

**Kowloon Park Fitness Trail
 Intergenerational Play Space
 九龍公園健身徑跨代共融遊樂空間**

[Intergenerational]

[Interactivity]

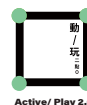
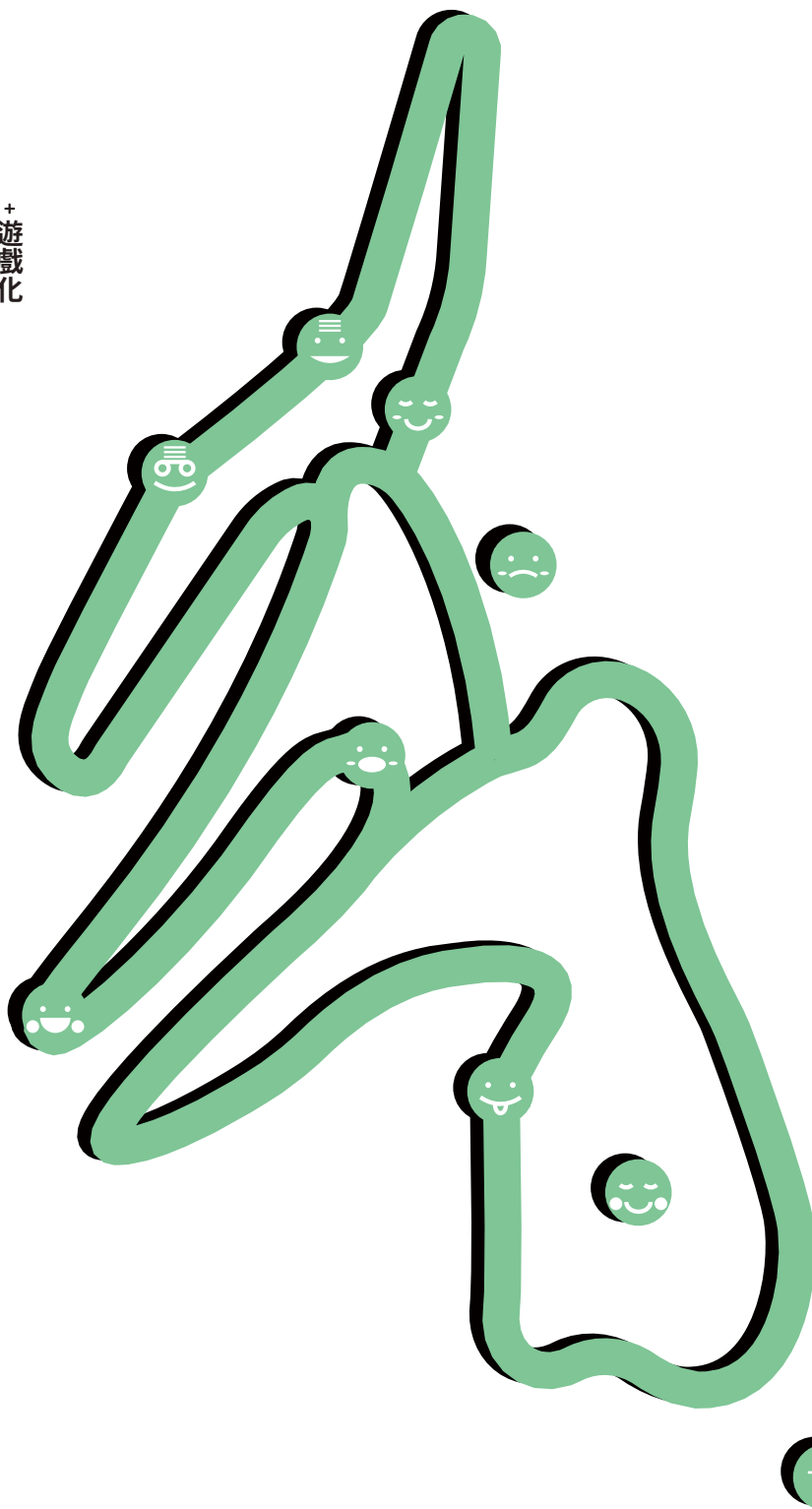
[Technology]

[Gamification]

- + 跨代共融
- + 互動性
- + 科技化
- + 遊戲化



Kowloon park + 九龍公園

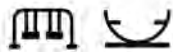


Active/ Play 2.0

[01]

共享樂篇

Let's play together



世界各地的共融公園
Intergenerational park
around the world



點樣先至為老少咸宜嘅公園？
一齊睇吓唔同地方嘅共融公園啦！

What is a park suitable for all age?
Let's explore the intergenerational
park in different places! —●—

三個改善公園設施的方法 - 01 共享樂篇

你有沒有試過原本打算花時間跟小朋友去公園玩，但最終只是佢有佢玩，你就只能發悶看電話？或者，你又有沒有試過陪伴家中長者晨運時，只是呆想稍後飲茶吃什麼點心？

其實，你不一定只扮演一個旁觀的看顧者，虛度時間！只要在設計公園設施時加入跨代共融的思維，全家人都可以一起享受在公園玩樂的趣味！

在世界各地開始興起跨代共融的遊樂設施，例如：

美國肯塔基州的麥迪遜維爾城市公園 (Madisonville City Park, Kentucky)

在2015年安裝了大人小孩一起玩的鞦韆，並命名為表情鞦韆(Expression Swing)，讓雙方在玩的時候可以觀察彼此的表情，記下歡樂的回憶。香港的屯門公園亦有類似的設計！

新加坡的一間護老院

在2017年引入了可以讓老人家，小朋友和照顧者一同參與的玩樂設施。並獲得了當地市區重建機構的支持，在未來的公共屋村遊樂場投放同類型的設計。

對於小朋友來說，能夠和家長一起玩樂不但能創造美好深刻的回憶，良好的家庭關係對他們的個人成長和心理健康亦極為重要。

對於老人家來說，這些設計不但能夠滿足他們運動的需求，更可開啓與家人、照顧者及年輕一代對話的機會。

在跨代共融設計的公園裏，每個人都能找到屬於你的趣味。

Three ways to design a better park -01 Let's play together

Have you ever brought your children to the park, planned on having some family time, but ended up spending all your time on your phone while your kids were playing?

Have you ever gone out to exercise with your grandparents, only thinking about the dim sum session afterwards?

Designing park facilities with an intergenerational mindset, could make going to the park a fun experience for everyone. Let's look at how play facilities could be intergenerational from global examples!

Expression Swings in Madisonville City Park, Kentucky

In 2015, the expression Swings is designed and installed for both adults and toddlers, it allows both user groups to have face-to-face interaction while playing. A similar swings design can also be found in Tuen Mun Park in Hong Kong!

In a Nursing Home in Singapore

In 2017, they installed some intergenerational play facilities in the courtyard, for example the merry-go-round that is accessible to wheelchair users. A similar vision is shared by the Urban Redevelopment Authority of Singapore, where they incorporate intergenerational interactions into designs of new housing estates.

These intergenerational play facilities not only create memorable moments for kids and parents, but also facilitate a healthier family relationship that benefit children's personal development and mental health. As well, these design have made exercising a way for elderlies to start conversation and re-establish healthy relationship with their family.

There's a place for everyone in a park that is designed for intergenerational inclusiveness.

[01.1]
麥迪遜維爾城市公園
Madisonville City Park

美國
America

共享樂篇
Let's play together



(Source: The City of Madisonville, KT Facebook)

[01.2]
聖約瑟夫之家
St Joseph's Home in Jurong West

新加坡
Singapore

共享樂篇
Let's play together



(Source: The Straill Times)