



Season 4 第四季:

Intergenerational Play Space
跨代共融遊樂空間

「十萬分一」是一個季度性參與式的社會創新平台，收集市民對社會議題的意見、促進討論，共同設計務實和創新的方案，應對現實生活中的挑戰。
The "One from Hundred Thousand" is a seasonal participatory social innovation platform to collect views on social issues, facilitate discussion, and co-create suggestions for real-life challenges with pragmatic and innovative solutions.

為何是「跨代共融遊樂空間」
WHY Intergenerational Play Space ?



公眾人士對「跨代共融遊樂空間」的感想是 ...
WHAT do people THINK of Intergenerational play space ?

自由 笑容 熱鬧 刺激

ENJOY GAME 朋友 OUTDOOR MULTIPLE

開心 HAPPY FRIENDS

RELAXATION RELAXATION EXCITING

活動 JOY

JOY SINGING

JOY SINGING

TRAVEL

有趣 陽光 放鬆 普照 MOVE 朋友屋企人 PARTY INCLUSIVE PLAYGROUND 跑跑跳跳 嘻嘻哈哈

瘋狂 活力 樂極忘形 LOUD LOVE

舒服

NO WORKING

好玩 安全 HIKING 解壓 鬆打

Source: World Health Organisation, Civic Exchange Open Space Opinion Survey

第一天 DAY 1

為期兩天的共創工作坊邀請了不同的公眾人士，不論其年零及專業背景，一同以設計思維的方法共創理想的「跨代共融遊樂空間」。

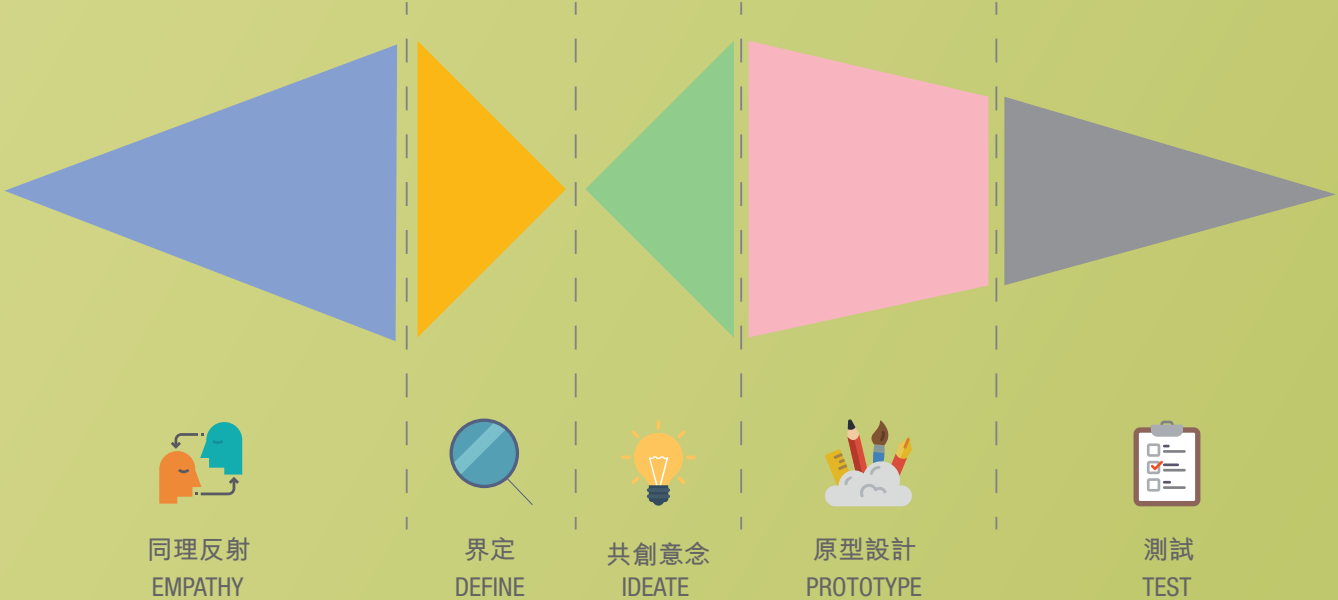
The two-day co-creation workshop aims to gather the general public, regardless of age, profession and background, to generate ideas that promoted the theme of "intergenerational play space" using design thinking methods.

