Imagine with Senses
- The Playspace of Serendipity -

不是一個普通的公園，而是一個空間讓你去體驗以下四大原素：
Not only another ordinary park. But rather, a space to experience these four elements:

感官體驗 SENSORY PLAY

發揮想像 IMAGINATION

連繫自然 NATURE

跨代共融 INTERGENERATIONAL DESIGN

社區耕作園圃 Community Farming
流水與綠地 Water, Earth, Greenery
多變地型 Topography
自然聲音 Sound of Nature
清風 Wind, Bubble

無障礙任你行 Accessibility for all
無障礙遊樂設施 Intergenerational Facilities
無障礙詩情畫意之道 Picturesque Barrier Free Trail

多功能活動空間 Multi-Functional Space
開放式佈局 Open-end Setting
創意遊戲 Creative Gaming

為什麼普通人都需要<感官及認知治療>?
究竟對大家有什麼好處?
Why do we all need "Sensory Play"? Any advantages?

因為感覺，是神經系統的"營養"。
因此，不同年齡和能力的人，
每天都需要為大腦提供各種豐富的感官刺激，
才能適當地發展和發揮出各種各樣複雜的功能，
從而對外界作出適當的反應。(即係個人會精靈D!)

People of all ages and abilities need daily, sensory-rich experiences because sensation provides 'food' for the nervous system. The brain needs continuous variety of sensory nourishment to develop and then to function, so that people can interact effectively with the environment. (Jean Ayres, 1971)

<感官及認知治療>有以下七大範疇:
7 Major area of "Sensory Play"?

視覺：讓我們通過眼睛收集到外界物體所反射來的光之刺激，還幫助我們了解距離和方位等。
Visual: Sense of sight – to see, identify and locate objects, people and boundaries; and provide information to perceive distance, spatial orientation, etc

聽覺：讓我們聽見並檢測聲音的距離、方向和質量。
Auditory system: Sense of hearing – to hear and detect the distance, directionality and quality of sounds

嗅覺：讓我們分辨和定位氣味；與大腦邊緣系統有直接聯繫，容易影響情緒。
Olfactory system: Sense of smell – to detect and localize scent/odors; directly linked to limbic system to influence emotions

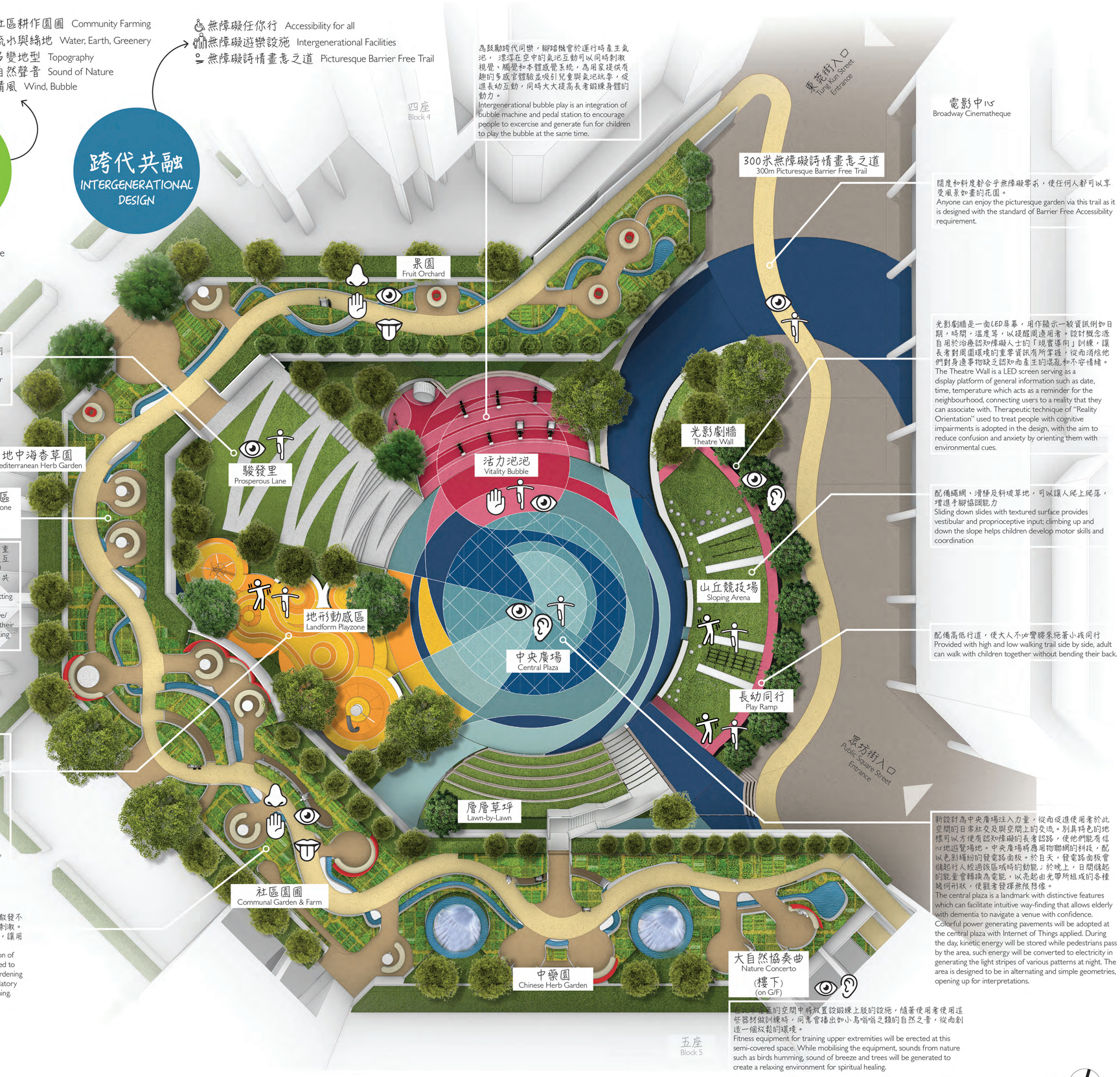
味覺：讓我們分辨不同口味。
Gustatory system: Sense of taste – to distinguish between different tastes

