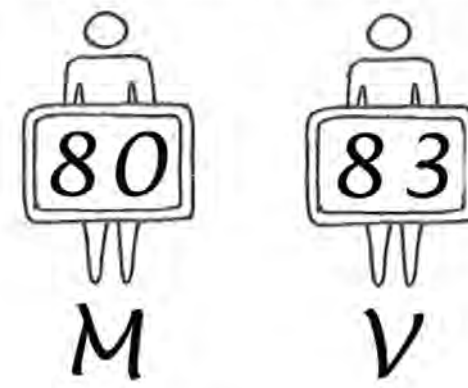


# PROPOSALS FOR A CHANGING SOCIETY

## P4 VIRTUAL WORLDS FOR WELL-BEING

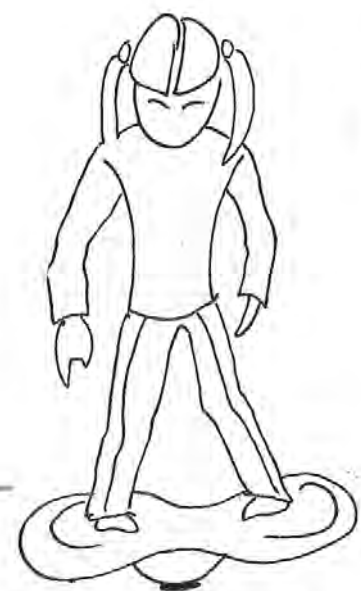
### CITY STATS

Life expectancy at birth 2017



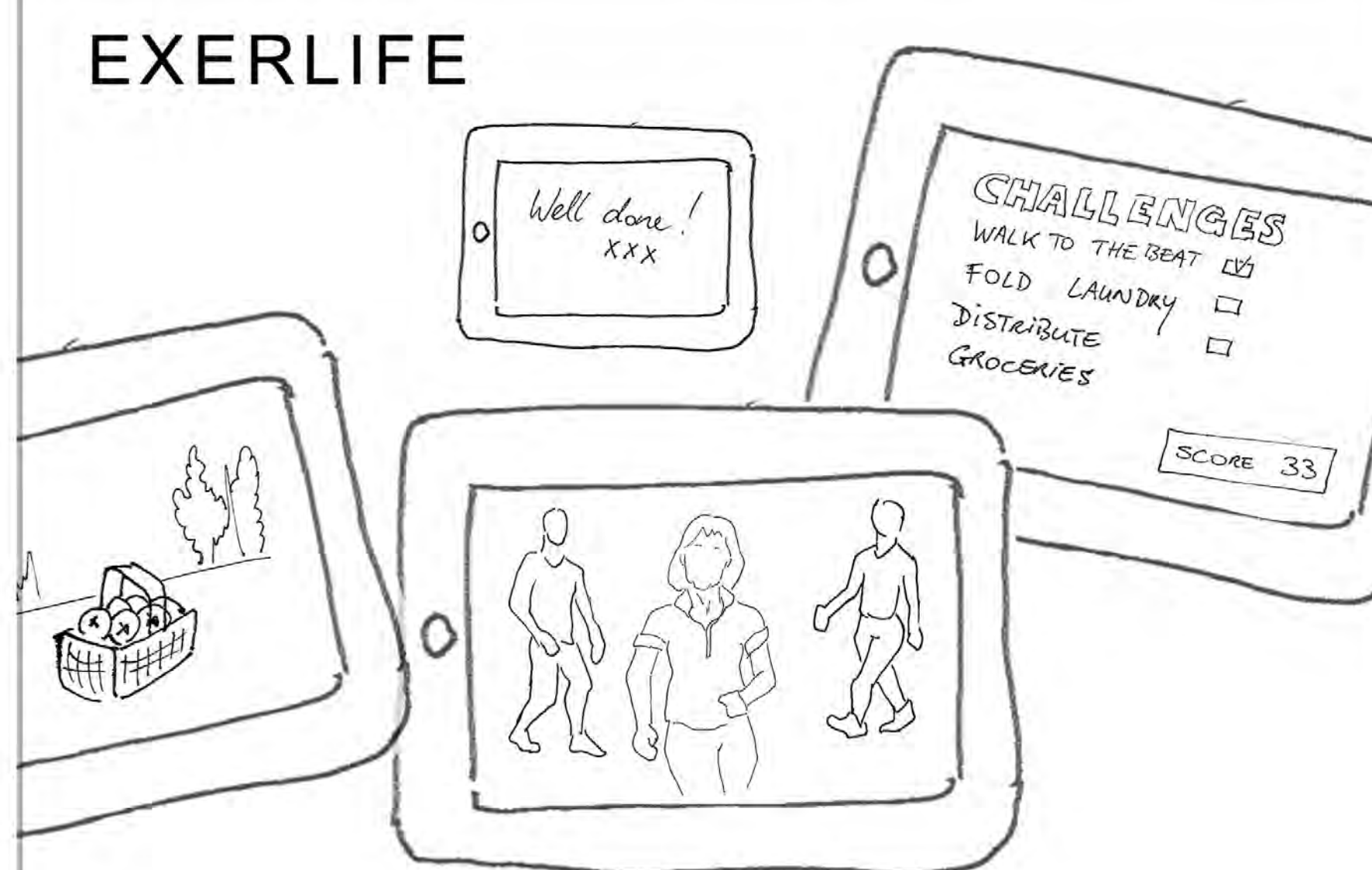
Small companies are rooted in the community

