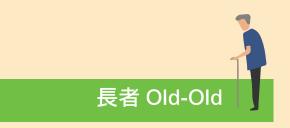
### 期望 Expectations

- 渴望有新鮮刺激的玩樂設施和新潮「打卡點」
- 希望遊樂設施不只適合幼童使用
- 一般跟朋友結伴到訪公園，並特別喜愛晚上寧靜時分在公園談心
- 在戶外地方希望有舒適的環境，避免日曬雨林
- 重視滅蚊工作
- Newer, more exciting play equipment and trendy "Instagram spots"
- Play equipment should not cater for children only
- Users often visit parks with friends to chit-chat, preferably on quiet evenings
- Comfortable, heat-and-rain-proof outdoor environment
- Better mosquito control

### 憂慮 Concerns

- 公園太多規矩和安全守則
- 設施殘舊，缺乏保養
- 怕其他使用者播放大聲音樂
- Too many rules and safety guidelines
- Old and under-maintained facilities
- Loud music coming from other users

## 長者 Old-Old



### 期望 Expectations

- 享受公園的群體活動
- 做運動時希望有在場教練指引
- 活動時需要有儲物空間放置隨身物品
- 認為公園應有足夠遮蔭和座椅
- Enjoy group activities at parks
- On-site coaches when exercising
- Storage facilities for personal belongings when exercising
- Sufficient shade and seating

### 憂慮 Concerns

- 重視設施的安全、維修和供應情況，以及公共洗手間的衛生問題
- 雖然部分人不喜歡公共空間播放大聲音樂，但有些年紀大的長者表示需要調較跳舞音樂大聲才能聽到
- Huge concerns for the safety, maintenance and provision of facilities and the hygiene of public washrooms
- Many are affected by the loud music, but the elderly need louder music for dancing

## 年輕長者 Young-old



### 期望 Expectations

- 希望公園有水池和草地
- 願意參與更多跨代互動
- 期望有戶外的復康設施幫助伸展筋骨和運動，例如五十肩
- A pool and a grass turf
- Willing to engage in more intergenerational interactions
- Outdoor rehabilitation facilities for exercising and stretching (e.g. relieving stiff shoulders)

### 憂慮 Concerns

- 重視公共洗手間的衛生問題
- 認為公園應有足夠遮蔭和座椅
- 設施維修時間過長
- Hygiene of public washrooms
- Parks should have sufficient shade and seating
- Long maintenance time for equipment
- 享受公園的群體活動

## 家庭 Family
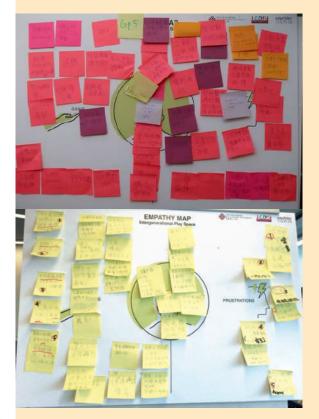
### 期望 Expectations

- 大滑梯，草地，和單車徑
- 更多的休憩公共空間
- 聽到流水聲
- Big slides, grass turfs and cycling paths
- More leisure open space
- Sound of flowing water preferred

### 憂慮 Concerns

- 准許攜帶寵物
- 准許球類活動
- 缺乏洗手間
- 指示牌不清晰
- Pets should be allowed
- Ball games should be allowed
- Lack of washrooms
- Unclear signage

## 公園管理者
## Management Staff





### 期望 Expectations

- 有長者做運動
- 不同用家有不同使用習慣
- 更清晰安全標誌
- 公園是共享空間，希望大家活動不對他人造成滋擾
- 植物有其自然生態，花開花落能吸引不同國籍遊客到訪
- 用家在草地睡覺
- 希望公園展現地區特色，增加獨特性
- Elderly can exercise
- Different users with different user patterns
- Better safety signage
- Communal space without disturbance and conflicts
- Natural ecology in parks which is attractive to foreign visitors
- Users resting on grass turfs
- Reflect the local character and uniqueness of parks

### 憂慮 Concerns

- 新用家與慣常用家發生衝突
- 分貝限制，怕跳舞喇叭影響其他人
- 深夜流連/露宿
- 使用者糾紛
- 安全問題
- 阻礙緊急車輛通道（特別是屋苑公共空間）
- Conflicts between newcomers and frequent users
- Noise complaints from residents
- Dancing and loud speakers will affect other users
- Loiterers and homeless people seeking refuge at the park facilities
- Conflicts and complaints from users
- Safety issue
- Blockage of emergency vehicular access (EVA), especially for parks located within residential areas

實地考察分析 Site Visit Analysis

每組經過實地考察後，討論分析兩個地點的主要問題。
Each group identified certain key issues for each site after site visits.
Thorough discussions were held afterwards.

# 九龍公園 健身徑
## Fitness Trail Kowloon Park



1. 健身徑的健身設施不是為長者而設
   Fitness equipment along the trail was not designed for the elderly in the first place

2. 健身徑建於山坡上，長者難於使用
   The fitness trail is inconvenient for the elderly

3. 長者健身期間，需要置物空間
   Elderlies need storage space for their belongings when exercising

4. 年輕一族追求刺激新穎的遊樂空間
   Young people look for exciting play spaces

5. 健身設施設有年齡限制，限制了健身徑的用家群
   Age restriction for fitness equipment limits its user base

6. 健身徑在視覺上不夠吸引
   The trail is not visually attractive

7. 不同的使用者各有需要
   Different users have different needs

8. 現有設施指引不足，用家難於理解設施能提供的健康幫助
   Lack of signages and explanation of each equipment's benefits to health

9. 健身徑本身的命名和設施過於單一
   The naming of the fitness trail and its equipment serve one single purpose only

10. 希望可有多些樹陰和坐位
    More shading and seating are preferred





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# 提出的「我們可以如何」問題
# "How Might We" Questions Developed

每組就著發現的主要問題定下「我們可以如何」的問題。
Based on the key issues identified, each group developed its own "How might we" questions.

## 九龍公園健身徑
## Kowloon Park Fitness Trail

1. 我們可以如何重新設計九龍公園健身徑使其更適合年長人士健身？
   How might we redesign a trail that is suitable for old-old to use for fitness purposes?

2. 我們可以如何加入吸引年輕人的元素，同時兼顧其他年齡人士對遊樂空間的需要？
   How might we incorporate elements that attract youth without compromising the needs of other age groups?

3. 我們可以如何營造一條可自由發揮而有趣的健身徑？
   How might we create a self-exploratory and fun trail?

## 九龍公園健身徑
## Kowloon Park Fitness Trail
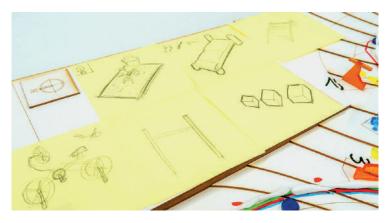
1. 我們可以如何營造一條可提高人與人之間的互動而刺激的共融空間？
   How might we create an inclusive and exciting space that facilitates face-to-face interactions?

2. 我們可以如何打破隔膜及營造動靜皆宜的多元空間？
   How might we break barriers and create a diversified space for active and passive usage?

3. 我們可以如何樂齡設計促進不同年齡層人士之間的互動？
   How might we engage people from different age groups to actively interact with each other through age-friendly designs?

# 九龍公園 健身徑
# Kowloon Park
## Fitness Trail

用家：長者
Users Met: Old-old

## 如何 ?
### How might we...

**重新設計使九龍公園健身徑更適合年長人士健身**

**redesign the trail which is suitable for old-old to use for fitness purpose**

" 因為身體不適，又有五十肩，所以不是恆常到公園。也想到公園玩，但那裏較少健身設施...

I have a bad shoulder and since there is not enough fitness equipment at the park, I don't go as often as I would like to… "

---

## 1
### 現時的公園健身設施不是為長者而設
### Fitness equipment in the park are not designed with elderly needs in mind

年長人士認為安全是他們最重視的一環，現時的公園設施不是為長者健身而設。
Elderlies consider safety a top priority when exercising and fitness equipment are not designed with the elderlies' needs in mind.

### 以物理治療為本重新設計
### Physiotherapy as a new design focus

團隊認為九龍公園健身徑可以以物理治療為本，為所有年齡人士重新設計。
The team believes the fitness trail can be redesigned for all ages with physiotherapy as a new focus.

### 健身教練會到場指導
### On-site coach training

具物理和職業治療知識的健身教練會到場指導使用者正確使用設施，持續觀察他們運動和健康的進展。
Physiotherapist and exercise coach will guide users on the proper use of equipment and monitor their progress over time.

---

## 2
### 健身徑建於山坡上，長者難於使用
### The sloping fitness trail makes it hard for elderlies to use

九龍公園健身徑沿山坡而建，使長者難於使用。
The Kowloon Park Fitness Trail runs along a steep slope, making it difficult for elderlies to use.

### 健身徑可分為3節
### Split the fitness trail into 3 segments

九龍公園健身徑可以分為3節：由短至長，和易至難。
The trail can be split into 3 segments, from short to long, easy to hard, to encourage users with different physical strength and ability to use.

### 設有難度選項
### 3 levels of challenge

使用者可因應自己目標和身體情況，選擇合適的難度。
Users can chose the right challenge depending on their preference and ability.

---

## 3
### 長者健身期間，需要置物空間
### Elderlies need storage space for their belongings when exercising

他們使用健身徑期間，需要置物空間，有蓋設施和舒適的椅子。
When exercising, elderlies need storage space, sheltered and comfortable seating.

### 重新設計健身徑的扶手欄杆
### Redesign the handrail

將健身徑的扶手欄杆重新設計，方便使用者暫放隨身物品。
Redesign the handrail running along the trail with storage functions.

### 增設掛鉤
### Install hooks

增設掛鉤，方便使用者暫放隨身物品。
Hooks are an easy and functional way for users to temporarily store their belongings.

# 九龍公園 健身徑
# Kowloon Park
## Fitness Trail

用家：青年/年輕人
Users Met: Youth

## 如何 ?
## How might we...

### 加入吸引年輕人的元素，同時兼顧其他年齡層享用遊樂空間的需要

### incorporate elements that attract youths without compromising the ability of other age groups to enjoy the space

" 大型滑板場、高空繩索、可以有唔同年紀既專用區...

Skateparks, ziplines, areas that are suitable for users of different age… "

---

## 1 年輕一族追求刺激新穎的遊樂空間
## Young people look for excitement

?

年輕一族一方面追求刺激新穎的遊樂空間，另一方面亦希望有空間進行靜態活動。
Young people look for spaces that are exciting but also wish for a quiet space to relax.

### 重新名為「徑‧自由」，軟件和硬件可互相配合
### Rename the trail as "Freedom Trail", with a mix of hardware and software

團隊的設計名為「徑‧自由」，軟件和硬件可互相配合讓不同年齡層的人都可找到適合自己的活動，共同享用遊樂空間。
In "Freedom Trail", a mix of hardware and software allow users of different age to find an activity suitable for themselves.

### 加入創新元素
### Add in innovative elements

加入二維條碼和擴增實境科技等創新元素。
Adding QR codes or augmented reality (AR) technology along the trail.

---

## 2 公園設施設有年齡限制
## Age limits on park equipment

?

現時的公園設施大多為小童和長者而設，例如鞦韆旁有指示牌列明年齡限制。
Current park equipment is usually limited to children or elderlies.

