

# Exhibition Guide

展覽手冊



# Beyond 超越



Transforming Design & Imagining Futures with Lab4Living  
與Lab4Living一同改造設計，展望未來

**12 Nov 22 -  
26 Feb 23**

10am - 8pm

Closed on Tuesdays, 27 Nov, 04 & 11 Dec 22  
11月27日、12月4日及11日，逢星期二休館

**Experience Centre**

Hong Kong Design Institute

3 King Ling Road, Tseung Kwan O, NT

新界將軍澳景嶺路3號香港知專設計學院

**Free**

免費入場

  [hkdi.gallery](https://www.hkdi.gallery)

[www.hkdi.edu.hk/hkdi\\_gallery](http://www.hkdi.edu.hk/hkdi_gallery)

# About the Exhibition

## 展覽前言

How do we envision our life to be if we live to 100 years old and beyond?

如果能活過一百歲，我們如何構想未來的生活？

How can design contribute to the increasingly complex challenges confronting our society today and in the future?

面對當今社會、乃至未來日益複雜的難題，設計如何能夠適時回應？

*Beyond 100: Transforming Design & Imagining Futures with Lab4Living*, invites visitors to consider the civic responsibility, inquisitive, provocative, and technical qualities of design in response to society's evolving circumstances and needs.

「超越 100：與 Lab4Living 一同改造設計，展望未來」誠邀各位參觀者從公民責任角度出發，並利用啟發思考、突破陳規及高科技的設計，來回應社會不斷改變的環境和需要。

Lab4Living's approach to design research is exemplified through this showcase. Using the exhibition as an extension to our 'Living Lab' we expand our inquiries to explore, provoke, and challenge notions of design, health, and civic engagement.

這次展覽展示了 Lab4Living 在設計研究上的方向，並以此作為「生活實驗室」(Living Lab) 的延伸，探索、討論及挑戰關於設計、健康和公民參與的既有觀念。

The key themes in this exhibition present the eclectic approaches, formats and directions undertaken by Lab4Living. The artefacts highlight the extraordinary potential of design and design research in transforming our way of life to foster positive and lasting change in the contexts of health and wellbeing, enabling life, and supporting human flourishing.

展覽呈現出 Lab4Living 所採用多元廣泛的研究方法、形式與方向。展出作品突顯設計及設計研究的非凡潛力，它們將如何改變我們的生活模式，為身心健康帶來正面、持續的影響，令生活變得美好，支持人類邁向繁榮的未來。



Exhibition website  
展覽專屬網站



**Lab4  
Living**



# About Lab4Living

## 關於 Lab4Living

Lab4Living is a trans-disciplinary research group based within Sheffield Hallam University, UK.

Established in 2007, we are one of the longest-established living labs in Europe. Our team brings expertise from art and design, allied health, science, and the humanities to address real world issues that impact on health and wellbeing, developing products, services, interventions, and speculative projects to support human flourishing.

Our work has spanned more than 150 research projects and has included collaborations in over 80 academic, hospital and community organisations in over 15 countries. We have also led and supported the development of a global community in design for health by launching the international Design4Health conferences in 2011. We also established a new international refereed journal, *Design For Health* with leading publisher Taylor & Francis.

Connect with us:

聯絡我們:

Web: [Lab4Living.org.uk](http://Lab4Living.org.uk)

Twitter: [@Lab4Living](https://twitter.com/Lab4Living)

Instagram: [@Lab4Living](https://www.instagram.com/Lab4Living)

跨學科研究團隊 Lab4Living 位於英國雪菲爾哈倫大學。

成立於 2007 年，是歐洲其中一個最早創立的生活實驗室。我們的團隊以藝術及設計、專職醫療、科學及人文專業知識，回應現實世界中影響我們身心健康的問題，希望研發出相關產品及服務，或提出干預措施及對未來展望式計劃，藉此促進人類生活發展。

我們迄今為止參與了 150 多個研究項目，合作的學術、醫療及社區機構超過 80 個，覆蓋 15 個國家。2011 年，我們首度舉辦 Design4Health 國際論壇，旨在支持健康設計領域在全球的發展。另透過著名出版社 Taylor & Francis 發行全新國際期刊《Design for Health》，當中發表的文章均經過同儕評閱。

# Forewords

序言

## Professor Sir Chris Husbands

Vice Chancellor, Sheffield Hallam University  
雪菲爾哈倫大學校長

It is one of the most difficult things for us all to accept. But it is an unavoidable fact of life. We all grow old. Time slips by, and we age. Thanks to recent advances in medical science, most of us can expect to live a longer life than our parents. That is good news, of course, but what is not guaranteed is a longer *healthier* life. Ageing will get us all.