Co Creation through Design Thinking 以設計思維 共同創造

「跨代共融遊樂空間」

DAY 1

DAY 2



1

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，各個共創團隊被安排與不同組別的使用者對談，包括小童、青年、家長、年輕長者、年長長者及公園管理職員，嘗試理解每組使用者對跨代共融遊樂空間的渴望及疑惑。

Empathy and understanding is a vital start to the co-creation process. Each co-creation team had the opportunity to speak with children, youths, parents, young-olds, elderlies and park managers to understand each of these personas's desires and frustrations with play space.



與不同類別的使用者對談
Understand each of these personas



2

實地考察及分析 Site visit and analysis

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

Each team then visited their respective sites to gain a better understanding of its location, context and situation from the perspective of each persona interviewed.



九龍公園健身徑
Kowloon Park Fitness Trail



駿發花園
Prosperous Garden

第二天 DAY 2

為期兩天的共創工作坊邀請了不同的公眾人士，不論其年齡及專業背景，一同以設計思維的方法共創理想的「跨代共融遊樂空間」。

The goal of the two-day co-creation workshop was to gather the general public, regardless of age and profession background, to generate ideas that promoted the theme of "intergenerational play space" using design thinking methods.

Co-Creation through Design Thinking 共同創造

「跨代共融遊樂空間」

3 以「我們可以如何」定義問題焦點 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」界定出要著手解決的問題焦點。

With the understanding of user needs and site context, each team discussed and defined the problems they aim to solve with a "how might we" question.

分組討論
Group discussion



4 共創構思 Ideation

每個共創團隊集思廣益出得多個創新構思，嘗試解決他們為使用者界定的問題焦點，再將他們的構思以小旗子和便利貼呈現在模型上。

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

界定問題焦點
Tackle "How might we" question



5 專家評論 Expert surgery session

康樂及文化事務署、香港房屋協會、救世軍及香港職業治療學會均派出專家代表就共創團隊的構思提出寶貴意見，幫助團隊進一步將意念深化成可行方案。

Experts from the Leisure and Cultural Services Department, Hong Kong Housing Society, The Salvation Army and Hong Kong Occupational Therapy Association provided valuable advice to each co-creation teams' ideas for developing a feasible scheme.

專家提供意見
Advised by experts



6 原型設計及匯報 Prototyping and idea expression

綜合專家們提出的意見後，共創團隊與理工賽馬會社會創新設計院及一口設計工作室的同事們一起製作模型，將他們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。

With the advice provided from the esteemed experts and guidance from DISI and One Bite Design Studio facilitators, each co-creation team produced a conceptual site model to express their vision for an "Intergenerational Play Space" in Kowloon Park and Prosperous Garden.

製作模型
Produced site model



Speak your mind

有啲句 講啲句

“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。”

There are few facilities in the park for youths and adults but a park should be made for everyone. ”

長者
Old - Old

“見到細路仔喺公園玩耍，我自己心境都年輕咗。”

Seeing children play in the park makes me feel youthful too. ”

年輕長者
Young - Old

“安全最重要。亦要考慮耐用性和維修方面，這些原則不會因金錢多少而改變。”

Safety is priority. Durability and maintenance should also be considered. These are principals that will not change regardless of budget. ”

公園管理職員
Asset management staff



鳴謝

ACKNOWLEDGEMENT

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 建築署 Architectural Services Department: Ms. Helen Ngai, Ms. Jane Au Yeung
 香港房屋協會 The Hong Kong Housing Society: Ms. Deon Chan, Ms. June Ng
 香港職業治療學會 Hong Kong Occupational Therapy Association: Ms. Sanne Fong
 救世軍 The Salvation Army: Mr. Ho Chung Ho
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同心同步同進 RIDING HIGH TOGETHER