### 加入感官刺激元素
### Inject multi-sensory elements

感官刺激可以透過味覺、嗅覺、視覺、聽覺、觸覺加強用家與周圍環境的連繫，對認知障礙症患者及小孩尤其有好處。
Increase users' connection with the environment through multi-sensory elements such as smell, sight, hearing and touch.

### 多用途梯級多元設計
### Multipurpose staircase design

加設多用途梯級，用家可自由選擇在上面閒坐聊天或舒展筋骨。
Install multipurpose staircase that users can walk on or sit on comfortably.

---

## 3 健身徑在視覺上不夠吸引
## The trail is not visually attractive

?

年輕人喜歡破格有型的「打卡點」，但九龍公園健身徑在視覺上不夠吸引。
Young people love spots for photo taking but the trail is not visually attractive enough.

### 利用九龍公園健身徑的環境優勢
### Make use of the trail's characteristics

利用九龍公園健身徑高低起伏的地勢。
The slope of the fitness trail should be leveraged in its design.

### 以軍營的歷史作為主題
### Using the history of the army barracks as a theme

推出以九龍公園前身為軍營的歷史作為主題的手機互動遊戲，一方面吸引年輕人，另一方面引起年長一輩的共鳴。
Technological interactive elements such as AR with a history theme will resonate and improve interaction between young and old users.

# 九龍公園健身徑
# Kowloon Park
## Fitness Trail

用家：公園管理職員
Users Met: Asset Mangement Staff

## 如何
## How might we...

營造一條可自由發揮的趣味徑
## create a self-exploratory and fun trail

Lorem ipsum

"
既是公園管理者亦是使用者，我哋明大家都有自己既喜愛同習慣，面對衝突投訴，我地會彈性處理...

As both a park manager and a park user, we understand that everyone has their preference. When facing conflicts and complaints, we will handle it with flexibility...
"

---

## 1 不同的使用者各有需要
## Different users have different needs

?

公園管理者希望吸引更多到訪者，但當不同的使用者各有需要，他們希望大家能視遊樂空間為所有人的共享空間，和諧共處。
Park mangers wish to attract more users and hope users can be considerate of others when using this shared space.

### 提升設施的使用彈性
### Enhance flexible equipment use
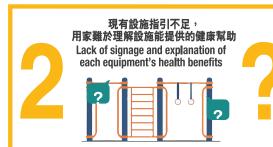
當不同年齡的用家有各種渴想和需要，組員同意提升設施的使用彈性。
Flexible use of equipment means it can be suitable for more users of different ages or needs.

### 善用彎曲路間的斜坡空間
### Leverage the winding trail

可以善用彎曲路徑間的斜坡空間，例如加入不同難度等級的攀石、繩網和滑梯。
The space between the winding trail can also be used. For example, installing climbing rocks, slides or even ziplines.

---

## 2 現有設施指引不足，用家難於理解設施能提供的健康幫助
## Lack of signage and explanation of each equipment's health benefits

?

健身徑的指示牌不明顯，難以吸引訪客繼續前進探索整段路程，設施旁邊的教學內容單調，用家難於理解。
Unclear signage and instructions mean users are less encouraged to continue along the trail and use the equipment.

### 加入相關有趣的健康資訊
### Show fun and health related information

利用有趣的插圖顯示健康信息可提高指示牌的可讀性。例如：如果你完成健康徑，你便可以燃燒多少卡路里？
Show health information with fun illustrations will improve the signage's readability. For example: How many calories can you burn if you complete the trail?

### 加入特別資訊引起更大動機繼續探索路徑
### Incentivise continual exploration of the trail

加入一些特別的資訊將能引起使用者更大動機繼續探索路徑。
Show interesting facts and information along the trail to encourage users to explore the trail.

---

## 3 健身徑本身的命名和設施過於單一
## The naming of the fitness trail and its equipment are too single-purpose

?

九龍公園健身徑本身的命名和設施用途單一，易於滿足某一類型的群體，當要做到跨代共融遊樂，要有多元和趣味特色的元素才能吸引廣泛年齡的人士。
The name "fitness trail" and its equipment indicate that it is only suitable for a certain kind of users.

FUN分徑
FUN-Sharing Trail

### 重新命名為FUN分徑
### Renaming the trail

將其重新命名為「FUN分徑」，希望鼓勵所有人發揮想像力享受整段路徑，與其他人分享快樂。
Rename the trail as "Fun-Sharing Trail" to encourage a more varied user base to visit.

-0.4 CAL
-0.2 CAL
START !

### 鼓勵所有人發揮想像力
### Encourage imagination

提出不以特定用途界定如何使用原有的健身徑，鼓勵使用者於整段路徑中與人互動。
Suggest alternative ways to engage in the trail to encourage users of all kinds to make use of the trail in their own way and interact with others.

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1. 空間通達性有待提高
   Accessibility should be improved

2. 空間未被善用
   Space is not fully utilised

3. 設施偏重安全考慮
   Overemphasis on equipment design safety

4. 居民與商戶需求不一
   Residential and commercial needs may diverge

5. 容納公園設施的空間不足
   Lack of space for park facilities



6. 現有分區不利於促進跨代互動
   Current zoning hinders intergenerational interactions

7. 休息區與自由活動的空間不足
   Lack of facilities for flexible use and resting area

8. 現有設施有年齡限制
   Age limit on existing hardware

9. 設施整體不夠刺激
   Facilities are generally unexciting

10. 沒有樹陰和避雨地方，影響温度和體感
    Lack of shades and rain shelters causes thermal discomfort

## 提出的「我們可以如何」問題
## "How Might We" Questions Developed

每組就著發現的主要問題定下「我們可以如何」的問題。
Based on the key issues identified, each group developed its own "How might we" questions.

### 駿發花園
### Prosperous Garden

1. 我們可以如何營造一條可提高人與人之間的互動而刺激的共融空間？
   How might we create an inclusive and exciting space that facilitates face-to-face interactions?

2. 我們可以如何打破隔膜及營造動靜皆宜的多元空間？
   How might we break the barriers and create a diversified space for active and passive uses?

3. 我們可以如何樂齡設計促進不同年齡層人士之間的互動？
   How might we engage people from different age groups to actively interact with each other through age-friendly designs?

# 駿發花園 休憩公園
# Prosperous Garden
**Public Garden**

用家：年輕長者
Users Met: Young-old

## 如何
## How might we...

營造一條可提高人與人之間的
互動而刺激的共融空間

create an inclusive and
exciting space that facilitates
face-to-face interaction **?**

"

公園好少有青年同中年既設施，但公園應該係
屬於大眾，比所有人享用...

It's rare to find park equipment for youths and
young-olds but a park should be designed for the
enjoyment of everyone…

"

## 1 空間通達性有待提高
## Room for accessibility improvements **?**

整個公共空間的通達性有待提高，各處有很多不必要的梯級、圍欄，限制了使用者互動的可能性。
The accessibility of the space can be improved by removing unnecessary stairs and fences which has discouraged user interaction.

### 過多的分區，防礙不同年齡使用者間的互動
### Over-zoning hinders intergenerational interaction

過多的分區防礙不同年齡使用者間的互動，建議除去兒童遊樂區及長者健身區之間的花槽，讓他們能看到對方，促進雙方互動；亦避免使用者因要看顧兒童/長者而未能享受遊樂設施。
Interaction is hindered due to too much spatial separation. Removing the barrier between the children playground and elderly exercise zone can facilitate interaction and give caretakers improved visibility.

### 監測健康進展
### Health monitoring

HEALTH CARE

具物理和職業治療知識的健身教練會到場指導使用者正確使用設施，持續改善狀況，尤其幫助年老長者，促進有效的運動。
Physiotherapists and health coach to guide users on proper use of the equipment and monitor their health progression.

## 2 空間未被善用
## Better use of the space **?**

很多空間未被善用，如一樓平台及地下有蓋走廊都只配置坐椅，未能促進用家之間的互動；相對下，長者及兒童遊樂區空間和設施非常有限，未能滿足高峰時間用者的需求。
Lots of space are not used optimally. For example, only benches are seen on the first-floor podium and the sheltered walkway, with little to encourage interaction. The playground and exercise zones are also unable to cope with peak usage.

### 羅馬廣場及牆身未被善用
### Underutilised open space and curved wall

在羅馬廣場中央提供具地區特色的康樂棋，讓短暫停留的外來使用者能了解附近街道及文化特色。並將羅馬廣場牆身改裝，加上黑板、AR投影、打卡位等，利用該牆壁進行互動遊戲。
Adding an interactive game in the open space and turning the curved wall into an interactive wall with games, photo taking spots, blackboards and AR visual will all facilitate interaction and better use of the available space.

### 增設健步徑
### Add a walking trail

小組發現駿發花園一樓平台空氣清新，有不同鳥類棲身，環境舒適，提議善用地下及一樓平台之間的連繫增設健步徑。
The team suggested to turn the first-floor podium into a walking trail as fresher air and birds can be found here.

## 3 設施偏重安全考慮
## Equipment design leans too far on safety **?**

整個空間的設施和設計偏重於安全考慮，未能滿足全部使用者對遊樂空間的需求和期望。
The space is designed with safety in mind but it does not fully respond to the needs and expectation of the users.

### 更改座椅設計和佈置
### Modify seating design and placement

現有坐椅設計未能促使陪同者直視長者或者小童。建議可將有蓋走廊下近遊樂設施的花槽或假園林等除去，加設面向遊樂設施的坐椅，供陪同者使用。
Caretakers prefer to sit in places that gives direct visibility to those they are caring for. The current seating does not take this into consideration and as such, caretakers are often found sitting on ledges and planters. Changes in the placement and design would improve the space's usability.

### 指示牌鼓勵跨代使用
### Signage to encourage intergenerational use

設置不同的指示版，增加使用者於駿發花園步行的誘因，例如觀景區、賞鳥區，步行步數記錄、卡路里燃燒等。小組亦建議加上親子共用的指示方式，如大小腳板，讓大家知道設施沒有年齡限制，不同年齡的使用者可一同使用。
Signage that shows environmental information, health statistics and encourage intergenerational interaction such as small and big footprints along the walking path will provide incentives for intergenerational use.

# 駿發花園 休憩公園
# Prosperous Garden
**Public Garden**

用家：公園管理職員
Users Met: Asset Management Staff



## 如何
### How might we...
**打破隔膜及營造動靜皆宜的多元空間**

**break barriers and create a diversified space for active and passive use ?**

"
商舖收入有助補貼公共空間的管理費用，平衡該地點的住宅用途及娛樂用途是我們重大考量...

The commercial income generated helps offset the maintenance cost of the public space. So balancing the residential needs and commercial needs is a big consideration of ours…
"

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## 1 居民與商戶需求不一
### Residential and commercial needs vary

?

駿發花園的居民和周邊學校的學童都是該地點的慣常使用者，而附近的商舖則會吸引其他青年人及成人到訪，屬於不慣常用戶。
The residents and nearby school children represent more regular users of the space while those visiting the nearby commercial amenities represent irregular users.

### 把休憩公園分為動態和靜態區
### Splitting the space into active and passive zones

小組認為衝突源於用戶無法舒適地進行動態或靜態活動。
The team considered that conflicts arise when users are unable to carry out activities and fully enjoy the space as they desire.