觸覺：讓我們分辨和定位不同的觸感和質感，如溫度、輕觸和疼痛。
Tactile system: Sense of touch – to discriminate and localize tactile sensations and textures, e.g. temperature, light touch and pain

本體感：感知人體相對於環境的位置，調節肌肉關節於活動時的力度及速度。
Proprioceptive system: supports awareness of one's body position relative to the environment - providing information to calibrate intensity and speed of movement

前庭系統：感受地心吸力對頭部位置的牽引，為大腦提供有關動作速度、平衡和空間方向的信息。
Vestibular system: responds to the position of the head in relation to gravity - providing our brain with information about motion, balance and spatial orientation

請看右圖找出這七大範疇! →
Where are these Sensory Play? Please look at the drawing on the right!



為鼓勵跨代同樂，腳踏機會於運行時產生氣泡， 漂浮在空中的氣泡互動可以同時刺激視覺、觸覺和本體感覺系統，為用家提供有趣的多感官體驗並吸引兒童與氣泡玩耍，促進長幼互動，同時大大提高長者鍛練身體的動力。
Intergenerational bubble play is an integration of bubble machine and pedal station to encourage people to excercise and generate fun for children to play the bubble at the same time.

駿發里是一個已含了樓梯及1:21鋸齒形無障礙坡道的設計， 並設有多個輪椅休息區，使不同人士都可以享受斜坡上的風景。
The Prosperous Lane accommodates both steps and zig-zag 1:21 barrier-free ramps with multitude wheelchair refuge areas, welcoming any users from the spectrum to enjoy the scenery on the slope.

虛擬實境設置中的3D和圖像豐富的環境提供了多重感官刺激。設於天花的投影機會投射不同動畫及互動/ 懷舊遊戲於地上，吸引玩家可揮揮手，動動腳。同時亦為不同能力及年齡層的跨代用家構築共享平台。
The 3D and graphical-enriched environment in VR setting provides a variety of multimodal feedback. Projectors installed on ceilings will display animations of interactive/ nostalgic games on the floor, attracting users to wave their arms and legs with excitement, at the same time creating an intergenerational platform for users of all abilities.

地形動感區是一個放置了不同遊樂設備的多維空間，當中已活潑蹺蹺、凹凸轉和彈床。這些活動提供豐富的本體感和前庭覺刺激的同時，亦有效促進肌肉發展。設計亦照顧了行動不便及輪椅人士的需要，使不同能力的使用者都可參與其中，樂也融融。
The landform playzone is multi-dimensional and shaped with play apparatus including swings, spinning and trampolines. All these activities richly stimulate the vestibular and proprioceptive systems, along with the use of gross motor skills. By using gradation and adaptation, our design bridges across users of various abilities, catering the needs of people with ambulatory limitations.

平台上的園藝區包含了色彩豐富、不同質感以及散發不同香味的植物，以提供視覺、觸覺及嗅覺等感官刺激。此外，部份園藝設施專為行動不便的人士而設計，讓用家可坐著進行園藝活動。
Our gardening area includes landscaping with a selection of visually-appealing plants that can be touched and smelled to provide sensory stimulation. In addition, part of our gardening facilities are specifically designed for people with ambulatory limitations, with a height that users can sit while gardening.