Big companies disappeared into the cloud

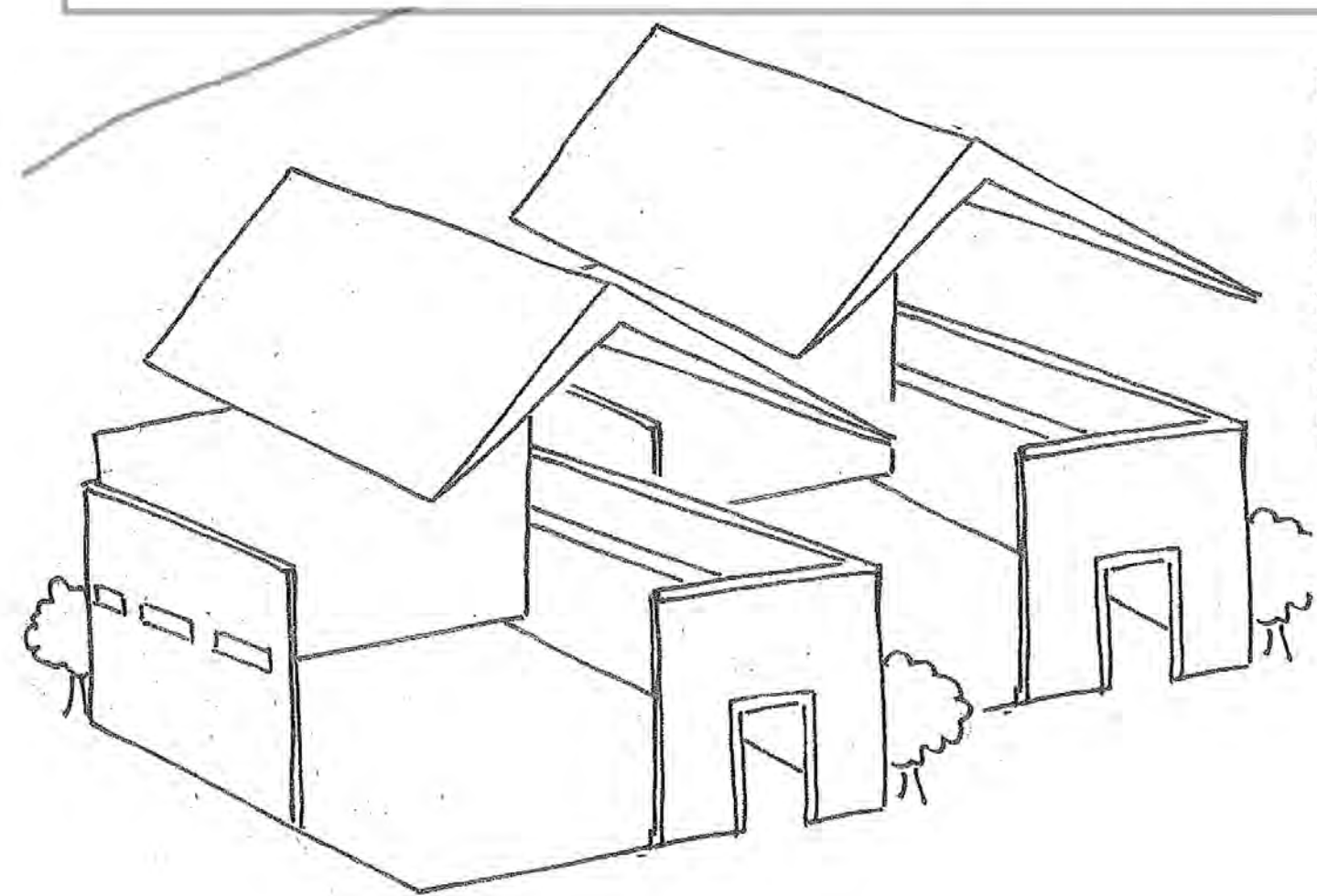


Due to the large number of chronically ill people, exercising is promoted heavily