### 以佈局設計
### 提醒用戶廣場為共享空間
### Remind users to respect the shared space through spatial design

共創團隊提出以顏色把休憩公園分為動態和靜態區，為尋求不同體驗的用戶提供舒適的空間。分區不會大幅度改變整體空間佈局，亦提醒用戶公共廣場是一個共享空間，從而令用戶仔細考慮個人使用對他人的影響。
Using colours to distinguish an active and passive zone for users seeking different experiences. This zoning will subtly remind users to respect the shared space and be considerate of their impact on others.

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## 2 容納公園設施的空間不足
### Lack of space for park facilities

?

由於羅馬廣場須保持開放以用作緊急車輛通道，加設硬件的空間不大。在現有佈局下，長者及兒童遊樂區的空間都不足以容納高峰時段的使用人數。
The main square must be left open for emergency vehicular access, leaving limited space for hardware facilities. In its current layout, both the children's playground and elderly exercise area are not large enough to cater for peak usage.

### 移除單一用途的設計
### Remove age-specific hardware

為了在不佔用更多有限空間的情況下為不同用戶提供更多設施，設計團隊建議在每個區域中更換成無分年齡或「年齡中性」的硬件。
To provide more facilities for different users without taking up more of the limited space, the design team proposes to replace the single-purpose and age-specific hardware with "age-neutral" hardware designs.

### 更換成無分年齡的設計
### Implement "age-neutral" hardware designs

這些硬件可以被任何年齡組使用，既可增加可用設施又不佔用更多空間的限制下，從而達到促進跨代互動和凝聚力。
"Age-neutral" hardware can be used by any age group and will essentially increase facilities available for users and promote intergenerational interaction and cohesion.

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## 3 現有分區不利於促進跨代互動
### Current zoning hinders intergenerational interaction

?

駿發花園休憩公園目前分開的兒童遊樂場和長者運動區。不利於促進跨代互動之餘亦無減少衝突的效果。
Existing separation of the children's playground and elderly exercise is a barrier to intergenerational interaction. It also does not necessarily prevent conflicts.

### 利用顏色分區
### Separate active and passive zones with colours

利用顏色分區，增加公共空間的歡迎度和凝聚力。減少動態用家和靜態用家衝突。
Using colours instead of fences to separate zones will allow for intergenerational interaction and mitigate conflict between active and passive users.

### 提升歡迎度和凝聚力
### Enhance welcomeness and cohesion

去除不必要的圍欄以及於入口處地上畫上的跳飛機配套設施，有助公共空間的歡迎度和凝聚力。
Removal of unnecessary fences and add small additional features such as the hopscotch at the entrance to enhance welcomeness and cohesion of the space.

# 駿發花園 休憩公園
# Prosperous Garden
## Public Garden

用家：家長及小孩
Users Met: Parents and Child



# 如何
## How might we...

### 樂齡設計促進不同年齡層人士之間的互動

### engage people from different age groups to actively interact with each other through aged-friendly design

**?**

"
跌倒唔喺問題，喺跌傷先喺大件事! 設計反而應該考慮點樣跌倒而唔會受傷...

Falling over is not a problem, injury is. Design should consider how to prevent injury if you do fall…
"

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## 1 ?

### 休息區與自由活動的空間不足
### Facilities for flexible use and resting are lacking

兒童玩樂設施及讓家長看顧小孩的座椅及休息區並不足夠，缺乏自由舉辦活動的空間。
Children play facilities, seating for caretakers and space for flexible use are lacking.

### 羅馬廣場增設降溫設施
### Cooling down the open space

羅馬廣場中央一帶並無遮蔽，用家都不願意在太陽猛烈的正午及下午時段使用該空間。
There is no shading in the main open space and users are unwilling to spend time in the space during midday.

### 隧道貫穿 — 加強兩區連結
### Improve connectivity using tunnels

小組發現樓梯下的擺設空間未完全被用作公共用途，故提出建立隧道貫穿長者健身空間及兒童遊樂空間，隱約地加強兩區的連結，並將接觸空間利用的主權交予用家。
The team suggested utilizing the unused area underneath the stairs by adding a tunnel to connect the children's playground and elderly exercise area to enable intergenerational play, if so desired.

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## 2 ?

### 現有設施有年齡限制
### Age limit on existing hardware

現有設施都有年齡限制，主要適合幼兒或長者。為青少年或成人而設的設施就相對缺乏，令這些持份者無法享用公園環境及設施。
Facilities provided are very age-specific, designed mainly for young children and the elderly. No facilities are designed for adolescents or adults, excluding these stakeholders from enjoying space.

### 多用途設施 — 長幼共融同樂
### "Intergenerational facilities" for cross-generation play

小組提意整合長者運動和小孩玩樂設施，使長者和小孩同樂。設施將分成兩部分，指定要二人同時活動（健身和遊玩）方可令設施運作。
Combine age-specific equipment into one for all ages with play and rehab function. For instance, the equipment must be operated by two parties, providing a more exciting and interactive experience for both users.

### 增設嬉水噴泉
### Water fountain for play and cooling down

小組認為增設嬉水噴泉能夠促進長幼互動，提供有趣的游玩設施予小孩，同時為靜態用家提供消暑作用，促進長幼互動，從視覺及聽覺上優化空間。
The team believes that having a "water-themed installation" in the middle will facilitate interaction between children and other age groups as water is a good element for sensory stimulation and cooling down.

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## 3 ?

### 設施整體不夠刺激
### Facilities are generally unexciting

設施整體來說不夠刺激，家長表示不介意讓孩子冒險，寧願他們沾污，也不希望玩樂設施過度規範，以致未能吸引五歲以上的小孩。大部分遊樂空間不准踩單車和踢足球，但小朋友對這兩項活動都很感興趣。
Parents prefer having facilities that may be more adventurous and allow their children to "get dirty". The standard play equipment are not attractive to children beyond the age of 5. Cycling and football are banned from most of the play space, but children showed great interest in these two activities.

### 繩牆 — 連接兩層獨立空間
### Rope wall to connect two levels

小組發現二樓的公共空間容量較低，另外發現小孩喜愛攀爬樓梯，故提出築成一個安全的繩牆，讓小孩可以更安全地攀爬，同時加強兩層公共空間的連繫。
The team discovered that children love to climb. A "rope wall" will connect the two floors, provide a safe and managed way for children to climb and connect the two isolated levels of the space.

### 「流水聲」營造輕鬆的氛圍
### Sounds to create a relaxing atmosphere

水和自然的聲音有助營造出放鬆的氛圍。 如果嬉水噴泉方案不可行，也可以考慮使用隱藏的揚聲器播放自然的聲音改善環境。
Sounds of water and nature would create a relaxing atmosphere in the space. If water fountains are not feasible, audible ways to create a sense of nature such as using hidden speakers can also be considered.

# 6. 共創工作坊專家分享環節
# Co-creation Workshop Expert Sharing

小組嘉賓 *Panel Guests:*

**李權發先生**
康樂及文化事務署 康樂事務經理（油尖旺區）
Mr Li Kuen Fat, *District Leisure Manager (Yau Tsim Mong), LCSD*

**鄭志良先生**
康樂及文化事務署 九龍公園副經理（戶外設施）
Mr Jack Cheng, *Deputy Manager (Outdoor Facilities) Kowloon Park, LCSD*

**梅詩華女士**
一口設計工作室，共同創辦人及創作總監
Ms Sarah Mui, *Co-founder and Design Director, One Bite Design Studio*

主持*Host:*

**李雅筠**，項目經理（空間），賽馬會社會創新設計院
Karen Lee, *Project Manager II (Spatial), JCDISI*

2019
5月18日
18 MAY



在專家分享環節中，來自康文署和一口設計工作室的代表分享了管理上需要考慮的地方，以及可行的設計元素，幫助參加者理解公園管理者的想法。知識的交流有助參加者了解場地管理團隊的痛點與期望，以提出創意設計方案和增加概念性建議的可行性。

In the expert sharing session, representatives from the LCSD and One Bite Design Studio shed light on the management concerns and possible design interventions to help the participants to understand park management considerations. This knowledge exchange helped participants appreciate the pain points and aspirations of the venue management team and opened the path to feasible creative solutions and conceptual proposals.

### 從康文署的角度來看，設計和管理上有哪些考慮因素？
### What are the design and management considerations from the lens of LCSD?

保育是九龍公園與其他公園在管理考慮上的主要分別之一。作為尖沙咀心臟地帶中著名的綠化空間，九龍公園不但吸引了國際遊客慕名前往，不少本地人更對公園有深厚的感情。公園保留了一些古蹟和歷史建築，需要在古物古蹟辦事處的指引下進行妥善管理。此外，公園有幾棵古樹，亦是鷺鳥等珍貴鳥類的棲息地。因此進行任何維修或重建工程前，必須考慮保育公園的文物和生態價值。對管理部門而言，公園安全至為重要，所以公園的設計、用料和設施必須符合安全標準。

Conservation is one of the key differences in the management considerations between Kowloon Park and other parks. As a renowned green space at the heart of Tsim Sha Tsui, Kowloon Park has attracted both local visitors, who have strong emotional attachments to the place, as well as international tourists. There are also some on-site monuments and historic structures managed according to the instructions of the Antiquities and Monuments Office. Besides, the Park has been the home to several old trees and precious bird species like herons. Hence, it is necessary to conserve the heritage and ecological value of the site prior to all maintenance or reconstruction works. Meanwhile, maintaining park safety is the top priority of the management authority. The design, materials and facilities need to comply with the safety standards.

### 如何通過跨代共融遊樂的設計元素改善公共空間？
### How to improve public open spaces with design interventions within an intergenerational play context?

現有公共空間通常按功能和目標用家劃分成區域，例如長者健身設施通常與兒童遊樂場分隔開，導致祖父母只能坐在旁邊看孩子們玩耍。公共空間的設計應考慮不同年齡人士如何在同一空間內同時玩樂，以及如何調整難度，以在確保安全的同時提供更具挑戰性的遊樂設備。

在公眾參與工作坊中，一口設計工作室注意到設計建議與用戶的實際需求之間存在差異。相比在公共空間獨自玩耍，老年人更喜歡與其他家庭成員一起玩樂；認知障礙症患者希望參與更具挑戰性和複雜性的遊戲，而不只是一些為他們而設的簡單遊戲。因此，設計師需要與用戶多溝通，並讓他們參與設計過程，從而深入了解他們的需求。

設計的獨創性和靈活性也是創造跨代共融遊樂的重要元素。除了購買市面有售的商業遊樂設備，設計師更應考慮度身設計出適合當地環境和將遊樂融入景觀的設施。例如地面使用彩色圖案，有助設立區域，無需使用天然屏障，同時亦可以提供空間或設備來代替欄杆，供長者作伸展之用。

A common phenomenon in existing public open spaces (POS) is that they are usually zoned and demarcated by their functions and target users. For example, elderly fitness equipment is usually separated from children's playgrounds. Grandparents could only sit aside and watch children playing. The design of public spaces should consider how people of different ages can play simultaneously in the same space, as well as how to adjust the risk level to provide more challenging play equipment while ensuring safety.

One Bite Design Studio noticed that there are discrepancies between the design recommendations and the actual needs of target users from the public engagement workshops. For example, the elderly generally prefers playing with other family members to playing alone in public spaces. Dementia patients also want to engage in more challenging and complex play rather than the simple games designated for them. Therefore, designers need to facilitate effective communication with end-users and engage them in the design process to better understand their needs.