關度和斜度都合乎無障礙要求，使任何人都可以享受風景如畫的花園。
Anyone can enjoy the picturesque garden via this trail as it is designed with the standard of Barrier Free Accessibility requirement.

光影劇牆是一面LED屏幕，用作顯示一般資訊例如日期，時間，溫度等，以提醒周邊用者。設計概念源自用於治療認知障礙人士的「現實導向」訓練，讓長者對周圍環境的重要資訊有所掌握，從而消除他們對身邊事物缺乏認知而產生的混亂和不安情緒。
The Theatre Wall is a LED screen serving as a display platform of general information such as date, time, temperature which acts as a reminder for the neighbourhood, connecting users to a reality that they can associate with. Therapeutic technique of "Reality Orientation" used to treat people with cognitive impairments is adopted in the design, with the aim to reduce confusion and anxiety by orienting them with environmental cues.

配備繩網、滑梯及斜坡草地，可以讓人爬上爬落，增進手腳協調能力
Sliding down slides with textured surface provides vestibular and proprioceptive input; climbing up and down the slope helps children develop motor skills and coordination

配備高低行道，使大人不必彎腰來牽著小孩同行
Provided with high and low walking trail side by side, adult can walk with children together without bending their back.

新設計為中央廣場注入力量，從而促進使用者於此空間的日常社交及與空間上的交流。別具特色的地標可以方便有認知障礙的長者認路，使他們能有信心地遊覽場地。中央廣場將應用物聯網的科技，配以色彩繽紛的發電路面板。於白天，發電路面板會儲起行人經過該區域時的動能；於晚上，日間儲起的能量會轉換為電能，以亮起由光帶所組成的各種幾何形狀，使觀者發揮無限想像。
The central plaza is a landmark with distinctive features which can facilitate intuitive way-finding that allows elderly with dementia to navigate a venue with confidence. Colorful power generating pavements will be adopted at the central plaza with Internet of Things applied. During the day, kinetic energy will be stored while pedestrians pass by the area, such energy will be converted to electricity in generating the light stripes of various patterns at night. The area is designed to be in alternating and simple geometries, opening up for interpretations.

[illegible]區的空間中將放置設鍛練上肢的設施，隨著使用者使用這些器材做訓練時，同時會播出如小鳥嘰嘰之類的自然之音，從而創造一個放鬆的環境。
Fitness equipment for training upper extremities will be erected at this semi-covered space. While mobilising the equipment, sounds from nature such as birds humming, sound of breeze and trees will be generated to create a relaxing environment for spiritual healing.

1:250 Floor Plan

Imagine with Senses
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感想感樂的生活
Daily Life of "Imagine with Senses"

感想感樂
不論處於人生的那個階段
抑或擁諸那個年齡及能力層面
皆擁有著那與生俱來而獨特的感知與本能
於這個放下標籤的領域之中，樂也融融

Imagine with Senses - The Playspace of Serendipity
Between the youthful and the aged,
Amidst the capable and the differently-abled,
The seven senses are instinctive to everyone across spectrum,
All being unlabelled

駿發里
Prosperous Lane

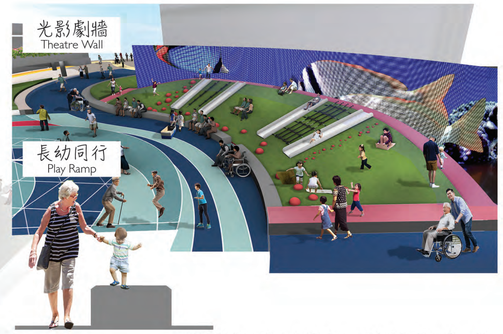
丈夫正與使用輪椅的妻子漫遊於駿發里。
The husband is having a stroll with his wife who is a wheelchair user at the Prosperous Lane.
妻子發嫂：看看這一直陪伴我們多年的羅漢松。
Ar Fat's Wife: Look at this Buddhist Pine which has accompanied us all along.
丈夫發哥：時間過得真快呢。
Ar-Fat the husband: Time flies.
「叮噹，叮噹。現在時間為下午三時正。」昔日尖沙咀鐘樓的報時鐘聲響起，緊接著現時的時間。光影劇牆亦顯示了時間和日期。
"Ding-Dong, Ding-Dong. Time is now 3:00pm." The sound of the old Tsim Sha Tsui Clock Tower was broadcasted followed by a reminder of the current time, accompanying with the display of both time and date on the theatre wall.
丈夫發哥：噢，是時候接孫仔放學了！
Ar-Fat the husband: Oh, I should pick up the grandkid from school now!