As life expectancy extends around the world, so difficult questions are posed for how we support ageing populations. That is a particular challenge for design. Designers now recognise the importance of person-centred design – of understanding how individuals differ, and the powerful implications for efficient and effective solutions. But this exhibition introduces a new element – how design can respond to our changing demands and expectations as we grow older.

Imaginative and thought-provoking, the exhibition draws on exceptional work by Sheffield Hallam University's Lab4Living, which has an outstanding track record working across boundaries to solve design challenges, especially those that arise from our changing needs as we age.

Lab4Living utilises a *design research* approach, demonstrating that while we may understand the challenges, developing answers depends on imagination and engagement, working with and not just for people.

And these questions – of design and difference, of longevity and ageing, of engagement and imagination are world-wide questions. I am delighted that this exhibition brings Lab4Living and its work to HKDI and look forward to the insights and understandings which will emerge.

所有人都會變老。時光荏苒，年華遲暮——這是我們最難接受的事情之一，卻是生命中無可避免的現實。由於近年醫學昌明，大部分人預期比上一代長壽。這對世人無疑是好消息，但是即使壽命更長，卻不代表活得更健康，老齡化將無可避免。

隨著全球人均壽命延長，如何支援老齡化人口成為迫在眉睫的難題，而這亦是設計面臨的挑戰。當今的設計師認為以人為本的設計尤其重要，明白人與人之間各有差異，透過有效而且高效的方案解決問題。這次展覽還探討了一個全新議題，設計能夠如何應對我們隨著年齡漸長，不斷變化的需求和期望。

這次展覽介紹英國雪菲爾哈倫大學 Lab4Living 團隊充滿想像力、發人深省的出色項目。Lab4Living 善於透過跨學科合作來解決設計問題，其中當然少不了我們變老時衍生的種種需要。

Lab4Living 採取名為「設計研究」的方式，示範我們可以透過了解當前挑戰，發揮想像力，著重參與度，邀請大眾一同合作制定出解決辦法。

今天，全世界都面對著關於設計與差異、長壽與老齡、參與和創造的問題。我很高興這次展覽能把 Lab4Living 及其研究成果帶到 HKDI 分享，希望藉此獲得各方的寶貴意見。

## Patricia Moore

Hon D.Arts, Sheffield Hallam University

雪菲爾哈倫大學，榮譽藝術博士

As children, we are instructed to respect our elders. If you were raised in a home that included your grandparents, as I was, you no doubt learned a level of incomparable love complemented with constant reverence.

Observing the inevitable changes brought about by illness, injury and the passage of time, I was witness to my grandparents' quality of life disrupted by the failure of design to support their individual autonomy and independence.

Throughout my career as a designer, responding to new materials and technology, and understanding the lifespan needs of consumers, I have imagined the desires, dreams and needs of the most fragile amongst us with heartfelt empathy.

Sadly, we live in a challenging period of confusion and conflict around the globe, where not all people are afforded the care each of us desires and deserves throughout our lives.

Imagine a world of true equality, by design, where people are neither defined as young or old, but thrive at any and every age; a lifestyle made possible, by design, for all people and their individual abilities and uniqueness. By design, each of us needs to be embraced like snowflakes after all, as no two of us are alike.

Exemplary design considers and creates safe passage for all on life's road. Designers are the ultimate explorers and pathfinders for every person's journey. Beyond a mere variable for determining the course of the future, *transformative design* is the very means for the survival of all people and our precious planet.

我們自小就被教導要尊敬長輩。如果你跟我一樣，長大時家裡有祖父母同住，那麼你必然感受過這種無可比擬的愛，並引以為敬。

但是疾病、傷患與時間的流逝仍會為生命帶來不能承受的轉變，我親眼見證了祖父母由於缺乏設計的幫助，令他們難以過自主、獨立的生活。

成為設計師後，在事業生涯中我一直關注嶄新物料和科技，了解消費者的終生所需，身同感受地想像最脆弱群體的渴望、夢想和需求。

可是我們身處的世界充滿混亂和衝突，不是所有人都能在人生不同階段，負擔起所想而且應得的照料。

試想一個由設計造就的平等世界，人們不分老少，任何年紀都活出精彩人生；試想一種由設計達成的生活，全部人的能力和個性都得到包容。設計讓我們像一片片獨一無二的雪花，獲得世界接納。