The ingenuity and flexibility of design are also important elements for creating an intergenerational play space. In addition to purchasing ready-made commercial play equipment, designers should consider bespoke designs that can fit in the local context and incorporate play into the landscape. For instance, coloured patterns on the ground can help create zones without the use of physical barriers. Creating spaces or providing equipment to replace railings also enables the elderly to stretch.

### 如要促進跨代共融遊樂，你覺得九龍公園的設計和管理上應有什麼配合？
### How should the design and management of Kowloon Park facilitate intergenerational play in the future?

使用者如若能尊重其他用家使用空間的權利，康文署實際上是支持公眾使用草地進行休憩活動。據觀察所得，市民通常成群結隊在公園參與跳舞和運動等活動。因此，未來公園的設計可提供沒有特定功能的遊樂設備以及更大的公共空間，從而鼓勵更廣泛和靈活的空間使用。加入跨代共融元素和滿足安全要求之餘，設施的設計應盡量保持簡單。在檢討未來室外公共空間的作用和功能時，我們還應考慮人口老齡化的影響。融入健康科技和設備至遊樂空間將會是促進社區福祉的重要一步。

As long as users respect other patrons' use of the space, LCSD in fact supports the public using the turfs for different activities. It is observed that citizens usually form groups to engage in various activities such as dancing and exercising. Hence play equipment without specific functions and a larger communal space can be provided to encourage broader and more flexible usage. The design of equipment should be simple while integrating intergenerational elements and fulfilling the safety requirements. We should also consider the implications of an ageing population in examining the future roles and functions of outdoor public spaces. The integration of health technology and equipment into play space would be a fundamental step in fostering community wellbeing.

# 7. 共創工作坊 專家小組
# Co-creation Workshop Expert Panel

在設計團隊共同創作了原型並介紹了他們的設計概念後，來自不同專業和領域的專家就如何改善和實行設計提出了建議。

After the teams co-created their prototypes and presented their ideas, experts from different professions and sectors provided inputs on how they can be improved and practically implementable.

### 香港房屋協會(房協)
### Hong Kong Housing Society (HKHS)

Ms. Deon Chan 經理（物業管理）
Ms. Deon Chan, *Manager (Property Management)*

Ms. June Ng 助理經理（物業管理）
Ms. June Ng, *Assistant Manager (Property Management)*

### 香港職業治療學會
### Hong Kong Occupational Therapy Association (HKOTA)

**方少麗小姐** 副會長
Ms. Sanne Fong, Vice Chairperson

### 康樂及文化事務署(康文署)
### Leisure and Cultural Services Department (LCSD)

**陳明昌先生** 總康樂事務經理（陸上康樂場地）
Mr. Horman MC Chan, *Chief Leisure Manager (Land-based Venue)*

**黃潔怡小姐** 高級康樂事務經理（陸上康樂場地）
Ms. Pat Wong, *Senior Leisure Manager (Land-based Venue)*

**邱玉娟小姐** 高級康樂事務經理（陸上康樂場地）
Ms. Ora Kwong, *Senior Leisure Manager (Development)*

### 救世軍
### The Salvation Army

**何仲豪先生** 高級主任
Mr. Ho Chung Ho, Service Supervisor

## 九龍公園
## Kowloon Park

康文署代表強調用戶的意見是部門管理工作的重要考慮因素。公眾普遍認為公共公園有過多限制，例如許多行為和活動都被禁止。因此，康文署對與公園管理相關的不同意見和建議持開放態度，並實施了許多試點或試驗計劃以鼓勵多元的活動，例如玩踏板車、寵物公園和在草坪上閒坐。

此外，公眾亦越來越關注公園設施的包容性，因此公園設計應考慮如何平衡不同用戶的需求，例如屯門公園共融遊樂場。雖然有團隊提出長者看到過於鮮艷和複雜的地面圖案時可能會感到不適，有專家指出運用對比色有助弱視兒童和成年人區分公園的不同區域。共融遊樂場應考慮到不同用戶前往公園的時間和組合，使所有人都能使用空間單獨或成群玩樂。由於空間和設施有限，設計有必要考慮如何保持公園包容性之餘，同時容納最多的用戶。因此，以包容性與跨代遊樂作為塑造公共空間的設計理念是正面的。沒有年齡限制的設備選擇與設計有助鼓勵所有年齡和能力的人平等地享受公園。

儘管有團隊建議在健身區增設儲物空間，但從管理角度而言有機會構成保安和安全問題。由此，康文署代表建議提供鉤架替代儲物櫃，以供人們暫時懸掛衣服或個人物品。此外，為提升運動的挑戰性和樂趣，亦可以在健身區加入遊樂元素，例如將健身徑根據其難度設計成不同的顏色。同時也可在健身徑旁設置告示板提供健康
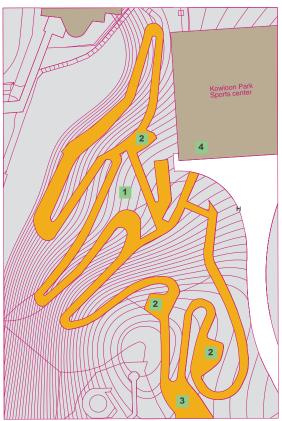
LCSD representatives stressed that users' opinions are fundamental considerations in their management practice. The public generally has a perception that public parks are being too restrictive with many behaviours and activities being prohibited. Hence, they are open to different opinions and suggestions regarding park management. Many pilot or trial schemes have been implemented to encourage a variety of activities like playing scooters, pet parks and sitting on the lawn.

There are also increasing concerns about the inclusiveness of park facilities, e.g. Tuen Mun Inclusive Playground, to support inclusive play. Design considerations should be made to balance the needs of different users. While some teams suggested that the elderly may feel uncomfortable when they look at sharp and complex ground patterns, experts pointed out that contrasting colours can help children and adults with amblyopia to distinguish different zones in the park. Considering the time and composition of people visiting the park, an inclusive playground should enable people of all ages and abilities to use the space and play simultaneously, individually or in groups. Since spaces and facilities are limited, it is necessary to consider how to accommodate a maximum number of park users while maintaining inclusiveness. It is therefore beneficial to adopt inclusive, intergenerational play as a design concept to shape public space design. The non age-specific equipment choice and design would encourage and enable people of all ages and abilities to enjoy the park as equals.

While some teams proposed to add storage space in the fitness area, security and safety issue is a major concern from the management perspective. It is suggested that hook racks may be provided as an alternative to lockers for people to hang their clothes or belongings. Moreover, play elements can be integrated into the fitness area to make exercise challenging and fun. For example, trails

資訊和列出使用所帶來的益處，例如消耗的卡路里，從而鼓勵人們多做運動。

can be designed with different colours to indicate their levels of difficulty. Signage boards can also be displayed to provide health information and incentives people by informing how they can be benefited from using the trails e.g. the calories they can burn.

# 九龍公園健身徑
## Kowloon Park Fitness Trail

Kowloon Park Sports center

Scale 1:400

**1 地理位置**
Location
健身徑位於林木間，是一條長達500米蜿蜒的斜路小徑。
A 500 metres long winding and sloping trail surrounded by lush green foliage.

**2 健身徑設施**
Fitness Trail Elements
沿路有8個具設計目的的健身器材讓使用者伸展筋骨。
Designed to promote physical activity with 8 fitness stations and purposely designed equipment along the way.

**3 使用者習慣**
User Patterns
一共有兩個出入口連結公園內一些受廣泛歡迎的設施。這些設施滿足不同年齡層需要，包括於兒童遊樂區玩耍的小朋友，還有到訪運動場和游泳池的家庭。
Two direct access points leading to several popular facilities and spots within the park catering to users of wide age range from young children to a generally older demographic.

**4 使用者習慣**
User Patterns
另一個出入口則連接至榕樹園，經常有長者在空地自發太極和跳舞活動。
Another access point leads to the Banyan court, which is a popular place for tai-chi and dancing by eldelry users.

## 香港房屋協會 駿發花園
## Prosperous Garden, HKHS

駿發花園的公共空間被住宅大樓包圍，並毗鄰幾所學校和幼稚園。在之前的分享中，兒童表示希望公園設有沙池和游泳池，許多居民亦支持在夏季引入水上游樂設施和充氣水滑梯等水元素。
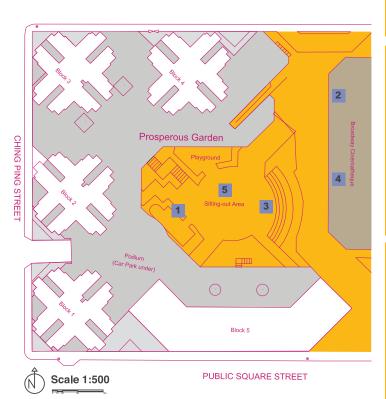
然而，由於滲水和避免堵塞緊急車輛通道，1980年代初在公共廣場上設立的噴水池已被拆除（這在JCDISI提供的場地資料檔案中有所說明）。房協代表指出在駿發花園引入大型水上游樂設施的機會不大。其中房協對公共衛生問題持謹慎態度，因為水需要進行持續消毒，以防止病毒傳播和保持高質量標準，機房佔用的空間運營成本也影響可行性。這些操作上的考慮突出了解場地限制、技術要求和設計方案可行性的需要。

跨代共融遊樂空間的討論和設計建議大多以兒童和老年人為中心，卻普遍甚少關注年輕人的需要。因公園鄰近社區，為社區一個較大的公共空間，遊樂空間的設計除了會影響空間內的用家之外，還會對周圍的人和社區有影響。專家提出軟件設計對支援管理和促進跨代共融遊樂、提升社區共融度尤其重要。專家建議遊樂空間應連繫當地主題和景點，以吸引更多的年輕用戶。例如，許多年輕人前往駿發花園的咖啡店和戲院，如果藝術和文化元素能與公園功能融為一體，使訪客覺得在公園遊樂是一件新潮的事，便可以把不同年齡層的人聚集在一起，真正體現跨代共融遊樂空間的概念。如果按照「跨代共融遊樂」設計概念創造的公共空間能使居民和鄰近社區時，便可促進社會和諧，實現雙贏。

The site in Prosperous Garden is surrounded by residential blocks and adjacent to several schools and kindergartens. During the previous sharing sessions, children have expressed their wish to have a sand pit or swimming pool on the site. In particular, the introduction of water elements such as water-fun facilities and inflatable water slides in summer has been supported by many residents.

Nonetheless, the water fountain that had originally been erected in the public square in the 1980s was removed due to seepage and the need to avoid blockage of the Emergency Vehicular Access (as set out in the site information pack JCDISI provided to the participants). HKHS representatives thus explained that there is little room to introduce large scale water play facilities on site. HKHS colleagues were also cautious about public health issues as water needs to be constantly sterilised to prevent the spread of germs and viruses and maintain its standards. These operation considerations highlight the need to appreciate the site constraints, technical requirements and feasibility of the design proposals.

While discussions and design proposals for intergenerational play spaces mostly focused on around children and the elderly, little attention was paid to the younger generation. As the site is one of the more sizable public spaces in the neighbourhood, the design of the public space will not only affect immediate users, but also the wider community. Experts noted that software design is critical in supporting site management and in developing suitable intergenerational programmes to enhance social harmony. There were suggestions on connecting local themes and attractions with the site to attract more young visitors. For example, many youngsters visit the coffee shop and cinema at Prosperous Garden. By integrating artistic and cultural elements in the park design, it gives the impression that visiting parks can be trendy and fashionable. This may help bringing people of different ages together to enjoy the space and truly embodies the concept of intergenerational play. When both residents and the wider community could benefit from an upgraded public space based on the "intergenerational play space" design concept, it could promote social harmony and achieve a win-win situation.