### EXERLIFE



Supporting exercise in daily life



Urban architecture takes new lifestyles into account: peers living together, mixing old and young, buildings that are adaptive to diminishing sight and hearing

More people than ever before live in cities

Multiple small scale citycentres arise throughout the city

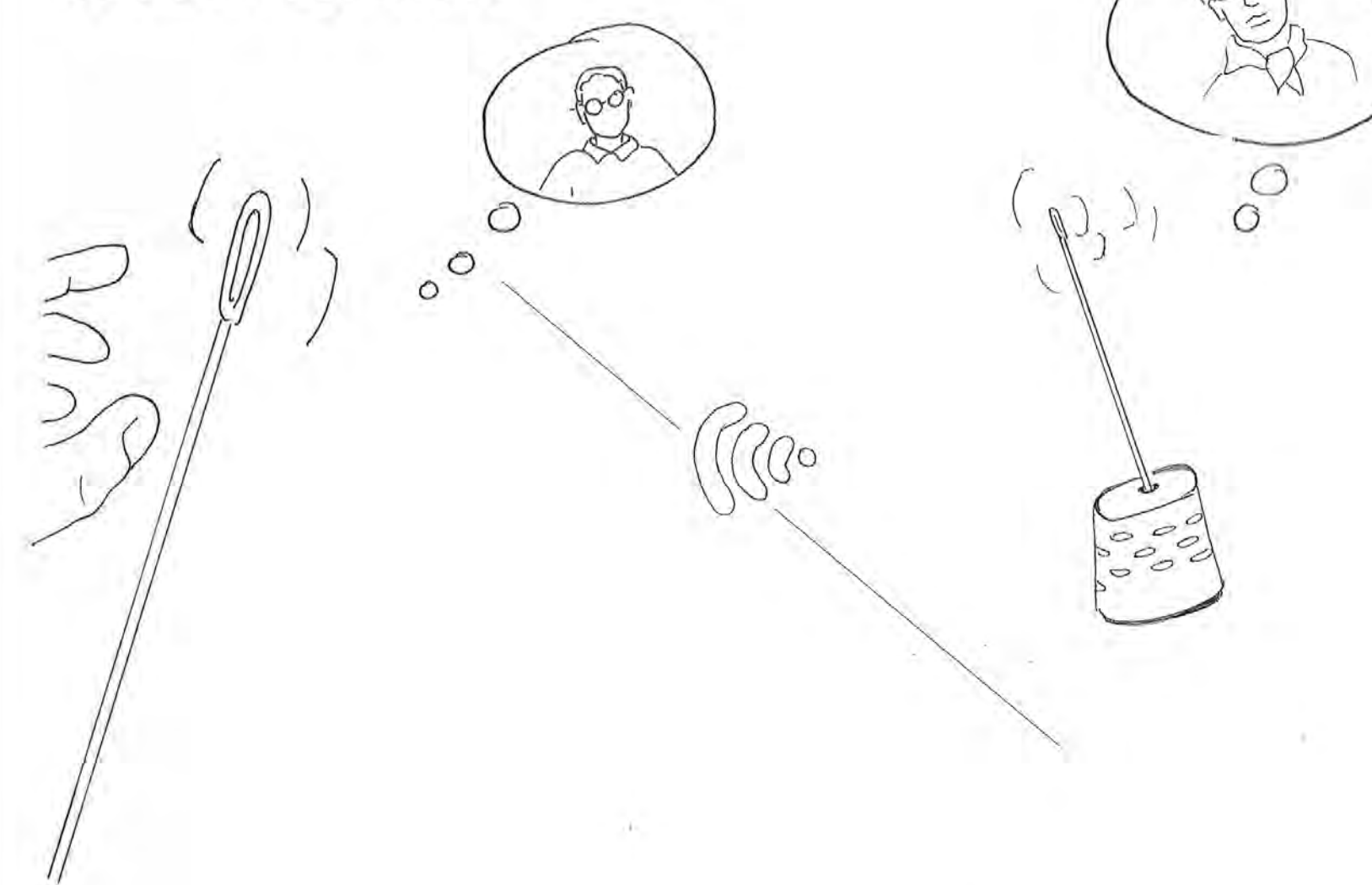
While growing older, more and more people create unchronological - not linear - life biographies: making careers at 30, giving birth at 45, studying at 60, divorcing at 75

Urban gardening creates new ties with nature

Public spaces facilitate encounters. Local communities have organised life the way they want.