優越的設計能夠顧及我們在人生路上的所需，為我們創造安全可靠的旅程。在芸芸眾生的旅途上，設計師扮演著終極探險家和拓荒者的角色。除了影響未來軌跡的變數以外，「轉化設計」也是全人類和地球存活的關鍵所在。

# Professor Paul Chamberlain

Director, Lab4Living

Lab4Living 總監

Lab4Living is extremely proud and grateful to the Hong Kong Design Institute for the opportunity to showcase and share some of its work and approach in how it utilises design to support and enhance society's health and wellbeing. An increased life span is one of humanity's greatest achievements, however this extended life is often accompanied by more years of ill health. There is a real need and opportunity to explore how design can ensure that an extended life is one experienced through good health and wellbeing.

The exhibition presents a range of work undertaken by Lab4Living and shows how it has utilised design to enhance quality of life in an increasingly extended life. It showcases a diversity of design approaches that highlight the importance of defining questions not just answers; the value of participatory and collaborative approaches; the need for inclusive and sustainable approaches; and solutions that are culturally and environmentally appropriate.

Our future health is one of a number of global challenges that no one discipline can resolve alone. Design has much to offer, as this exhibition demonstrates, but it cannot work in isolation. Collaboration with other disciplines, communities, business and industry is critical and we must explore creative ways to achieve this.

I trust this exhibition will stimulate creative thought and act as a positive catalyst to develop new collaborations to further develop the role of design in improving our health and wellbeing.

Lab4Living 很榮幸有機會與香港知專設計學院合作舉辦展覽，分享歷年一些工作成果和研究方法，以及團隊如何運用設計來支援並提升社會的身心健康。延長壽命是人類最重大的成就之一，然而生命的延長，通常意味著隨之而來的衰老。我們有確切的需要去探討設計如何確保長壽的人能夠身心健康地生活。

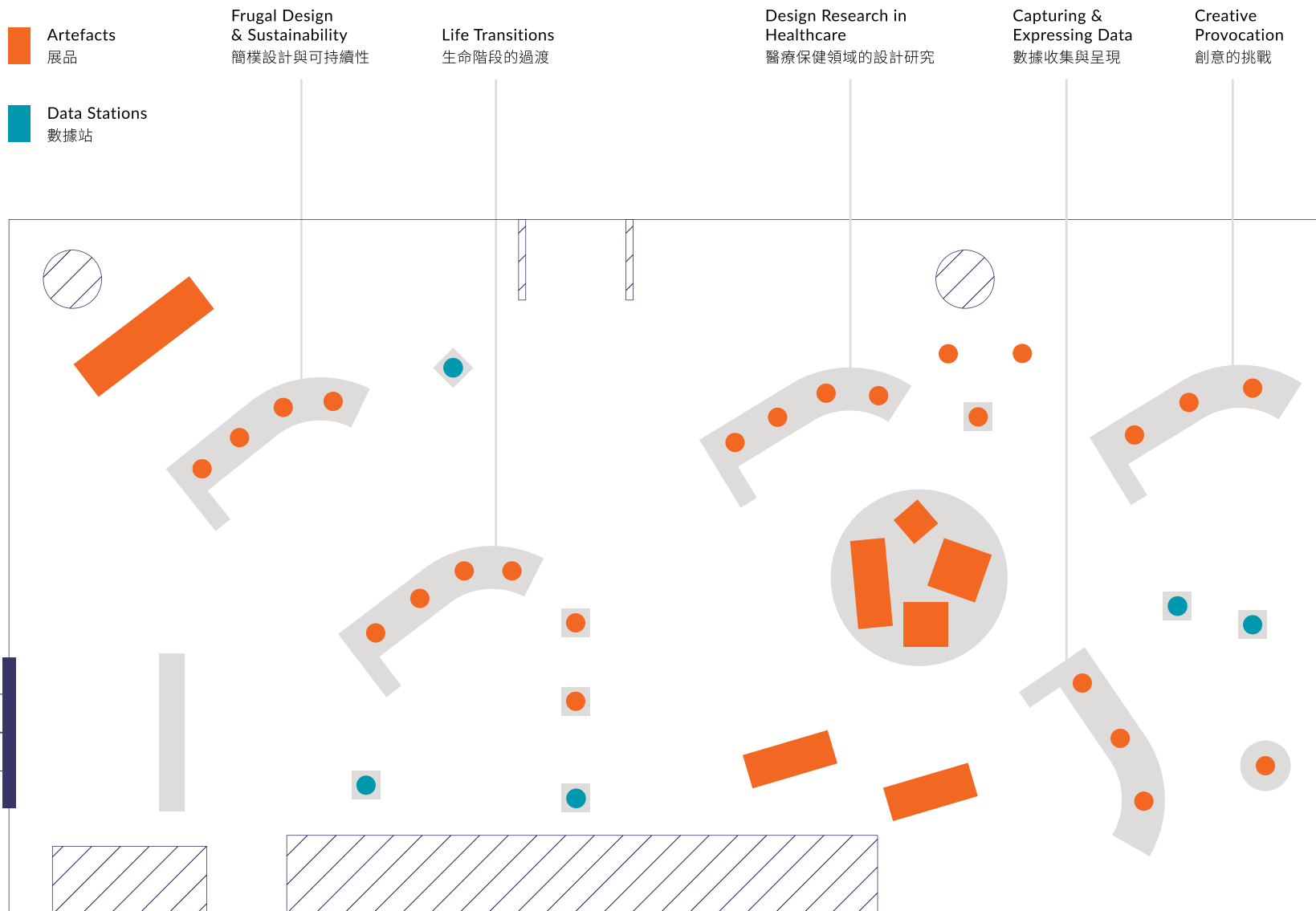
這次展覽展出 Lab4Living 曾參與的一系列項目，說明如何透過設計，提高長壽世代的生活品質。展覽簡介了各種各樣的設計方案，強調提出問題與提出答案同等重要，展示注重參與和合作的研究方式的重要價值，人們對具包容性及可持續性方式的需求，以及能夠提出符合文化及環境所需的解決方案。