# 駿發花園 Prosperous Garden

Block 3

Block 4

Block 2

Block 1

CHING PING STREET

Prosperous Garden

Playground

5

Sitting-out Area

1

3

2

4

Broadway Cinematheque

Podium
(Car Park under)

Block 5

Scale 1:500

PUBLIC SQUARE STREET

## 1 公園設施
### Park Elements
駿發花園內規劃了兩個專用空間，分別是適合長者的健身區域和適合兒童的遊玩區域。
Designed mostly for passive use with two small zones catered to active use - an elderly exercise area and a children's playground.

## 2 公園附近設施
### Park Surrounding
公共空間周圍有多間商舖及社區設施，吸引了各個年齡層的使用者，充分提供發展跨代共融遊樂空間的可能性。
The public garden is surrounded by a wide variety of community and commercial amenities, resulting in a steading stream of intergenerational users to the public garden.

## 3 公園設計
### Park Design
駿發花園內受歡迎的設施包括羅馬廣場大樓梯、連接公共花園的有蓋行人通道及樹蔭下的長凳。
The large staircase of the public garden, shaded pathway extending around the public garden's perimeter and several benches under tree shading are popular and useful features of the site.

## 5 公園歷史
### History of Park
自1987年起，駿發花園的公共空間經歷過幾次的維修及改建。原先建於廣場正中央的噴水池為了配合緊急車輛通道法例被拆卸，使該地方以後不能放置其他固定設施。
The space has undergone several design changes since its 1987 inception. The fountain in the middle of the main square has been removed to facilitate an emergency vehicular access (EVA) and a thoroughfare for the three adjacent streets. This means adding fixed facilities in the public garden's main open area is not allowed.

## 4 商業活動
### Commercial Activities
香港房屋協會為了加強公共空採間的多樣性，早於多年前引入餐廳及戲院等商舖，讓居民及其他用家有更豐富的公共空間體驗。商舖的收入亦會用來補貼公共空間的管理費用，強調了外來訪客和居民共融的重要性。
The surrounding com-mercial facilities, which include restaurants and a cinema were introduced to subsidise the man-agement and main-tenance cost of the open space, underpinning the important coexistence of visitors and residents in the community.

## 設計概念 Design Concepts

從「我們可以如何」的問題，每組逐步將兩個選址的設計概念轉化成跨代共融遊樂空間。

From the "How might we" questions, each group developed several design concepts to transform the respective sites into intergenerational play spaces.

**1**

**九龍公園健身徑** Kowloon Park Fitness Trail

### 設計概念 Design Concept 1

- 九龍公園健身徑可以物理治療為本，為所有年齡人士重新設計。
  The fitness trail can be redesigned for all ages with physiotherapy as a new focus.

- 具物理和職業治療知識的健身教練會到場指導使用者正確使用設施，持續觀察他們運動和健康的進展。
  Physiotherapists and exercise coaches will guide users on the proper use of equipment and monitor their progress over time.

- 九龍公園健身徑可以分為3節：由短至長和由易至難。使用者可因應自己目標和身體情況，選擇合適的難度。
  The trail can be split into 3 segments, from short to long, easy to hard, to encourage users with different physical strengths and abilities to use. Users can choose the optimal challenge depending on their preferences and abilities.

- 將健身徑的扶手欄杆重新設計，增設掛鉤，方便使用者暫放隨身物品。
  Redesign the handrails along the trail and add hooks to them as an easy and functional way for users to hang their belongings temporarily.

**九龍公園健身徑**Kowloon Park Fitness Trail

### 設計概念 Design Concept 2

- 將健身徑改名為「徑‧自由」，加設軟件和硬件，讓不同年齡層的人都可找到適合自己的活動，共同享用遊樂空間。
  Rename the Fitness Trail as "Freedom Trail" with a mix of hardware and software, allowing users of different ages to find their suitable activity

- 加入二維條碼和擴增實境科技（AR）等創新元素。例如推出以九龍公園前身為軍營的歷史作為主題的擴增實境互動遊戲，一方面吸引年輕人，另一方面引起年長一輩的共鳴。
  Add QR codes or augmented reality (AR) technology elements along the trail. For example, interactive AR elements with a history theme will resonate and improve interactions between young and old users.

- 感官刺激可以透過味覺、嗅覺、視覺、聽覺、觸覺加強用家與周圍環境的連繫，對認知障礙症患者及小孩的認知發展尤其有好處。
  Engage the users  with the environment through multi-sensory elements such as smell, sight, hearing and touch. This will be particularly beneficial to dementia patients and children's cognitive development.

- 利用九龍公園健身徑高低起伏的地勢，加設多用途梯級，用家可自由選擇在上面閒坐聊天或舒展筋骨。
  Leverage the slope of the fitness trail and install a multipurpose staircase where users can walk up and down or sit comfortably for chatting or stretching.

**九龍公園健身徑**Kowloon Park Fitness Trail

設計概念 Design Concept 3

- 提升設施的使用彈性，滿足不同年齡用家的各種渴想和需要。
  Increase equipment's usage flexibility to cater for more users of different ages and needs.

- 善用彎曲路徑間的斜坡空間，例如加入不同難度等級的攀石、繩網和滑索。
  Make use of the space between the winding trail by installing climbing rocks, slides or even ziplines.

- 加入一些特別的資訊引起使用者更大動機繼續探索路徑，或利用有趣的插圖顯示健康信息，提高指示牌的可讀性。例如：如果完成健康徑，你能燃燒多少卡路里？
  Show interesting facts and information along the trail to encourage users to explore the trail. Display  health information with fun illustrations to improve the signage's readability, e.g. How many calories can you burn if you complete the trail?

- 將其重新命名為「FUN分徑」，提出不以特定用途界定如何使用原有的健身徑，希望鼓勵所有人發揮想像力享受整段路徑，與其他人分享快樂。
  Rename the trail as "Fun-Sharing Trail". Suggest alternative ways to use the trail to encourage various users to make use of the trail in their own way and interact with others.

**1**

**駿發花園** Prosperous Garden

## 設計概念 Design Concept 1

- 移去兒童遊樂區及長者建身區之
  間的花槽，促進雙方互動；亦避免使用者因要看顧兒童或長者而未能享受遊
  樂設施。
  Remove the barrier between the children's playground and elderly
  exercise zone to facilitate interactions. Caregivers can look after the
  children easily  and participate in the play activities.

- 具物理和職業治療知識的健身教練會到場指導使用者正確使用設施，持續監
  測他們的健康進展。
  Physiotherapists and health coaches to guide users on proper use
  of the equipment and monitor their health progression.

- 在羅馬廣場中央提供具地區特色的康樂棋。並將羅馬廣場牆身改裝，加上黑
  板、（擴增實境)AR投影、打卡位等，利用該牆壁進行互動遊戲及更善用可用
  空間。
  Add interactive games in the open space and turn the curved wall
  into an interactive wall with games, photo-taking spots, blackboards
  and AR visualisers which will all facilitate interactions and better use
  of the available space.

- 增設健步徑，連繫地下及一樓平台的舒適環境。
  Add a walking trail that connects the ground floor to the first-floor
  podium where the environment is more comfortable.

- 將有蓋走廊下的花槽除去，加設面向遊樂設施的坐椅，促使陪同者使用坐椅
  時，能直視受陪同的長者或者小童。
  Remove the planters below the sheltered walkway and add seats
  directly facing the play facilities for caretakers looking after the
  elderly and children.

- 設置不同的指示版顯示健康統計數據，例如步行步數記錄，卡路里燃燒等，
  增加使用者在駿發花園步行的誘因。亦可加上親子共用的指示方式，如大小
  腳板，讓用家知道設施沒有年齡限制，不同年齡的使用者可一同使用。
  Add signage that shows health statistics such as step count and
  calories burnt to motivate users to walk. Use patterns such as small
  and big footprints along the footpath to indicate and encourage
  intergenerational use.

**駿發花園** Prosperous Garden

## 設計概念 Design Concept 2

- 以顏色把休憩公園分為動態和靜態區，為尋求不同體驗的用家提供舒適的空間。分區提醒用家公共廣場是一個共享空間，從而令用家仔細考慮個人使用對他人的影響。
  Use colours to distinguish active and passive zones for users seeking different experiences. This zoning will subtly remind users to respect the shared space and be considerate of their impacts on others.

- 每個區域中換上無分年齡限制的「年齡中性」硬件供任何年齡人士使用，既可增加可用設施，又不佔用有限的空間，便能促進跨代互動和凝聚力。
  Replace the single-purpose and age-specific hardware with "age-neutral" hardware designs to provide more facilities for different users without taking up more of the limited space. "Age-neutral" hardware can be used by any age group and will essentially increase facilities available for users and promote intergenerational interaction and cohesion.

- 去除不必要的圍欄，以及於入口處地上畫上的跳飛機配套設施，提高公共空間的吸引力和凝聚力。
  Remove unnecessary fences and add the hopscotch at the entrance to enhance welcomeness and cohesion of the space.

**駿發花園** Prosperous Garden

### 設計概念 Design Concept 3

- 羅馬廣場中央一帶並無遮蔽，用家都不願意在太陽猛烈的正午及下午時段使用該空間。
  There is no shading in the main open space and users are unwilling to spend time in the space during midday.

- 利用樓梯下未被善用的空間，建立隧道貫穿長者健身空間及兒童遊樂空間，隱約地加強兩區的連結，並將接觸空間利用的主權交予用家。
  Utilise the unused area under the stairs by adding a tunnel to connect the children's playground and elderly exercise area. Users have the right to choose how to use the contact area.

- 整合特定年齡的玩樂裝置至適合所有年齡組別、具遊戲和康復功能的設施，使長者和小孩同樂。設施指定要二人同時協調操作方可令設施運作，為雙方使用者提供更刺激的互動體驗。
  Combine age-specific equipment into one for all ages with play and rehabilitation functions. For instance, the equipment must be operated by two parties, providing a more exciting and interactive experience for both users.

- 增設嬉水噴泉能夠促進長幼互動，提供有趣的游玩設施予小孩，同時為靜態用家提供消暑作用，促進長幼互動，從視覺及聽覺上優化空間。水和自然的聲音有助營造出放鬆的氛圍。 如果無法安裝嬉水噴泉方，也可以考慮使用隱藏的揚聲器播放自然的聲音改善環境。
  Installing a "water-themed installation" in the middle will facilitate interaction between children and other age groups as water is a good element for sensory stimulation and cooling down. Sounds of water and nature would create a relaxing atmosphere. If a water fountain cannot be included, installing hidden speakers which play the sound of nature can also be considered.

- 小孩喜愛攀爬。增設安全的繩牆能加強兩層公共空間的連繫，讓小孩可以更安全地攀爬。
  Children love to climb. A "rope wall" will connect the two isolated floors and provide a safe and managed climbing space for children.

# 8. 社創研討會
# Social Innovation Symposium

於第四季社創研討會中，各個策略夥伴的代表分享了跨代共融遊樂空間概念可以如何為香港發展新的遊樂空間類型，支援居家安老，以及提供創新方法，重新構思香港社會基建的機遇及潛力，滿足大眾需要。

During the Season 4 Social Innovation Symposium, representatives of our Strategic Partners shared their views on the opportunities and potential of the Intergenerational Play Space concept in developing a new typology of play space which supports ageing in place, innovation and the reimagination of our our social infrastructure to meet users' needs.