The care society becomes the participative society  
Care becomes distributed

### WHISKERS



Through the support of (old) friends

### DESIGNING COMMIT STYLE:

Human centered  
Focus = empowerment  
Enabling seniors to:

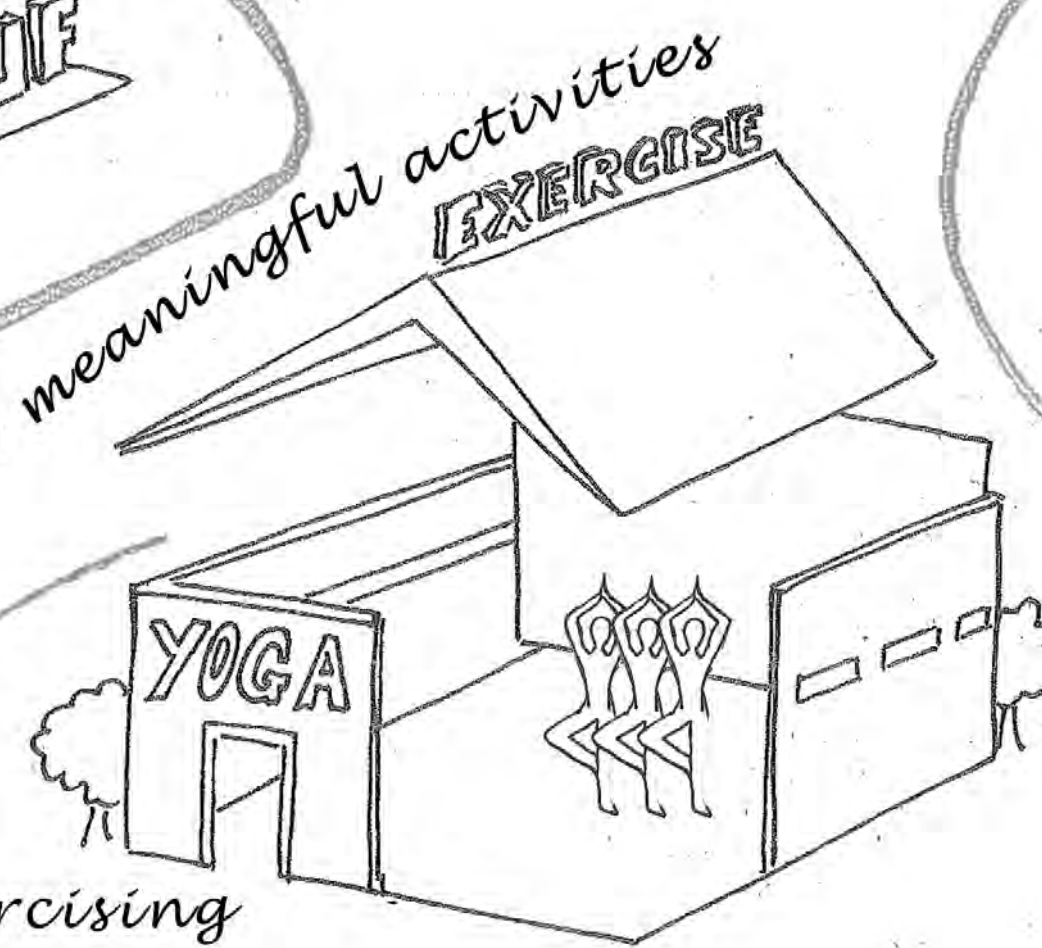
- be relevant (still)
- feel connected (socially)
- remain in charge
- give meaning to their life

Challenging youngsters to:

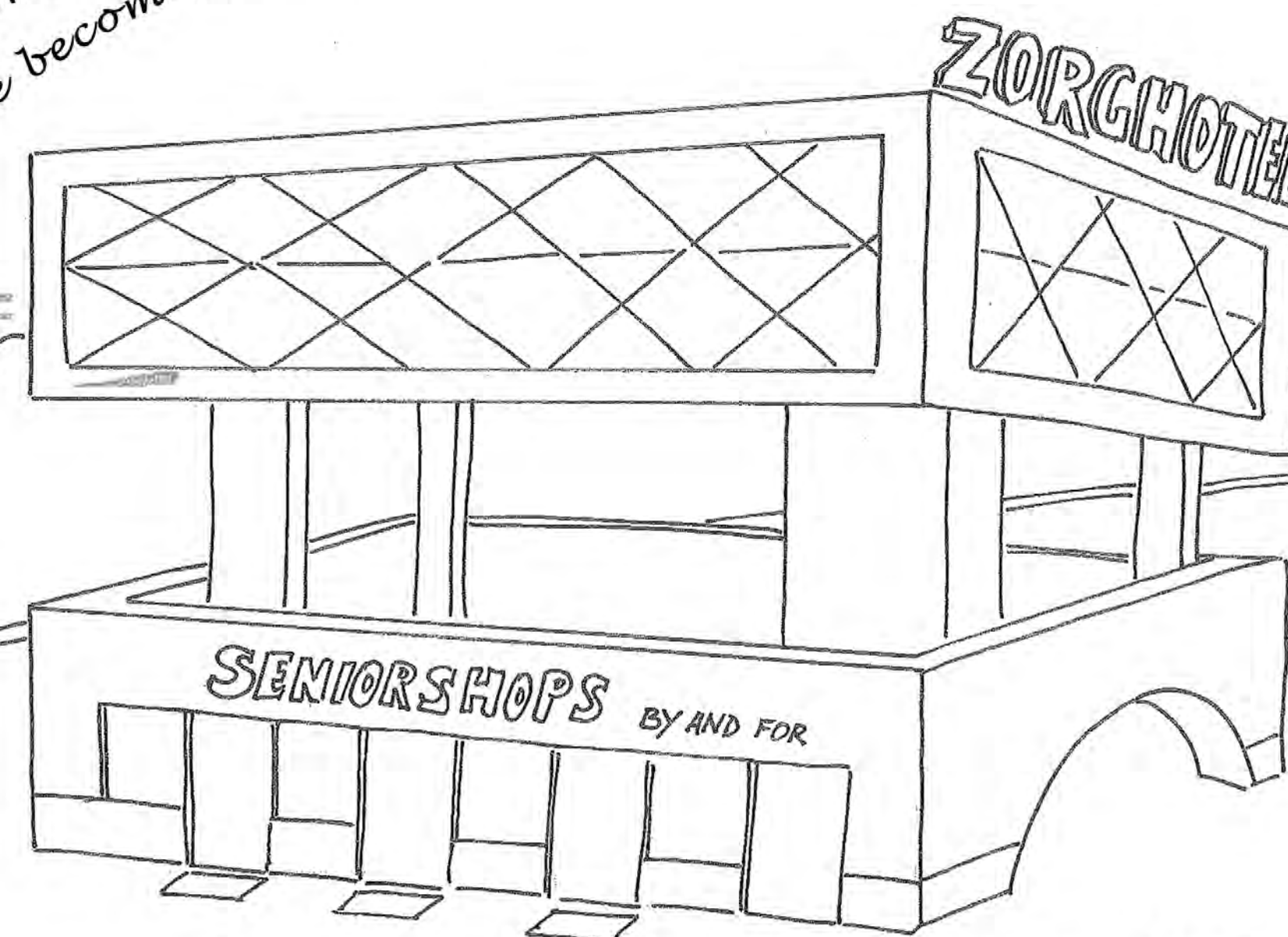
- be complete social beings
- find a meaningful place in the world
- live up to their full potential

Facilitating reciprocity of communication  
Sustainable

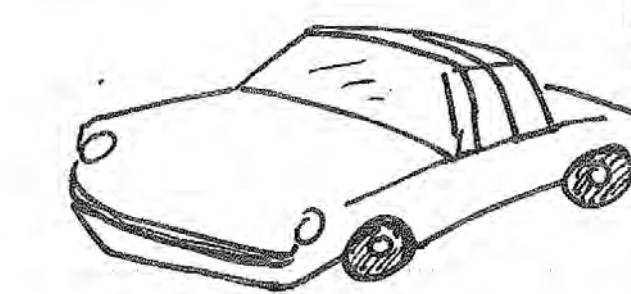
people look for meaningful activities



The carehotel is the center of social life  
The revival of craftsmanship led to small pop up shops where seniors sell their creative work