人類未來的健康是全球面臨的其中一項挑戰，而且不能單靠個別的專業知識去解決。正如今次展覽所傳達的訊息，設計擁有極大潛力，但卻無法孤軍奮戰。與其他學科、社區及產業攜手協作非常重要，我們務必找到創新的辦法來達成目標。

我相信這次展覽能夠激發創意，促成新的合作，加深設計在提升人類身心健康方面的角色。

# Floorplan

## 展覽平面圖



# Key Exhibition Themes

## 展覽主題

The exhibition is presented through five themes, each highlighting specific approaches Lab4Living has undertaken.

展覽透過五個不同主題，展示Lab4Living 各式不同的設計方案。

## Design Research in Healthcare

### 醫療保健領域的設計研究

*How can design enhance our healthcare experience and help inform decision making on health-related matters?*

The projects featured under this theme adopt a human-centred design approach that engages multiple stakeholders and partners from various sectors in the development of healthcare service solutions and products to promote patient dignity, improve their experience of healthcare services and support their wellbeing.

設計如何提升我們在醫療保健方面的體驗，以及協助我們作出與健康相關的決定？

這個主題介紹的項目集中探討以人為本的設計，以及這些設計如何連繫來自不同界別的持份者和合作人，上述人士有份參與醫療保健服務方案及產品開發，旨在維持病人尊嚴，改善他們在醫療保健服務的體驗和身心健康。



## Life Transitions

### 生命階段的過渡

*How can design research support life transitions and empower individuals and community?*

Living longer means encountering more challenges and transitions that can impact the quality of our lives. This exhibit exemplifies collaborative approaches and design methods to facilitate engagement to address issues such as ageing, stigma, and the onset of chronic health conditions.

設計研究如何幫助我們走過生命中不同階段，賦予個人和社會大眾力量？

長壽意味著更多影響生活質素的挑戰和人生轉折。展品顯示透過協作方式與設計方法提高人們的參與度，回應老齡化、污名化及慢性健康問題始發等議題。



## Frugal Design & Sustainability

### 簡樸設計與可持續性



*How can design thinking bring about security for communities and enhance social accessibility?*

The projects featured under this theme demonstrate that effective design solutions can impact communities and their lives, and be achieved via an economical approach, realised through considered process and imagination.

設計思維如何為社區帶來安全感，並增強社會可及性？

這個主題介紹的項目示範以低成本的方法，加上深思熟慮和想像力，完成高效率的設計方案，造福社區和人類生活。

## Capturing & Expressing Data

### 數據收集與呈現



*How can adopting creative approaches provide insight into the lived experience?*

Design can utilise innovative ways to capture and disseminate information and impart knowledge. This theme exemplifies some of the imaginative and engaging ways of capturing and visualising data, and accessible approaches to its communication.