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### 從兒童遊樂場到跨代公共空間
### From Children's Playground to Intergenerational Play Space

**霍李湘玲女士 |** *康樂及文化事務署助理署長（康樂事務）*
**Mrs Doris Fok |** *Assistant Director (Leisure Services),*
*Leisure and Cultural Services Department*

分享回顧
Sharing Recap

康文署一直尋找方法，以增添大眾遊樂場地的多元化用途和朝氣活力，供大眾享用，並促進身心健康。康文署亦不斷革新，在翻新現有公園或設計新場地時，多採用更多元化及「共融」和「通用遊樂」的設計概念。這次共同創作揀選了九龍公園的健身徑，收集了不同年齡人士對跨代玩樂的意見，團隊將會與合作機構探討設計意念的可行性，盡量付諸實踐。

LCSD is always looking for new ways to enhance the variety and vibrancy of public pleasure grounds for public enjoyment and to promote physical and mental wellbeing. LCSD is constantly innovating and has diversified its facilities and adopted the design concepts of "inclusiveness" and "universal play" when renovating existing parks or designing new venues. Opinions from users of different ages on intergenerational play were received through the Kowloon Park Fitness Trail co-creation experience. The team will discuss the feasibility of design ideas with participating organisations and put them into practice as much as possible.

## 共建跨代樂齡社區
## Creating a Community that Promotes Ageing in Place and Intergenerational Harmony

**黃傑龍先生 |** *香港房屋協會行政總裁兼執行總幹事*
**Mr Wong Kit-loong |** *Chief Executive Officer and Executive Director, Hong Kong Housing Society*

由房協主力推行的「樂得耆所」居家安老計劃，希望能進一步由室內擴展至戶外地方，利用多元化休憩空間和善用公共設施，促進長幼共融，為居民及毗鄰社區提供休憩玩樂的聚腳點，並以各類型社區活動凝聚社區動力。未來重建後的屋邨須照顧不同年齡層的需要，而是次共創工作坊和社創行動行項目將提供機會讓大眾重新思考如何藉本地屋邨公共空間推動跨代共融。

HKHS aims to promote intergenerational harmony by creating a more diverse and optimised public resting area and public facilities for their residents and neighbourhood. In the coming future, rebuilding of housing estates will consider the needs of different age groups; HKHS's "Ageing-in-Place" initiative will also expand from indoor space to outdoor space. The co-creation workshops and Actions Project will provide opportunities for the public to rethink how public spaces in local housing estates can promote intergenerational integration.

## 遊樂冇限齡
## Play with No Frontiers

**林余家慧女士 |** *建築署署長*
**Mrs Sylvia Lam JP,** *Director of Architectural Services,*
*Architectural Services Department*

為了促進更共融的社會，建築署採用通用設計，以社會共融及社區為本為原則，遊樂場設計上會著重玩樂體驗，透過定制設計，增加玩樂選擇和挑戰性，在體能、感官和社交方面考慮不同年齡、能力和背景的用家需要。社區參與在屯門公園共融遊樂場早期的設計和發展發揮重要作用，讓設計者在建設前可通過密切溝通了解不同持份者的需要。

從多個本地和中國內地的兒童遊樂場及公共空間的例子中，我們可以看到跨代共融遊樂在空間設計的可能性。跨代共融遊樂空間中的多元化平台有助激發想像力，促進家庭互動和社會包容，提升市民對社區的歸屬感。

To promote a more inclusive and cohesive community, ArchSD adopts universal design and a "community-first" principle to create a play experience that is varied and challenging through custom design to stimulate the physical, sensory and social development of children of different ages, abilities and backgrounds. The Tuen Mun Park Inclusive Playground experience emphasises the importance of community involvement as frequent dialogues allowed design teams to address different needs of stakeholders early on in the design process.

The potential of intergenerational play can be clearly seen through the study of different play spaces and public spaces in Hong Kong and the Mainland. The diverse platforms of Intergenerational Play Space can stimulate imagination and facilitate family interactions and social inclusion to enhance the sense of belonging among the community members.

## 重塑共融的公共空間
## Reimaging Inclusive Public Space

**李啟榮先生** | *規劃署署長*
**Mr Raymond Lee I** *Director of Planning, Planning Department*

油尖旺區現有的公眾休憩用地充足，位置均勻地散佈在社區。然而，長者友善的公眾休憩用地的服務範圍相對較小，特別是提早開放予早起的長者、設有長者友善的洗手間，以及在住宅區5分鐘步行距離的公園。在密集的市區裡，道路和公眾休憩用地常常會爭奪空間。規劃署一直致力於不同公共設施和空間引入包容性設計，不僅見於公眾休憩用地，也包括地鐵站、巴士站，以至行人道和標誌設計。很多閒置或使用不足的空間正在重新設計，改造成新的公眾休憩用地，例子包括上環太平山街、堅尼地城的西區公眾貨物裝卸區和觀塘繞道橋底空間。規劃署與不同的持份者和部門的合作，亦是實行包容性設計過程的重要一環。

The availability and location of existing POS in the Yau Tsim Mong district has a catchment area that covers the community evenly. However, the catchment area of elderly-friendly POS is comparatively smaller, especially if we take into account parks that open early to serve the elderly who rise early, has elderly-friendly washroom facilities and is within 5 minutes of walking distance from residential blocks. As a dense urban district, roads and POS are competing for space. Efforts are being paid in promoting more inclusive design in public facilities and space – not only in POS but also at specific locations such as MTR stations and bus stops, on the pavement and within signage designs. Existing spaces that are no longer in use or underutilised are also being reimagined and converted into new POS. Examples include Tai Ping Shan Street in Sheung Wan, the Western District PCWA in Kennedy Town and the area under the Kwun Tong Flyover. Engaging with different stakeholders and departments is an important process for the Planning Department to promote inclusive design in the city.

## 9. 共創工作坊總結
## Summary of the Co-creation Workshops

從共創團隊構思的設計概念和原型設計中，提取了六個跨代共融遊樂空間的設計考慮供兩項行動項目參考。

From the design concept and prototypes generated by the co-creation teams, six design considerations for Intergenerational Play Space were extracted and had provided references for the two Action Projects.

## 6 跨代共融遊樂空間的
## 六大設計考慮
## Design Considerations for Intergenerational Play Space

### 1 空間整合
### SPATIAL INTEGRATION

將為不同年齡使用而設計的遊樂設施匯合到一個區域。除去確實的邊界，如用顏色分區取代欄桿。
Integrate play equipment designed for users of different age into one area. Replace hard boundaries with soft boundaries, such as replacing fences with colours.

### 2 「年齡中性」設計
### "AGE-NEUTRAL" DESIGN

採用多用途及「年齡中性」的設計能增加可用設施，促進跨代互動亦能更有效地利用空間。
Using multi-purpose, age-neutral designs will increase the facilities provision, promote intergenerational interaction and more efficient use of space.

### 3 跨代設施
### INTERGENERATIONAL PLAY EQUIPMENT

結合長者健身與兒童玩樂功能，促進跨代互動。
Encourage intergenerational interaction with equipment that combines functions of elderly fitness with children play.

### 4 善用空間特性
### MAKE USE OF UNIQUE SPATIAL CHARACTERISTICS

垂直牆壁可改為黑板之類促進互動的設施，健身徑彎路之間可放置繩網和攀石，以提供更多的互動選擇。
Interactive features such as chalkboards can be integrated into vertical walls, nets and climbing rocks can be placed in the space between a winding trails to offer more options of interaction.

### 5 善用現有科技
### MAKE USE OF AVAILABLE TECHNOLOGY

所有年齡層的使用可從電子互動遊戲，健康狀況監測或擴增實境（AR）等技術中受益。
Users of all ages can benefit from technology such as digital interactive games, health tracking or augmented reality (AR).

### 6 用家為本管理
### USER-CENTRIC MANAGEMENT

先了解社區需要，實現更周到的公共空間管理和設計。
Understand the community's need to enable more considerate public space management and design.

### 第四季跨代共融遊樂空間研討會主要得著
### Key takeaways from the S4 Intergenerational Play Space Symposium

**1. 為所有人創造多樣化的遊戲體驗**

跨代共融遊樂空間的關鍵在於多元化的遊戲體驗。如果能在空間裡創造多樣性，並在設備和材料的選擇上加添遊戲感和變化，便能吸引訪客再次造訪。設計師可運用移情映射的過程，對用家需求作更詳細分析，發現無法從實地考察和技術分析容易得出的考慮因素，例如尚未滿足的需求和集體回憶。上述因素可以加入概念設計方案，為大眾創造獨特的跨代共融遊樂空間。

設置遊戲和健身設備後有助吸引訪客進入公園，但無論空間是否設有遊戲裝置，跨代遊戲均可進行。我們應該強調創造豐富和刺激的環境的重要性，讓所有年齡和能力的人士都能從中參與跨代互動、社交、遊戲和活動。

**1. Diverse play experience for all**

Intergenerational play space centres around diverse play experience for all. Diversity, playfulness and variability in the choice of equipment and materials used will attract repeat visitors. Detailed analysis of user needs through empathy mapping processes will flesh out considerations such as unmet needs and collective memory which designers cannot easily detect through site visits and technical analysis. These considerations could be incorporated into the conceptual design scheme to create a unique intergenerational play space for all.

While play and fitness equipment will help attract users to parks, intergenerational play could take place with or without the play equipment. Emphasis should be put on creating a rich and stimulating environment where people of all ages and abilities can interact, socialise and participate in different intergeneration play experiences or activities.

## 2. 參與式共同設計過程的重要性

要公眾理解設計概念，並且以行動照顧用家需求、關注和願望，參與式共同設計便顯得非常重要。原型設計還可以幫助受眾想像未來，並建立收集意見的平台，在下一階段的設計過程獲取受眾的意見，因此，參與式共同設計可以是社區規劃和空間設計項目的關鍵步驟，有助確保項目得到外間的投入和認同。

## 3. 輔助遊戲的軟硬件配套

硬件配套提供了促進跨代遊戲和互動的空間，但軟件配套是支援發展、實現社會凝聚力和促進跨代和諧的關鍵所在。倘若能利用社區現有資源，加強和非政府組織合作，便能策劃新的方案，鼓勵訪客再次造訪，創造更多跨代互動的機會。

## 2. Importance of participatory co-design

The participatory co-design process is key to public understanding of the design concepts and steps to address their needs, concerns and aspirations. Prototyping also helps the audience to visualise the future and provide a platform for getting their feedback and input before the next stage of the design process. The participatory co-design process is therefore critical to community planning and spatial design projects in gathering more input and support for the potential projects.

## 3. Hardware and software programmes complement intergenerational play

While hardware provides the spatial environment for intergenerational play and interactions, software programmes are critical in supporting its momentum, achieving social cohesion and promoting intergenerational harmony. Leveraging existing resources in the community and strengthening collaborations with local NGOs will help curate new programmes to encourage repeat visits and open up more opportunities for intergenerational interactions.