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STRATEGIC PARTNER 策略夥伴



WORKSHOP PARTNER 工作坊夥伴



SUPPORTING ORGANIZATION 支持機構



* 按英文字母順序排列 In alphabetical order

九龍公園是香港其中一個標誌性的大型地區公園，能夠吸引廣泛地區的人士到訪，不同的群體和其多元設施意味著這裡充滿跨代互動的機會。

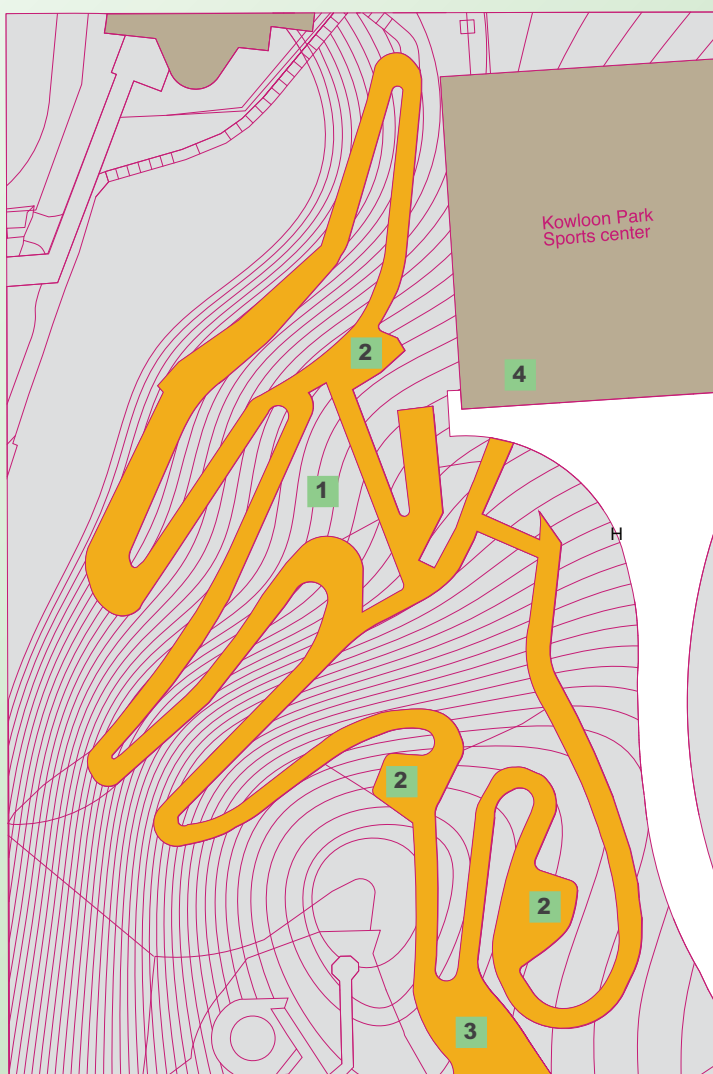
健身徑位近於一些吸引多元使用者的設施，但相對而言，這裡環境較寧靜，而且使用率較低。加上這裡周邊的樹木茂盛和位置方便，此健身徑非常適合作為共創設計公園的試點，推廣運動及跨代共融遊樂。

Kowloon Park is one of the biggest and most iconic parks in Hong Kong with a large catchment area. Diverse user group and a varied provision of facilities and attractions mean that there are plenty of opportunities for intergenerational interaction.

The Fitness Trail is in close proximity to facilities catering for a wide age range. However, it is relatively quiet and lightly used when compared to other parts of the park. Lushly vegetated along the way and conveniently located, the Kowloon Park Fitness Trail has good potential to set an example to become a co-design test case with a view to promoting physical activity and intergenerational play.

為什麼選擇九龍公園 WHY Kowloon Park Fitness Trail ?

九龍公園的健身徑 Kowloon Park Fitness Trail



1 地理位置 Location

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

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

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

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 elderly users.