如何利用創意，讓人對於過往的經歷注入新見解？

設計可以用嶄新的方式來收集、傳播信息及分享知識。這個主題列舉了在搜集及呈現數據上，一些具想像力及吸引力的方法，同時示範一些易於理解的溝通模式。

## Creative Provocation

### 創意的挑戰



*Does design always need to provide solutions?  
Are the questions we define as important as the answers?*

The artefacts displayed here subvert and challenge the boundaries of design practice, exploring notions of citizen science and bridging art and science.

設計是否必須提供解決辦法？  
我們提出的問題是否與答案同樣重要？

這裡的展品挑戰並打破了設計常規的界限，探討公民科學的定義，將藝術與科學聯繫起來。



# Information about Design for Health Journal

## 《Design for Health》期刊

*Design for Health* is an international refereed journal covering all aspects of design in the context of health and wellbeing. The Journal is published three times a year and provides a forum for design and health scholars, design professionals, healthcare practitioners, educators, and managers worldwide.

*Design for Health* is affiliated with the Design4Health conferences, established in 2011.

The Journal aims to publish thought provoking work based on rigorous research. It invites high quality, original submissions that contribute to knowledge and practice in the context of the design of health products, services and interventions that promote dignity and enhance quality of life. It adopts the World Health Organisation's definition of health as the 'state of complete physical and mental wellbeing and not only the absence of disease' (1948).

The Journal publishes work which utilizes design and creative practices as methods and tools within research to engage people to understand problems and visualize new possibilities and future scenarios.

For more information:  
[www.tandfonline.com/rfdh](http://www.tandfonline.com/rfdh)

《Design for Health》是一份採用同儕評審原則的國際期刊，內容涉及健康領域的所有設計議題。此期刊每年出版三次，為世界各地的設計及健康範疇學者、專業設計師、醫療保健從業人員、教育界人士及管理人員提供一個討論平台。

《Design for Health》附屬於 2011 年創立的 Design4Health 研討會。

此期刊旨在出版縝密的研究成果，引發讀者思考。它透過徵集高質素的原創學術文章，推動健康產品、服務及方案設計的理論與實踐，幫助維持生命尊嚴，提升生活品質。期刊遵循世界衛生組織在 1948 年的指引，將「健康」定義為「不僅沒有疾病，還要保持身體上和精神上的良好狀態」。

在期刊上發表的文章一般利用設計和創意實踐作為研究方法和工具，吸引人們參與其中，了解問題所在，為未來設想全新的可能性。

更多資料：  
[www.tandfonline.com/rfdh](http://www.tandfonline.com/rfdh)



# Information on MA Design for Health

## 「Design for Health」碩士課程

A new MA Design for Health course, beginning in Fall 2023, is part of an MA Design programme at Sheffield Hallam University which provides a collaborative studio environment where inter-disciplinary ways of working are encouraged, and a spirit of creative inquiry is fostered. It aims to develop students' talent for innovating for social good by applying creative skills and imagination at the intersection of design, creativity, and health to foster a healthy society.

Students are challenged to think differently about design for health and wellbeing and creatively push and cross boundaries, while developing the skills needed to become an imaginative and versatile designer. Lecturers who are design specialists, researchers, and practitioners support students in their projects. They have experience in areas as diverse as medical and consumer products, interior architecture, design communication, materials development, design thinking, social innovation, design anthropology, and sustainability.

作為英國雪菲爾哈倫大學設計碩士教程的一部分，全新碩士課程「Design for Health」將於 2023 年秋季開班，提供一個協作式工作室環境，鼓勵跨學科研究，培養創新求知的精神。課程旨在讓學生發揮為造福社會而大膽創新的天賦，透過集設計、創作和健康考慮於一體的創意技巧和想像力，建構一個健康的社會。

學生需要跳出陳規，思考設計能如何惠及健康發展，運用創意試探及超越各種界限，讓自己成為想像力豐富、多才多藝的設計師。作為設計專家、研究人員及從業人員的課程講師，將在各自的範疇裡為學生提供支援，他們的經驗涵蓋廣泛，包括醫療及消費產品、室內建築、傳意設計、物料開發、設計思維、社會創新、設計人類學及可持續發展等。

# Global Network for Design for Health

## 「Design for Health」全球健康設計網絡

Lab4Living has consolidated two decades of international research to create the Design 4 Health Global Network (D4HGN). This supports the pioneering work of researchers and practitioners operating in the emerging field of Design for Health. It builds on the previously established success of the D4H Journal and Conferences to create a new multi-purpose platform.

