

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

[Intergenerational]

[Interactivity]

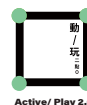
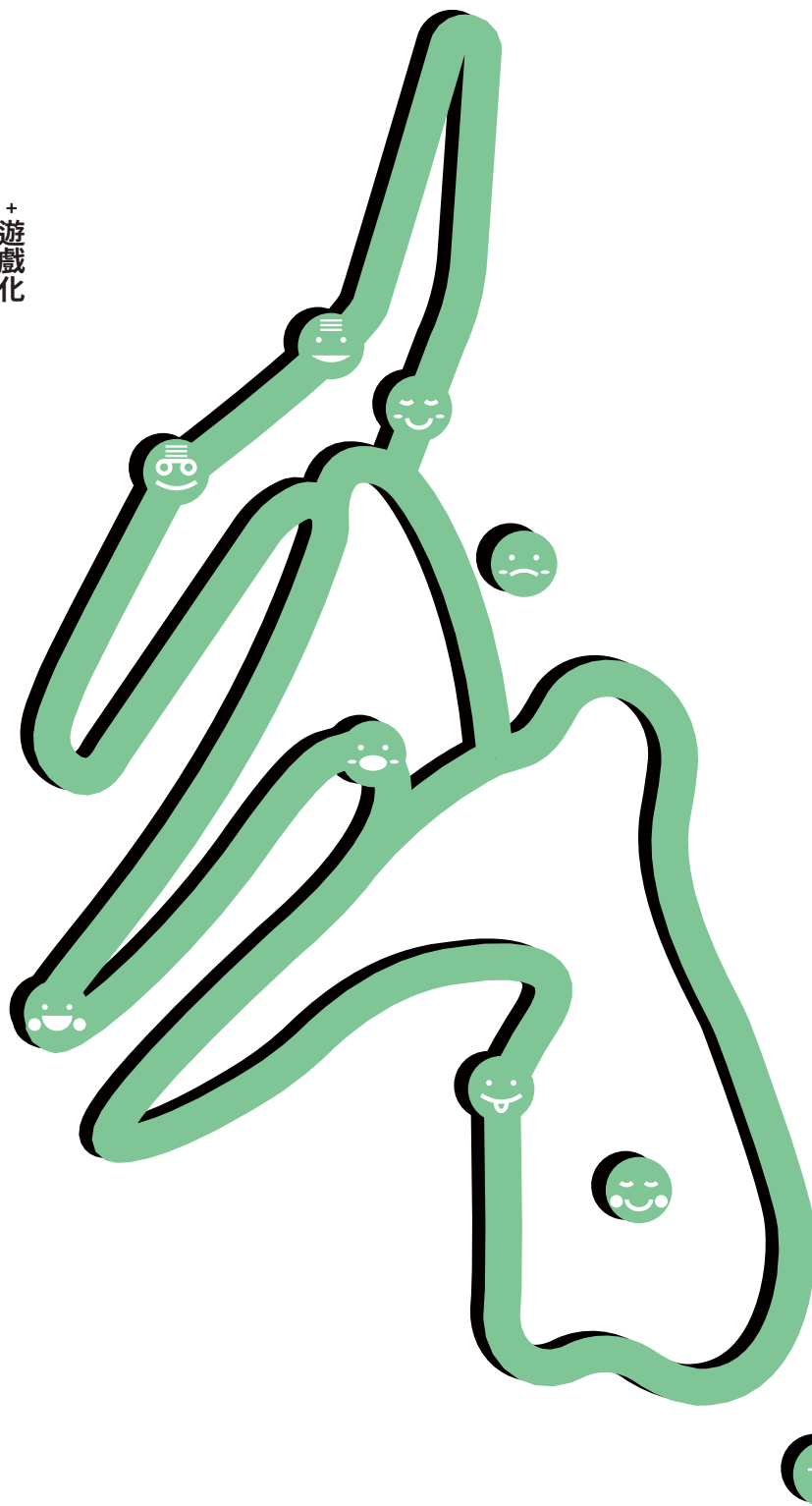
[Technology]

[Gamification]

- + 跨代共融
- + 互動性
- + 科技化
- + 遊戲化



Kowloon park + 九龍公園

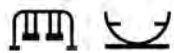


Active/ Play 2.0

[02]

歡迎任意使用的設施

Equipments that speaks to everyone



三個改善公園設施的方法

Three ways to design a better park



可以點樣用公園嘅設施？

一齊睇吓唔同地方嘅共融公園啦！

How to use the park facilities?
Let's explore the intergenerational
park in different places! —●

三個改善公園設施的方法-02歡迎任意使用的設施

經過數次在九龍公園的實地考察，我們發現了一個非常有趣的現象。

雖然現時公園的遊樂設施及健身園地都是特別設計給兒童或長者，但是使用這些設施的人卻不限於這兩類用家。例如，不同年紀的人會用兒童攀爬架做引體上升，或是使用長者健身設施拉筋，甚至自攜器材，利用兒童遊樂場的軟墊進行體能訓練。

那麼，我們為何不在設計的時候，就把設計對象擴闊至所有年齡層呢？

例如在澳洲阿德萊德的這個跨代共融遊樂設施，就是為了訓練使用者的平衡力、活動靈活性和體能而設計。其中包括了高低不同的橫杆，讓用家發揮想象力任意使用。無論是拉筋，引體上升，還是俯臥撐都可以做到。

(Source: Marion Avenue Reserve, Adelaide)

而在布里斯班的一個公園，設計者就希望公園能夠成爲一個社交空間，鼓勵不同年齡層的用家探索設施的使用方式，藉以挑戰自己。所以，為求貼合最多用家的共同需要，設施包括了不同等級的負重訓練，也有訓練靈活性的攀爬繩網。

(Source: Pallara District Park, Brisbane)

若我們能多從使用者的角度出發，設計現有的公園設施，就能避免了受眾單一化，又可令公園成爲大家心目中既樂園！

Three ways to design a better park -02 equipment that speaks to everyone

After a few site visits to Kowloon Park, we have spotted a very interesting observation!

Although the play and fitness facilities are specially designed for children or elderly, the real users actually range from a wide age group. For example, we have seen younger generation using the monkey bars to do pull-ups, using the elderly fitness corner for stretching before jogging, or even making use of the safety mat at the children's playground and do fitness training with their own gym equipment!

Hence, why don't design for a wider group of target users and invite users to interpret and use them in their ways? In Marion Avenue Reserve, Adelaide, there is an intergenerational play corner especially designed for balance, mobility and fitness training. The user could use the bars and planks of different levels, which could be used for stretching, pull ups, push ups, etc.

(Source: Marion Avenue Reserve, Adelaide)

Whereas in Pallara District Park, Brisbane, the designer attempted to convert the park into a social space, let the users to explore their own way of using the facilities and get themselves challenged. To serve a wider spectrum of users, there are different weights for strength-training, a tall climbing net for mobility-training, and all sorts of facilities that suit the needs of different people.

(Source: Pallara District Park, Brisbane)

By designing play facilities with user-centric concept in mind, we can make these facilities less exclusive, and more challenging and motivate users to invent their own ways of playing. After all, play is ageless.

[02.1]
馬里恩大道保護區公園
Marion Avenue Reserve Park

澳洲
America

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(Source: Marion Avenue Reserve, Adelaide)

[02.2]
帕拉拉區公園
Pallara District Park

布里斯班
Brisbane

歡迎任意使用的設施
Equipments that speaks to everyone



(Source: Pallara District Park, Brisbane)