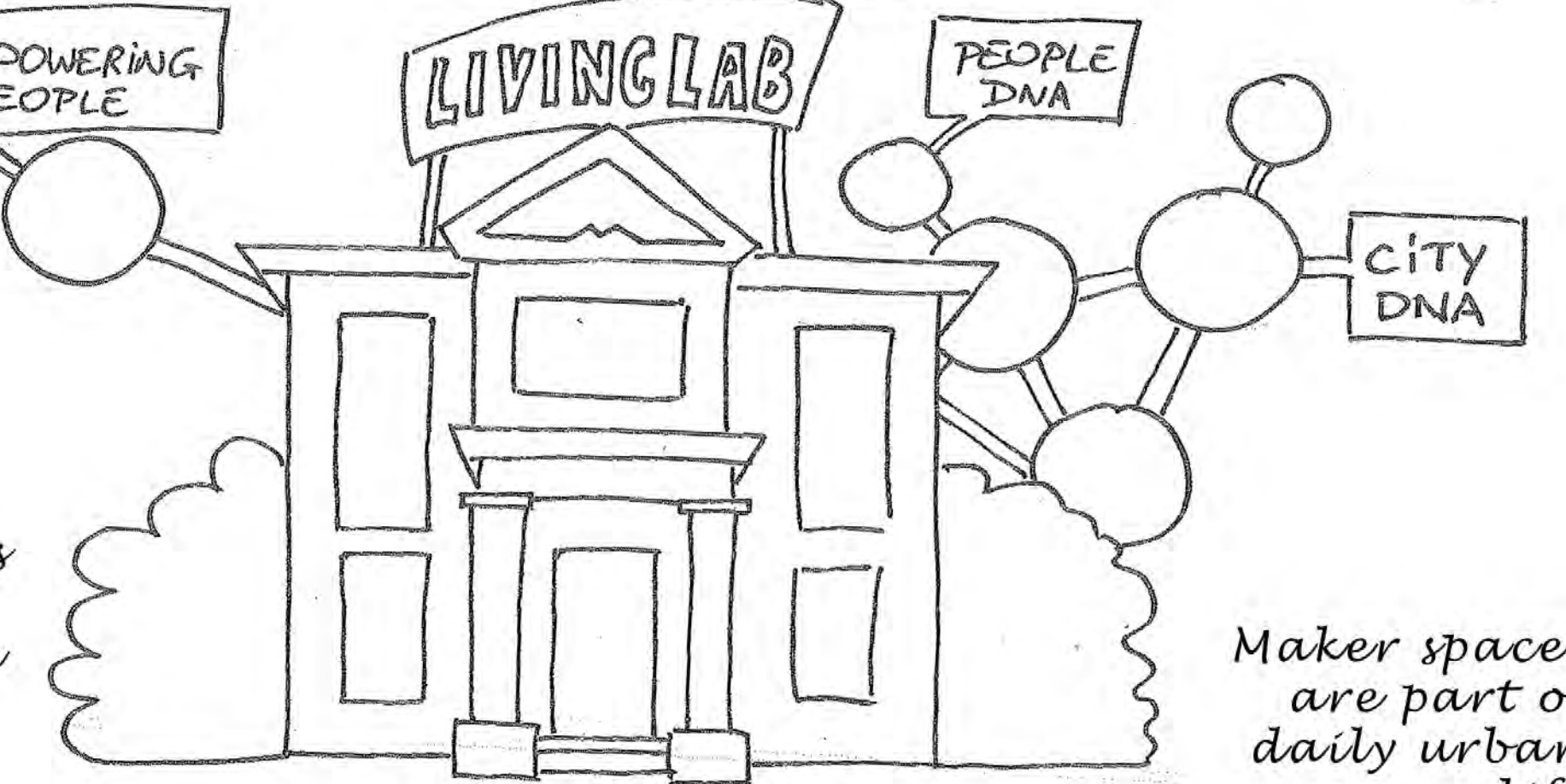


Entertainment the effort



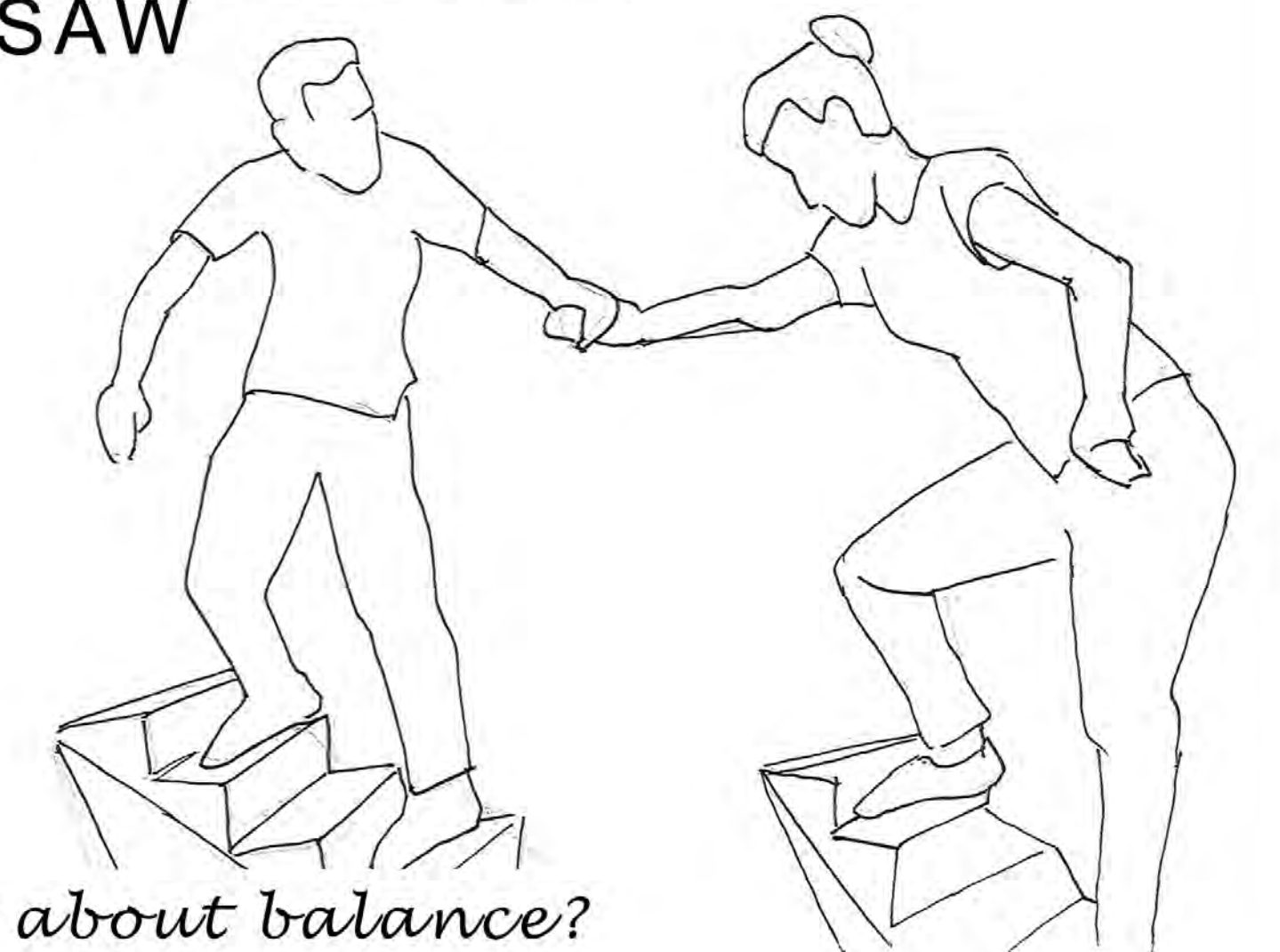
Citizen science and access to emerging sensor tools created new links between citizens and policy