The platform offers opportunities to share and disseminate knowledge and stories, and advocate for the critical role design research plays in the future of health and wellbeing. Our purpose is to build a global community at the heart of the network, sharing creative insights and building international collaborations for the resolution of global health issues.

We would like to hear your thoughts on the *Beyond 100* exhibition as well as your experiences within design, health, or the design 4 health sectors.

For more information: [www.d4hgn.com](http://www.d4hgn.com)

Lab4Living 總結過去二十年的國際研究經驗，建立了全球健康設計網絡「Design 4 Health Global Network」（簡稱 D4HGN），支持研究及從業人員在逐漸成形的健康設計領域裡進行開創性工作。此網絡是在 D4H 學術期刊及研討會成功的基礎上，建立的多功能新平台。

用家可以透過平台分享及傳播知識和故事，宣揚設計研究在未來的健康領域裡的關鍵角色。我們期望在這個網絡的中心打造一個國際社區，共享創意資源，促成國際合作，攜手解決全球健康議題。

我們希望透過「超越 100」展覽收集各界人士的意見，以及閣下在設計、健康或健康設計範疇的經驗。

更多資料：[www.d4hgn.com](http://www.d4hgn.com)



## Lab4Living partner organisations

### Lab4Living 合作機構



# Learning from Lab4Living

## 學習 Lab4Living 的方法

“*The importance of defining questions not just answers*”, highlighted by Lab4Living throughout this exhibition via their diverse design approaches.

Have you ever come across any common life problems that could be improved by design, but you were unsure where to start? In such situations, Lab4Living shows their multi-perspective, interdisciplinary thinking approaches in data collection and problem digestion in response to the needs of affected groups. They also considered cultural, economic, and environmental factors to propose practical and sustainable solutions, and ultimately to support life transition and respond to the current era. The below Lab4Living's approaches of defining questions and problem study may help establish new perspectives for your research topic!

## Self Exploration

### 自我探索

#### Field Observation

Observation is often the first step to understanding a problem. Personal experience and awareness raising can facilitate one's comprehension of the problem and stimulate motivation to find solution. Preliminary observation of the environment and habitants' lifestyle are an essential cornerstone for designers to explore culture and livelihood of the community and help you to empathise with emotions and needs of the target group.  
*Case Reference: Jugaad Assistive Technology*

正如 Lab4Living 於展覽中經常提到的，**學會提出問題與提出答案同樣重要。**

在日常生活中，你是否遇到過一些可以通過設計改善、但卻不知該從何入手的難題？面對這些情況，Lab4Living 向觀眾展示了他們如何以多角度、跨學科的設計思維去搜集資料、瞭解問題的成因和受眾的需要。同時，他們會考慮到文化、經濟和環境等因素，從而提出確實、可持續發展的設計方案，以設計回應生活改變和時代發展。或許你可以參考下列幾個 Lab4Living 提出問題和進行研究的方法，為你的研究題目定立一些新的探索角度！

#### 實地觀察

觀察往往是瞭解問題的第一步，當你親眼目睹並意識到問題的存在時，就會更有動力去思考 and 解決問題！初步觀察環境和人群活動有助於瞭解社區的文化和民生情況，並且能讓你更容易理解受影響群眾的心情和需要。

參考方案：*Jugaad 節儉式創新輔助技術*

## Desk Research

With the rapid development of information globalisation, people can easily obtain information from the internet and learn about interdisciplinary ideas from different perspectives. Simple research on keywords or topics through an internet search engine is a common practice and the fastest way to conduct desk research. In addition, books, periodicals and newspapers are often valuable sources for learning further.

*Case Reference: Design for Health, Journal*

## Exchange With Teammates

與團隊一起進行交流

### Roundtable Discussion

It is often an advantage to have teammates with different nationalities, cultures and educational backgrounds. Simultaneously, having contradictory opinions and interpretations are inevitable in a team. “A world of true equality achieved by Design” and “A lifestyle made possible, by Design, for all people and their individual abilities and uniqueness”, as the design tenet of Lab4Living. They believe seamless and equal communication within the team is the first step to promote transformative design.