## 4. 建立跨代玩樂的共同願景

除非預算不設上限，否則便要接受空間在遊戲和運動的功能上無法兼顧所有年齡和能力的人士，此外遊樂空間設計須符合所有建築法規、健康和安全指引、殘疾條例，同時亦要滿足場地管理、居民和持份者的顧慮和期望。安全無論如何都是最重要的因素，三位策略伙伴均認為安全絕對不容妥協。如要縮小計劃規模，並且提高計劃的可實施性和可行性，最重要的考慮因素便是主題、目標優次，以及解決持分者和目標用家群體的困難。

## 5. 轉念是管理跨代玩樂空間的關鍵

無論用家是長者、年輕人還是照顧者，保障遊樂空間安全和鼓勵跨代玩樂的關鍵在於提升用家的意識和包容程度。要鼓勵跨代遊戲和促進用家互相尊重，軟件計劃可發揮重要作用，反而不應為了確保安全而增加監視和場地管理規則。

## 4. Shared vision for intergenerational play

It is important to accept that unless there is an unlimited budget it is extremely difficult to provide play and exercise functions for people of all ages and abilities in a play space design compliant to ALL building regulations, health and safety guidance, disability ordinance while meeting the concerns and aspirations of the venue management, residents and stakeholders. Regardless, safety is the most important factor that all three strategic partners would never compromise. Theming, prioritisation of goals and addressing the pain points of the stakeholders and the target user groups will be critical in narrowing down the scope of the project and increasing its implementability and feasibility.

## 5. Mind set change is key to intergenerational play space management

Increasing awareness and tolerance of the users – old and young – and that of their carers will be crucial to safety and intergenerational play. Instead of increasing surveillance and venue management-imposed regulations to ensure safety, soft programmes will play a significant role in encouraging and supporting intergenerational play and promoting mutual respect.

# 10. 締造系統性的改變
## Creating Systemic Change

JCDISI 與來自不同界別的持份者合作，以跨代遊樂空間為城市設計界入的手法締造系統性改變。

JCDISI collaborated with stakeholders from different sectors to flesh out intergenerational play space as an urban intervention strategy to create systemic change.

### 短期影響——知識和專有技術轉移
### Short Term Impact － Knowledge and Know-how Transfer

**1**

**2019全球青年領袖高峰會：通過社會創新將願景轉化為行動**
**Global Youth Leaders Summit 2019: Transforming VISION into ACTION through SOCIAL INNOVATION**

**2019**
**7月**
**13-18**
**JULY**

峰會由理大服務學習及領導才能發展處主辦，吸引了超過120多位來自30個國家和地區的青年領袖，通過國際合作夥伴關係實現這些跨境項目。

一共25名青年領袖加入了JCDISI帶領的「可持續社區」工作坊。活動以駿發花園為選址，學生創建屬於自己的跨代共融遊樂空間，支持可持續社區的成長和發展。團隊參考在早前共創過程開發的資料包，應用了設計思維，不熟悉香港文化和空間特徵的海外學生亦能容易參與其中。

與之前舉辦的共創工作坊相比，青年領袖學生更關注於地方營造，對於在公眾休憩空間下進行的活動類型有着更高的接受程度。學生緊接前往至全球青年領袖峰會下個活動目的地–北京，與其他參與者分享他們共創的想法。

Hosted by the Service Learning and Leadership Office at PolyU, the Summit attracted over 120 youth leaders from 30 countries and regions to generate and actualise cross-border projects through international partnerships.

A total of 25 students joined the "Sustainable Communities" track facilitated by JCDISI to create their own Prosperous Garden intergenerational play space. With reference to the information pack developed through the co-creation process, the design thinking process was reapplied and allowed overseas students unfamiliar with the culture and spatial characteristics of Hong Kong to engage in the project.

Compared to previous co-creation workshops, the participants focused more on placemaking and were more accepting towards the type of activities allowed in public open space. The teams also travelled to Beijing, the next destination of the Global Youth Leaders Summit event, and shared their co-created ideas with other participants.

為期四個月的合作課程讓JCDISI與理大傳播設計、產品設計、社會設計、室內設計和環境設計的學生重新設計九龍公園健身徑內的遊樂設備，以進一步發展跨代遊樂空間的設計概念。遊樂場設計及安全認證公司 Play Concept Ltd 成為合作項目的技術顧問，為設計符合歐洲安全標準及支援多代遊樂的設備提供指導。這為 JCDISI 以改造九龍公園健身徑為跨代遊樂空間的概念驗證研究建立紮實基礎。

The four-month engagement allowed JCDISI to further develop on the intergenerational play space design concept with PolyU students from the curriculum of Communication Design, Product Design, Social Design, Interior Design and Environmental Design to create new play equipment for the Kowloon Park Fitness Trail. Play Concept Ltd, a playground design and safety certification company, also joined the Cooperative Project as a technical advisor to provide guidance on the design and choice of equipment that would meet the European Safety Standards while supporting multi-generational play. This provided a solid ground for JCDISI to commission a proof of concept study for transforming the Kowloon Park Fitness Trail into an intergenerational play space.



/ User Testing · Observation

/ Facility 6 Slide Upper Level

DESIGN IDEA
☐ Quick access
☐ Stair for sitting

/ Facility 1 Flow

DESIGN IDEA
☐ Kept original elements: up, down & through
☐ Add more play value
☐ Elderly and disabled friendly

**3**

**英華街過渡性社會住房計劃諮詢**
**Advising on Ying Wah Street Transitional Social Housing scheme**

**7月**
**JULY**
—
**4月**
**APRIL**

社區組織協會（SoCO）邀請 JCDISI 就如何將跨代遊樂空間概念融入其英華街過渡性社會房屋(TSH)場地提供建議，鼓勵租戶進行跨代互動，促進社區凝聚力。SoCO特別就支援跨代遊樂及追蹤健身活動的裝置類型與技術尋求相關建議，以證明合理的設施投資可改善TSH租戶生活。SoCO希望以遊樂設備作為橋樑，促進街坊與租戶之間的社交互動，從而減少對TSH 的負面印象。計劃亦邀請了理大護理學院，就如何改良跨代空間設計及增加租戶在室外運動提供建議，從而改善租戶身心健康。這進一步凸顯了跨代遊樂空間設計理念可以在社區增加社會資本和鼓勵制度變革方面發揮積極作用。

Society for Community Organisation (SoCo) invited JCDISI to advise on how to integrate the intergenerational play space concept in their Ying Wah Street Transitional Social Housing (TSH) site to encourage intergenerational interactions among the tenants and to promote community cohesion in the neighbourhood. In particular, SoCo sought advice on the sort of equipment and technology that would track physical activities and encourage intergenerational play to justify future investments in amenities to improve the life of TSH tenants. SoCo would utilise the play equipment as a means to encourage social interaction among kaifongs and the tenants to reduce the stigma associated with TSH. SoCo also invited PolyU School of Nursing to advise on how to leverage the intergenerational space to design programmes for enhancing the health and wellbeing of tenants by increasing their physical activity in the outdoor space and improving their mental wellbeing. This further highlights that the role of intergenerational play space design in creating social capital in the community and encouraging system change.

**4**

**國際大學社會責任會議 - 理大對香港居家安老概念發展的貢獻**
**International University Social Responsbility Conference – PolyU's contribution to ageing in place concept development in HK**

**2021**

**2月**
**2-4**
**FEB**

JCDISI以第四季跨代遊樂空間作為案例研究，展示「九龍公園健身徑」與「跨代共融遊樂空間設計比賽 | 駿發花園」行動項目如何建構生態系統，從而在香港等形態緊湊的城市實踐「居家養老」。JCDISI藉此與國際觀眾分享創新的跨代遊樂空間概念。

Season 4 Intergenerational Play Space was used as one of JCDISI's case studies in illustrating how the two Action Projects ("Kowloon Park Fitness Trail" & "Intergenerational Play Space Design Competition | HKHS Prosperous Garden") helped JCDISI to model an ecosystem for actualising "ageing in place" in compact cities like Hong Kong. This allowed JCDISI to share the socially innovative intergenerational play space concept with an international audience.

**5**

跨代共融遊樂空間設計比賽 | 駿發花園
**Intergenerational Play Space Design Competition | HKHS Prosperous Garden**

2019 11月 NOV — 2020 11月 NOV

跨代共融遊樂空間設計比賽（駿發花園）由JCDISI與房協合辦。

來自13個領域、共369名專業人士和大學生接受挑戰，利用空間設計，結合健康管理、物聯網（IoT）及理大科研，促成知識轉移，設計出可供年輕人和長者共同使用的遊樂設施，建立新一代遊樂空間的原型。比賽的目標不僅是為公眾設計簡易的遊樂空間，同時也結合各種軟、硬件設計，打破世代隔膜，促進身心健康和社區共融的遊樂空間，增強社區歸屬感，連接跨代社群及建立可持續社區。

是次專業及大學組別的跨界別設計團隊的作品不但質素優良，更具備啟發性，充分讓評審及過萬名參與公眾投票的駿發花園居民及市民了解跨代共融遊樂空間對香港社會應對人口老化的重要性。比賽展示了本地設計者才華洋溢，展現出跨學科與跨界別設計團隊的潛力與創意。是次參賽團隊的作品將為設計公共空間提供參考先例，以應對香港人口老化。

The Intergenerational Play Space Design Competition - Prosperous Garden is co-organised by JCDISI and HKHS.

A total of 369 professionals and university students from 13 different disciplines took up this challenge to integrate concepts of health management, Internet of Things (IoT) and PolyU's research through spatial design, creating a park that can be used by the young and old together and building the next prototype of the play space. The goal of the competition is not only to design a simple play space for the public, but also to incorporate a variety of software services and hardware designs to break down the cross-generation divide, promote healthy and inclusive play spaces that will enhance the sense of community belongings, connect the intergenerational community, and build a sustainable community in long run.

The entries from the professional and university categories of the design competition were not only of high quality but also inspiring, fully demonstrating to the judges, the 10,000+ residents of Prosperous Garden and the public who participated in the public vote the importance of how the intergenerational play space could cope with the ageing population in Hong Kong. The competition has revealed the talents of local designers and has shown the great potential and creativity of a multidisciplinary and cross-sectoral design team. The entries serve as a precedent for the design of public spaces to help Hong Kong cater for an ageing population.