EMPOWERING PEOPLE



Maker spaces are part of daily urban life

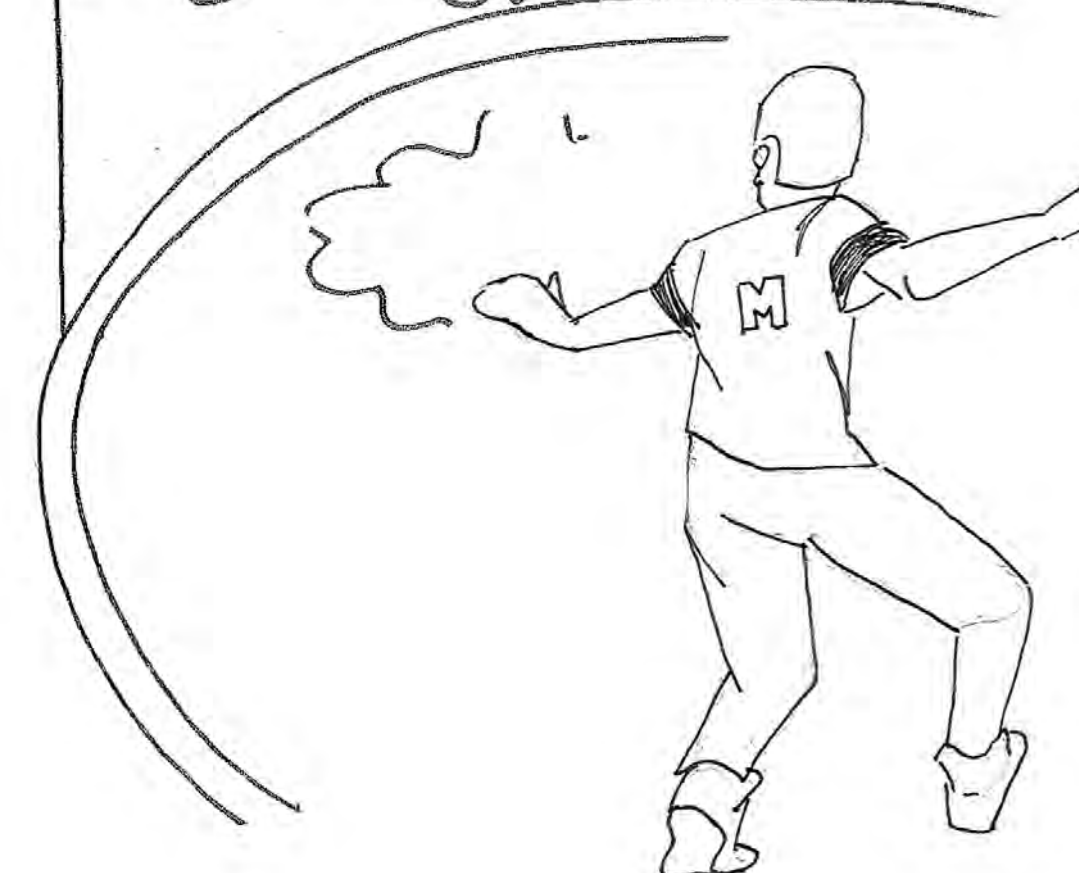
### CYLINDER-ROLLING STAIRS\_ SEESAW



What about balance?