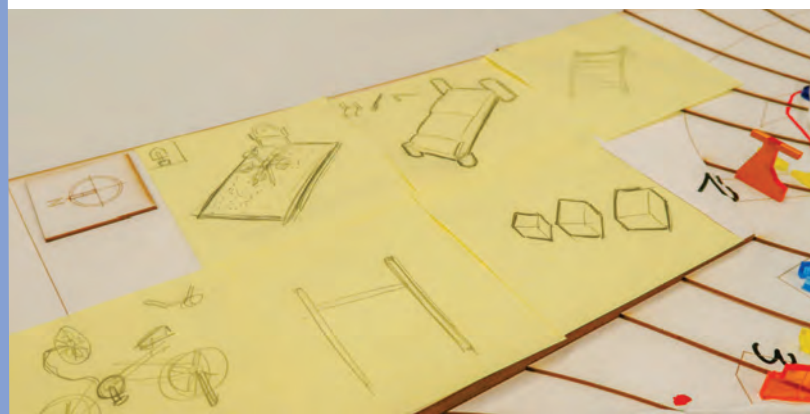
第一組

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



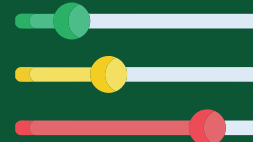
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九龍公園健身徑沿山坡而建，使長者難於使用。
The Kowloon Park Fitness Trail runs along a steep slope, making it difficult for elderlies to use.



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 choose 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.

第二組

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



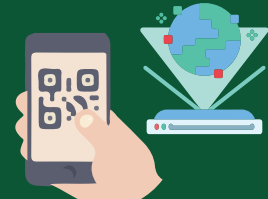
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年輕一族一方面追求刺激新穎的遊樂空間，另一方面亦希望有空間進行靜態活動。
Young people look for spaces that are exciting but also wish for a quiet space to relax.



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能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.

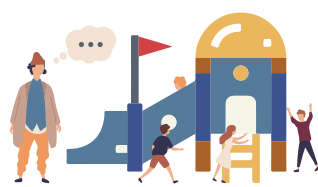


加入創新元素
Add in innovative elements

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 elderly.



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聯繫，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.

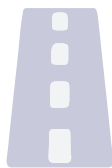


多用途梯級多元設計
Multipurpose staircase design

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，另一方面引起年輕一輩的共鳴。
Technological interactive elements such as AR with a history theme will resonate and improve interaction between young and old users.

第三組

九龍公園健身徑

Kowloon Park

Fitness Trail

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



“

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 managers wish to attract more users and hope users can be considerate of others when using this shared space.



提昇設施的使用彈性
Enhance flexible equipment use

當不同年齡的用家有各種渴望和需要，組員同意提昇設施的使用彈性。
Flexible use of equipment means it can be suitable for more users of different ages or needs.

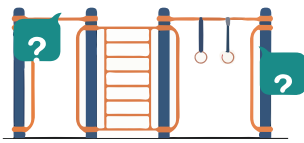


善用彎曲路間的斜坡空間
Leverage the winding trail

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、繩網和溜梯。
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.



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.



鼓勵所有人發揮想像力
Encourage imagination

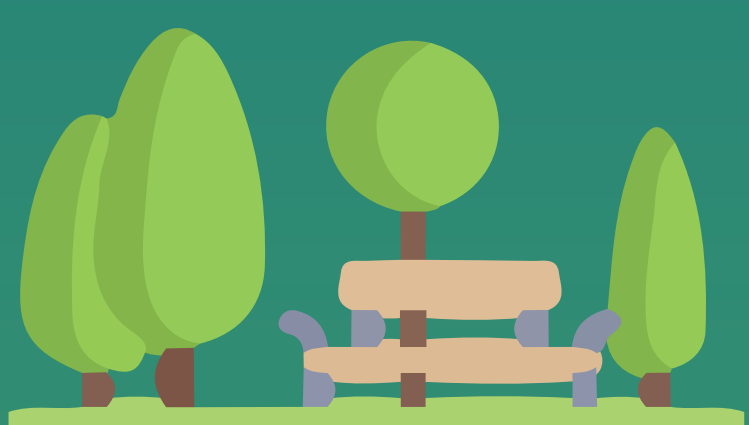
提出不以特定用途界定如何使用原有的健身徑，希望鼓勵所有人發揮想像力享受整段路徑，與其他人分享快樂。
Suggest alternative ways to engage in the trail to encourage users of all kinds to make use of the trail in their own way and interact with others.

6

跨代共融遊樂空間的 六大設計考慮



Design Considerations for Intergenerational Play Space



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。這些設計考慮可以在未來公共空間中使用。
From the design concept and prototypes generated by the co-creation teams, 6 design considerations for Intergenerational Play Space were extracted. These design considerations can be used in future public space design.

1

空間整合 SPATIAL INTEGRATION

將為不同年齡使用者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

所有年齡層的使用者都可從電子互動遊戲，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.