**九龍公園健身徑 (7月2020 － 8月 2021)**
**Kowloon Park Fitness Trail Proof of Concept study**
**(July 2020 – August 2021)**

為進一步探討在香港發展跨代遊樂空間的可行性，從而鼓勵市民採取健康老齡化的生活方式，康文署及建築署獲邀成為九龍公園健身徑行動計劃的策略伙伴，提供技術意見和建議，促進發展原型概念設計方案。由於屯門「共建社區遊樂場」計劃取得成功，康文署及建築署與JCDISI透過社區參與及公眾參與模式合作，重新設計了健身徑，滿足用家需求，使設施更創新和有趣。

JCDISI亦在理大成立跨學科的跨代遊樂空間小組（IG小組），就如何創造環境、設施、設備和計劃提供建議，以促進跨代遊樂，鼓勵市民進行體育活動和改善長者與兒童的身心健康。JCDISI期望藉此合作，鼓勵跨界別、跨學科的知識創造與轉移，擴展香港的跨代共融遊樂空間計劃。

To explore the feasibility of intergenerational play space for promoting a better healthy ageing lifestyle, the LCSD and ArchSD were invited to be the strategic partners of the Kowloon Park Fitness Trail Action Project. They provided technical advice and suggestions for our prototype conceptual design scheme. Based on the success of the "Community Build Playground" initiative in designing the Tuen Mun Inclusive Playground, they agreed to collaborate with JCDISI through community participation and public engagement to reimagine the Fitness Trail that would meet the needs of the users and be more innovative and fun.
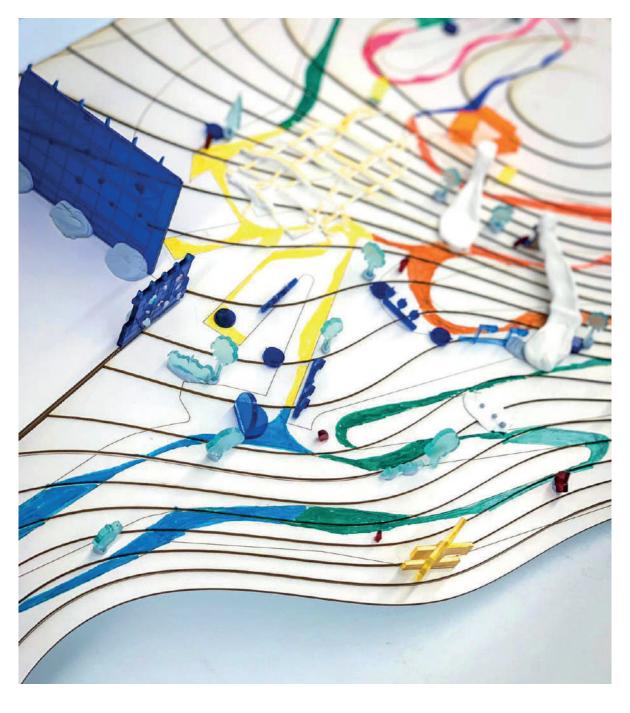
JCDISI also formed a cross-disciplinary Intergenerational Play Space Panel ("IG Panel") within PolyU to suggest on how to create the environment, facilities, equipment and programme that would promote IG play, encourage physical activity of our citizens and improve the health and wellness of the elderly and children. It is hoped that this collaboration would encourage cross-sector, cross-disciplined knowledge creation and knowledge transfer, and support the scaling up of intergenerational play space schemes in Hong Kong.

## 長期影響 —— 擴展與加強推廣跨代共融遊樂空間項目
## Long Term Impact - Scaling Up and Scaling Out the Intergenerational Play Space Project

JCDISI期望本季度的活動有助加強推廣跨代共融遊樂空間的概念，為香港漸趨老齡化的屋苑提供改建指引；而兩個社創行動項目發展出來的設計原則能成為改建遊樂空間硬件和軟件方案的基礎，以加強跨代互動，支持社會資源發展，並提高可持續、健康、和諧社區的復原力。

JCDISI expects the projects under this season may strengthen the promotion of Intergenerational play space concept to guide the transformation of ageing housing estates in Hong Kong; whereas, the design principles developed from the two Action Projects may form the basis for the hardware and software programmes to strengthen intergenerational interaction, support social capital development and increase the resilience of a sustainable, healthy and harmonious community.

# 鳴謝 Acknowledgement

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STRATEGIC PARTNER  策略夥伴*

建築署
Architectural Services Department

HONG KONG
HOUSING SOCIETY
香港房屋協會

康樂及文化事務署
Leisure and Cultural
Services Department

ACADEMIC PARTNER  學術夥伴*

應用社會科學系
Department of Applied Social Sciences

DEPARTMENT OF
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建築及房地產學系
INTERNATIONAL · COLLABORATIVE · CONSTRUCTION

DEPARTMENT OF
LAND SURVEYING AND GEO-INFORMATICS
土地測量及地理資訊學系

PolyU Design

WORKSHOP PARTNER  工作坊夥伴

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SUPPORTING ORGANISATION  支持機構*

香港建築師學會
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HKILA
THE HONG KONG INSTITUTE
OF LANDSCAPE ARCHITECTS
香港園境師學會

香港規劃師學會
THE HONG KONG INSTITUTE OF PLANNERS

規劃署
Planning Department

HKIUD
香港城市設計學會
Hong Kong Institute of Urban Design

拓展
公共
空間
Hong Kong
Public
Space
Initiative

Institute of
Active Ageing
活齡學院

MakerHive.

MAD 創不同協作
institute

THE SALVATION
ARMY
救世軍

香港大學秀圃老年研究中心
Sau Po Centre on Ageing
The University of Hong Kong

* 按英文字母順序排列 In alphabetical order

# 鳴謝 ｜ Acknowledgement
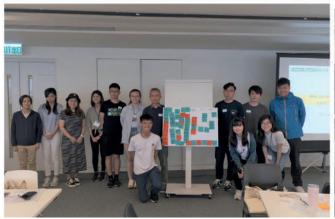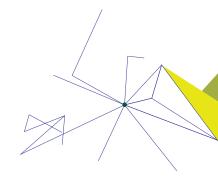
# 鳴謝 | Acknowledgement

## Group 3 第三組

| | | | | |
|---|---|---|---|---|
| Facilitators 團隊導師 | Alan Cheung | Micki Lau | | |
| Co-creation Team 共創團隊 | Emma Xiang | Fok Sui Tong | Helen Ngai | Henry Tse |
| | Michael Ho | Rina Ko | | |
| Interviewee (Management)<br>受訪者(管理者) | Raymond Hau<br>(Kowloon Park Manager) | Carrie Wong<br>(Leisure Manager - Development) | June Ng<br>(Assistant Manager - HKHS Prosperous Garden) | |
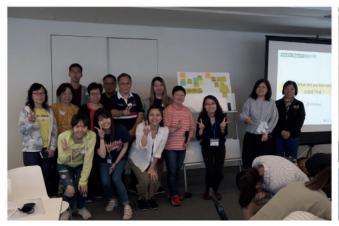


# Prosperous Garden | 駿發花園

## Group 4 第四組
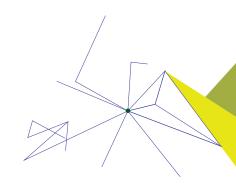
| | | | | |
|---|---|---|---|---|
| Facilitators 團隊導師 | Elie Lam | Ella Fu | Rena Lau | |
| Co-creation Team 共創團隊 | Antonette Wong | Fan Ka Lam | Irene Yam | Jane Au Yueng |
| | Leon Cheng | Leung Kingman | Li hung kin | Li Ka Suen |
| | Rosa Chiu | Sabrina Li | | |
| Interviewee (Young- old)<br>受訪者(年輕長者) | 周玉蟬<br>任淑蓮 | 馮國恩 | 梁嫚麗 | 黃雪雯 |

# 鳴謝 | Acknowledgement

## Group 5 第五組

| | | | |
|---|---|---|---|
| Facilitators 團隊導師 | Alfie Chung | Jessica Ling | | |
| Co-creation Team 共創團隊 | Billy Cheung | Frank Chiang | Grat To | Ophelia Wong |
| | Regina Lo | Rui Zhu | Vivian Lou | Willian Lui |
| | Xintao Liu | Yin Ho | | |
| Interviewee (Management) 受訪者(管理者) | Ken, Lee Pao Wan (Leisure Manager - Land-based Venues) | Deon Chan (Property Management Manager - HKHS Prosperous Garden ) | | |



## Group 6 第六組

| | | | |
|---|---|---|---|
| Facilitators 團隊導師 | Cheryle Wong | Kay Chan | | |
| Co-creation Team 共創團隊 | Chan Chun Ho | Chau Kin Pan | Soo Hui Yan | Leung Pik Shan |
| | Marco Chan | Stacey Chan | Winnie Chan | |
| Interviewee (Family) 受訪者(家庭) | 蔡澤鏗 | 黃婉恩 | 黃婉恩媽媽 | 湯詠珺 |
| | 馮敏華 | | | |



* Special credits to PolyU The Institute of Active Ageing (IAA) and The Salvation Army for recruitment of interviewees.
  特此鳴謝香港理工大學活齡學院及救世軍協助招募受訪者。

由香港理工大學（理大）賽馬會社會創新設計院主辦及香港賽馬會慈善信託基金捐助，於2018年開展，計劃為期三年，以期匯集社會各方，以創新理念和務實可行的社會創新方案，應對多項社會挑戰，共同改善香港的生活。以應對香港「雙老化」（即人口老化及住屋老化）的複合效應為工作的策略焦點，聯合學術界、非政府組織、專業團體、熱心的社會人士、企業和政府，攜手構建創新方案，並按此制訂建議的實際行動。

Organised by the Jockey Club Design Institute for Social Innovation (JCDISI) at The Hong Kong Polytechnic University (PolyU) and funded by The Hong Kong Jockey Club Charities Trust, the 3-year social innovation project commenced in 2018 aims to innovate solutions, in collaboration with a wide spectrum of stakeholders, to respond to social challenges with a view to improving life in Hong Kong. JCDISI puts its strategic focus on tackling the combined impact of "Double Ageing" (ageing of people and building) in Hong Kong, the programme would engage the trans-disciplinary forces of academia, non-governmental organisations, professional bodies, members of the public, corporations and the Government to generate innovative ideas and practical actions.

**ONE FROM HUNDRED THOUSAND**
**「十萬分一」社創研討會**

「十萬分一」社創研討會－JCDISI相信，假若每十萬人之中有一人，即香港七百多萬人口當中的七十多名市民，能貢獻時間、熱誠、知識與創意，攜手合作，定能為特定的社會議題帶來創新的解決方案。透過一系列的參與式研討會及工作坊，收集市民對社會議題的意見、促進討論，並共同設計務實和創新的方案。

"One from Hundred Thousand" — to organise a series of participatory symposia and workshops open to the public to collect views on social issues, facilitate discussion and co-create solutions. JCDISI names the platform based on the belief that if one person from every 100,000 people (i.e. 70+ persons from the 7 million+ population of Hong Kong) can sit together and contribute their time, passion, knowledge and creativity, they can innovate solutions for a specific problem.

**ACTION PROJECTS**
**社創行動項目**

社創行動項目－聯合非政府組織、專業團體和學術界，把「十萬分一」社創研討會上衍生出來的創新理念，轉化成可以執行的設計及專案原型。

"SoInno Action Projects" — to collaborate with non-government organisations, professional bodies and academia for developing innovative ideas generated at "One from Hundred Thousand" into designs or prototypes.

**DESIGN EDUCATION**
**啟迪創新習作**

啟迪創新習作－將社會創新和設計思維引入中學課程，培育青年成為社會創新推動者，內容包括為中學師生開設社會創新工作坊、製作多媒體互動教材等等。

"SoInno Design Education" — to introduce social innovation and design thinking into the curriculum of secondary school education to nurture students as social innovators. Social innovation workshops will be organised for students and teachers and multi-media interactive teaching kits will be developed in this regard.

**KNOWLEDGE PLATFORM**
**社創知識平台**

社創知識平台－以不同形式（如學術論文、短片、設計與指引、個案報告、工作坊、地區及國際會議、展覽等），記錄是項計畫的各環節，包括社會創新過程、創造的方案與知識等等，並公開予公眾參考應用。

"SoInno Knowledge Platform" — to document and disseminate for public use the social innovation experience and knowledge generated from the programme through various formats, including academic papers, videos, design and practice guidelines, case study reports, workshops, regional and international conference and exhibitions.

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ORGANISER 主辦單位

THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

J.C.DISi
賽馬會社會創新設計院

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The Hong Kong Jockey Club Charities Trust

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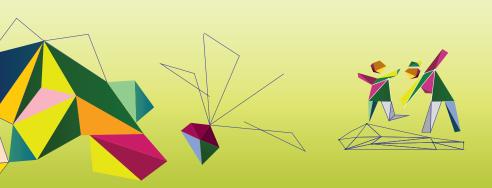
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