As a gesture of equality, when everyone is seated in a roundtable, this format encourages participants to exchange opinions equally, allowing them to discuss, take turns to express and respond to others in order to seek group consensus and push forward the research development.

*Case Reference: Print my Pain*

### 案頭研究

全球資訊流通發達，通過互聯網搜索軟體對不同議題或關鍵字進行簡單搜索，即可獲得大量資訊，瞭解到多角度、跨領域的資料和意見。如果想更加深入地瞭解，書籍、文刊和報章也是極具參考價值的資料。

參考方案：《Design for Health》期刊

### 圓桌討論

團隊中會有不同國籍、文化和教育背景的人，而每個人對問題的看法或詮釋事情的角度也不盡相同，因此，難免會有一些相反意見或衝突存在。正如 Lab4Living「以設計造就平等」和「由設計包容所有人的能力及個性」的設計宗旨，團隊間平等的交流將會是推動「轉化設計」的第一步。圓桌討論能夠把參與者帶到一個平等的位置，象徵著各人的地位平等，從而就同一主題展開討論，輪流表達意見並作出回應，以此尋求團體共識並推動研究進程。

參考方案：列印我的痛

## Brainstorming & Brainwriting

At frequent intervals, insights and data analytics derived from personal understanding may not be comprehensive, so brainstorming and brainwriting with your team or with the public are important and inspiring activities.

When everyone communicates with each other, shares information and puts forward their own ideas or questions, it can significantly help create new design solution. There are many ways of brainstorming and brainwriting, such as with an *Affinity Diagram* which can help you organise data and sort out correlations, or with an *Empathy Map*, which allows you to imagine and understand users' needs and emotions. Both are additional tools that can effectively promote innovative design.

*Case Reference: Empathy Tally 2, Hong Kong*

## 頭腦風暴和頭腦寫作

很多時候，單靠個人理解和分析所得出的見解並不全面。因此，有團隊或公眾參與的頭腦風暴和頭腦寫作是非常重要的且極具啟發性的活動。當大家互相交流、分享資訊、提出新想法或疑問時，更能激發新的設計意念的誕生。進行頭腦風暴和頭腦寫作的方式有很多種，例如有助於整理資料和梳理事件相關性的親和圖 (*Affinity Diagram*)，以及能夠讓人感同身受地想像和理解使用者需要和情緒的同理心地圖 (*Empathy Map*)，都是能有效推動創新設計的輔助工具。

參考方案：同理心統計板 2，香港

## Environment and Society Data Collection

### 環境和社會資料收集

#### Generation Research

Given the differences in eras, cultures and educational backgrounds, people of different generations may have different views on topics. Collecting a large number of opinions from different generations for analysing and finding correlations between various factors reflected by the data can lay a good foundation for a research topic and provide a clear research direction. There are ways of data collection. In addition to the most common questionnaire method, consider using the *participatory* and *collaborative* methods advocated by Lab4Living to obtain more in-depth ideas from respondents.

*Case Reference: Life Café*

#### 調查不同年齡層人士的想法

鑒於時代、文化和教育背景的不同，不同年齡層的人對同一個問題會抱有不同的看法。通過大量收集來自不同世代的意見，對其進行分析，找出資料各項因素之間的關聯性，能夠為研究問題奠定良好的基礎並提供明確的方向。收集資料的方式有很多種，除了最常見的問卷調查外，可以考慮使用 Lab4Living 提倡的參與式 (*Participatory*) 和協作式 (*Collaborative*) 方法，來獲取受訪者更深入的想法。

參考方案：生命咖啡廳

## Focus Group

Focus Group discussion is an effective data collection method when your target group is clearly defined. Conducting interviews and in-depth dialogues with specific groups with similar background can help you obtain the group's views and values on the research topic. An example is Lab4Living's *Journeying Through Dementia* design project, developed in collaboration with people with dementia. The project draws heavily on the opinions and needs of the group to develop an interventional design solution that helped improve their connection to society.

*Case Reference: Journeying Through Dementia*

## Co-creation

There are various methods in which to define questions and conduct research. Most importantly, designers are purposeful to drive human-centred design solutions for living quality improvement. One of the most common approaches in Lab4Living's research is "Co-creation", which invites users and stakeholders to participate in the design process. Through their participation, designers will be able to obtain the most immediate feedback and engage the users and stakeholders in a more impactful way, strengthening their emotional attachment and ownership toward the design project.