活力泡泡
Vitality Bubble

孩子們在此處奔跑玩耍，追逐著那沿於踏腳機而漂浮於空中的閃亮泡沫。
Children are running around the area, chasing after shinny bubbles floating in the air originated from the pedal station.
女孩小花：婆婆，你可以踩快一點嗎？我想要更多泡泡呢！
Girl Siu-Fa: Granny, would you pedal faster? I want more bubbles!
園婆婆：乖孫，無問題。但是你要接著所有的泡泡喔！
Grandma Yuen: No problem, lovely. But make sure you catch them all!

地形動感區
Landform Playzone

孩子小花：媽媽，公公，地面高高低低真的很好玩喔！
Kid Siu-Fa: Mummy, Grandpa, it's so much fun with the landform!
公公阿發：這裡的設施我也讓可以和孫兒一起玩呢!
Grandpa Ar-Fat: The facilities here allows me to play together with my grandson!
媽媽阿園：哦，我的孩子，躍來躍去爬上爬下，都玩到濕透了。小心喔，我在這坐著先跟其他太太聊聊天。
Mummy Ar-Yuen: Oh my kid, bouncing and climbing here and there and you are all wet. Be careful and I will be sitting here chait-chatting with other Aunties.



光影劇牆
Theatre Wall

長幼同行
Play Ramp

媽媽靚花：孩子大得真快，轉眼就學行了。就讓他在這裡鍛鍊大肌肉。
Mummy Laan-Fa: Time flies and this little one starts learning to walk. Let's train his big muscles here.
園婆婆：我也喜歡這裡。在教阿孫走路時，我可以坐著而不必彎腰呢。
Grandma Yuen: I enjoy it here too. I can sit and don't have to bend my back when teaching your grandson how to walk.

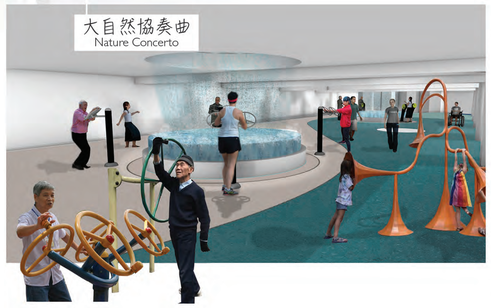
光影遊戲區
Virtual Reality Zone

中午時份，太陽正正在頭上，
鄰居們都前往半覆蓋區域。
The Sun is right above head at noon,
neighbours tend to gather in semi-covered areas.
孩子小花：嫲嫲，爸爸，
我們一起玩這個「記憶配對」遊戲好嗎？
Kid Siu-Fa: Grandma, Daddy, shall we play this Memory Matching game?
媽媽花師奶：無問題，
看看這次誰觀察得更好，記得更多！
Mummy Fa-C9: Sure, see who is more observant and has a better memory this time!
嫲嫲阿園：不知道今次會有那些懷舊元素呢？
Grandma Ar-Yuen: Let's see what nostalgic elements will there be this time?

爺爺阿發: 地燈著了，想不想來一個跳飛機？
Grandpa: The lights are on, do you want a hopscotch?
大好駿仔: 爺爺, 跳飛機怎樣玩？
The elder twin Chun-Chai: What is a hopscotch, grandpa?
爺爺一邊按地上彩色燈條所顯示的跳飛機圖案輕躍，一邊與孫兒分享他過去的美好時光。
Grandpa hopped over the colourful light strips with hopscotch floor patterns and shared his joy from the good old days with his grandkid.

社區園圃
Communal Garden & Farm

社區園圃導義工駿仔：感謝大家參加是次種植班。大家稍後都可以漫步到我們的果園及香草園，並挑選一些收成用作今晚的餐點呢！
Workshop helper Chun-Chai: Thanks for your participation in this Edible Farming Workshop. You may walk around along to our Fruit Orchard and Herb Gardens for some plants which you may use for your meal tonight!
參加者發叔：太好了。我們晚餐吃些茄子和車里茄好嗎？
Participant Fat-Gar: That's lovely. Shall we have some eggplant and cherry tomatoes for dinner?



大自然協奏曲
Nature Concerto

老婆婆一花：早晨，你今日比平常早了來晨運喔。
Old woman Yat-Fa: Morning, you are early for morning exercise today.
老公公園叔：是嗎？在這裡邊聽著大自然的小橋流水聲、小鳥吱吱聲，邊用健身設施做晨運真的特別舒暢。待會再到平台的流水旁坐坐看報紙，簡簡單單又一天！
Old man Yuen-Suk: Oh really? It is always soothing to do morning practice with these fitness equipment while listening to the sound of nature, the running water, the humming of birds... Will then go to the seating out area next to the stream at the podium level for newspaper reading, life is as simple as that!