Design is not only a "top-down" offer from the designer, it can also be a "bottom-up" collaboration where the user or stakeholder and designers devise practical solutions together. Through co-creation, designers can reach a consensus with users to effectively improve design efficiency, promote development and work together to propose innovative design solutions.

## 焦點小組

當研究目標十分明確時，進行焦點小組討論以收集資料能讓研究進程事半功倍。通過與背景相同的群體進行訪談和討論等活動，可以更深入了解該群體的價值觀。一如 Lab4Living 與認知障礙症患者合作開發的「失智之旅」，其中大量參考了該群體的意見和需求，研發出有助於改善患者與社會聯繫性的干預式設計方案。

參考方案：失智之旅

## 共同創造

提出問題和進行研究的方式有很多種。最重要是設計師有著明確的目標，以人為本，推動提高生活品質的改革。在 Lab4Living 的研究中最常出現的一個方法是「共同創造」。邀請用戶和持份者參與設計過程，不僅能獲得最直接的回饋，還可以增加他們的對設計項目的情感聯繫。

設計不僅僅是設計師自上而下 (Top-down) 地為使用者去做改善生活的創作，更需要自下而上 (Bottom-up) 地讓用戶或持份者親自告訴設計師他們真正的需要，從而設計出切實的解決方案。通過「共同創造」，讓不同群體產生共識，有效提高設計效率、促進發展，同心協力地為提出創新的設計方案而努力。



# HKDI GALLERY

HONG KONG DESIGN INSTITUTE

HKDI Gallery is a dynamic exhibition arm of HKDI, which is dedicated to present the exposition of cutting edge, top-notch international exhibitions and contemporary issues on design. In addition, HKDI Gallery also aims to support HKDI as one of the centres of design education in the region and promote design culture in Hong Kong.

HKDI Gallery engages with parties at home and abroad, including internationally acclaimed museums, designers and curators. With contemporary design as the cornerstone, it presents a series of top-notch exhibitions every year ranging from; graphic design, architecture, fashion, product design, multimedia and so on. This has included the following; exhibition for Zaha Hadid Architects, the retrospective for the Pritzker Prize-winning Spanish architect Rafael Moneo, the solo exhibition for the renowned Japanese designer Dai Fujiwara, the solo exhibition for the Oscar-winning artist Tim Yip, the retrospective for Hong Kong design legacy Kan Tai-Keung, the Asian debut largest solo exhibition for one of the most influential German industrial designer Konstantin Grcic and the exhibition of Japanese posters in 20th century, etc.

Through international exhibitions, HKDI Gallery turns itself into an education venue where design students, design community and general public can learn from the masters' works. It also actively engages with institute's students and external students with tailor-made tours, talk and panel discussions.

隸屬香港知專設計學院 (HKDI)，HKDI Gallery 是個充滿活力的展覽空間，致力於展示頂尖的國際設計展覽和當代設計議題，支持 HKDI 成為亞洲的設計教育重鎮，並於香港積極推廣設計文化。

HKDI Gallery 與海內外不同單位合作，如國際知名博物館、設計師、策展人等，以當代設計為議題，每年舉辦一系列涵蓋平面設計、建築、時裝、產品設計及多媒體等類別的頂尖展覽，包括 Zaha Hadid Architects 展覽、西班牙國寶級建築師 Rafael Moneo 回顧展、日本知名設計師藤原大個展、奧斯卡獎得主葉錦添個展、香港著名設計師靳埭強個展、德國工業設計師 Konstantin Grcic 亞洲大型個展，以及二十世紀日本海報展等。

通過舉辦各種國際展覽，HKDI Gallery 化身成教育場所，讓修讀設計的學生、設計界人士和大眾共聚於此，從大師作品中學習，並藉由量身定制的導賞團、講座和小組討論等活動與學院內外人士積極互動交流。

## *Beyond 100* exhibition supporting organisations

「超越100」展覽支持機構



**HKDI**  
**GALLERY**  
HONG KONG DESIGN INSTITUTE

# Beyond 超越



Transforming Design & Imagining Futures with Lab4Living  
與Lab4Living一同改造設計，展望未來

Organiser 主辦

 HONG KONG DESIGN INSTITUTE  
香港知專設計學院  
Member of VTC Group VTC 機構成員

Co-organiser 協辦

 Lab4  
Living

Exhibition Sponsors 展覽贊助

 UKRI  
Research  
England

 Sheffield  
Hallam  
University