How are you today?

MOODROOM  
COMPILE YOUR MOOD



MOODROOM

Open, accessible and affordable technologies offer new learning interfaces, intelligent spaces and interactive tools and enable people to create solutions and applications for problems.

Life long learning takes place any time and everywhere and education is open, distributed and available for everyone.



COMMIT/

University of Twente  
Utrecht University  
University of Amsterdam  
University of Twente  
Waag Society  
Amsterdam University of Applied Sciences  
CGI  
MoteK  
Digifit

## SCENARIO EXERLIFE

Supporting  
exercise in your  
daily life



COMMIT/

VIEWW-Exercise Pilot

Project partners:  
Motek, Digifit, HvA,  
CGI

One of the hardest things in (physical) therapy is to keep doing your exercises at home, in between sessions. It's so easy to forget them or consciously skip them.



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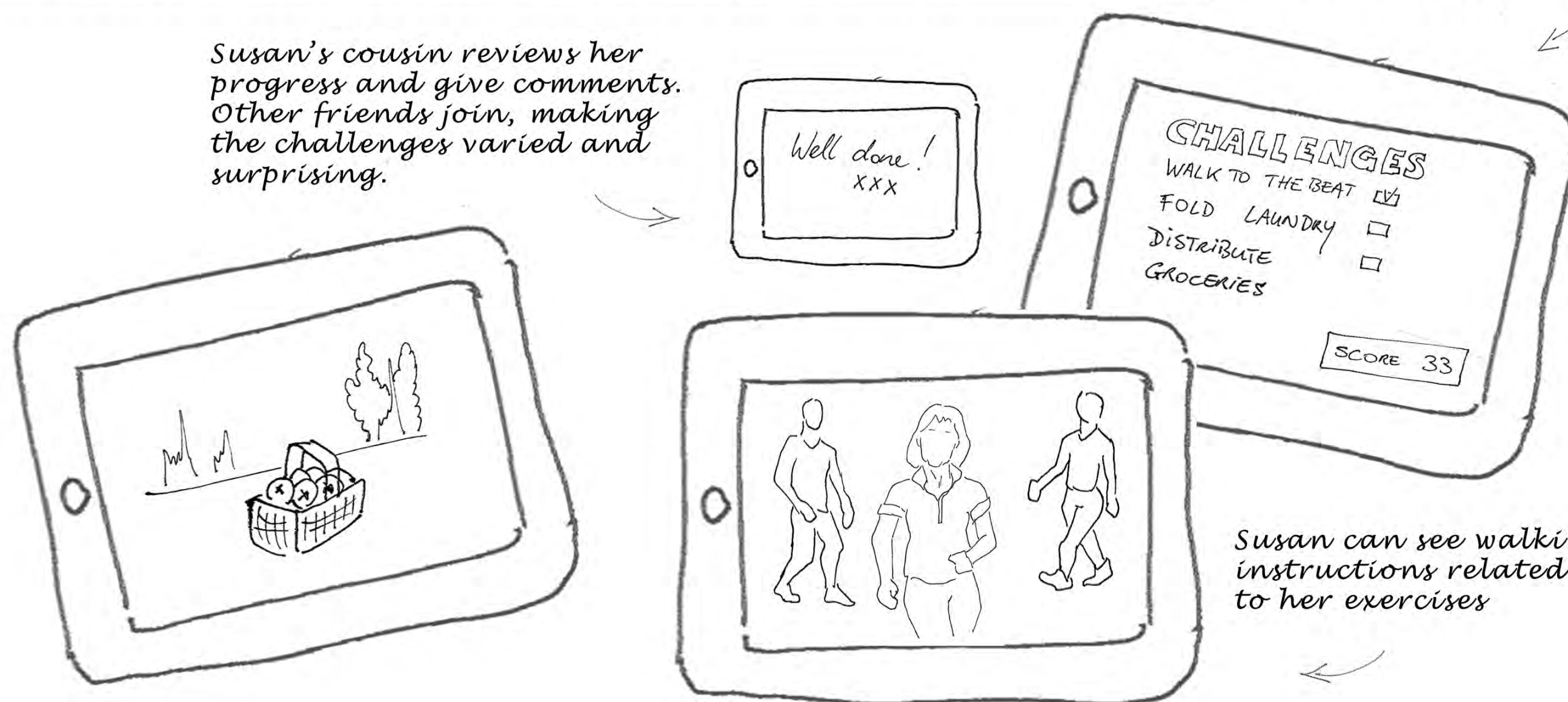
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# SCENARIO WHISKERS

Through the support of (old) friends



COMMIT/

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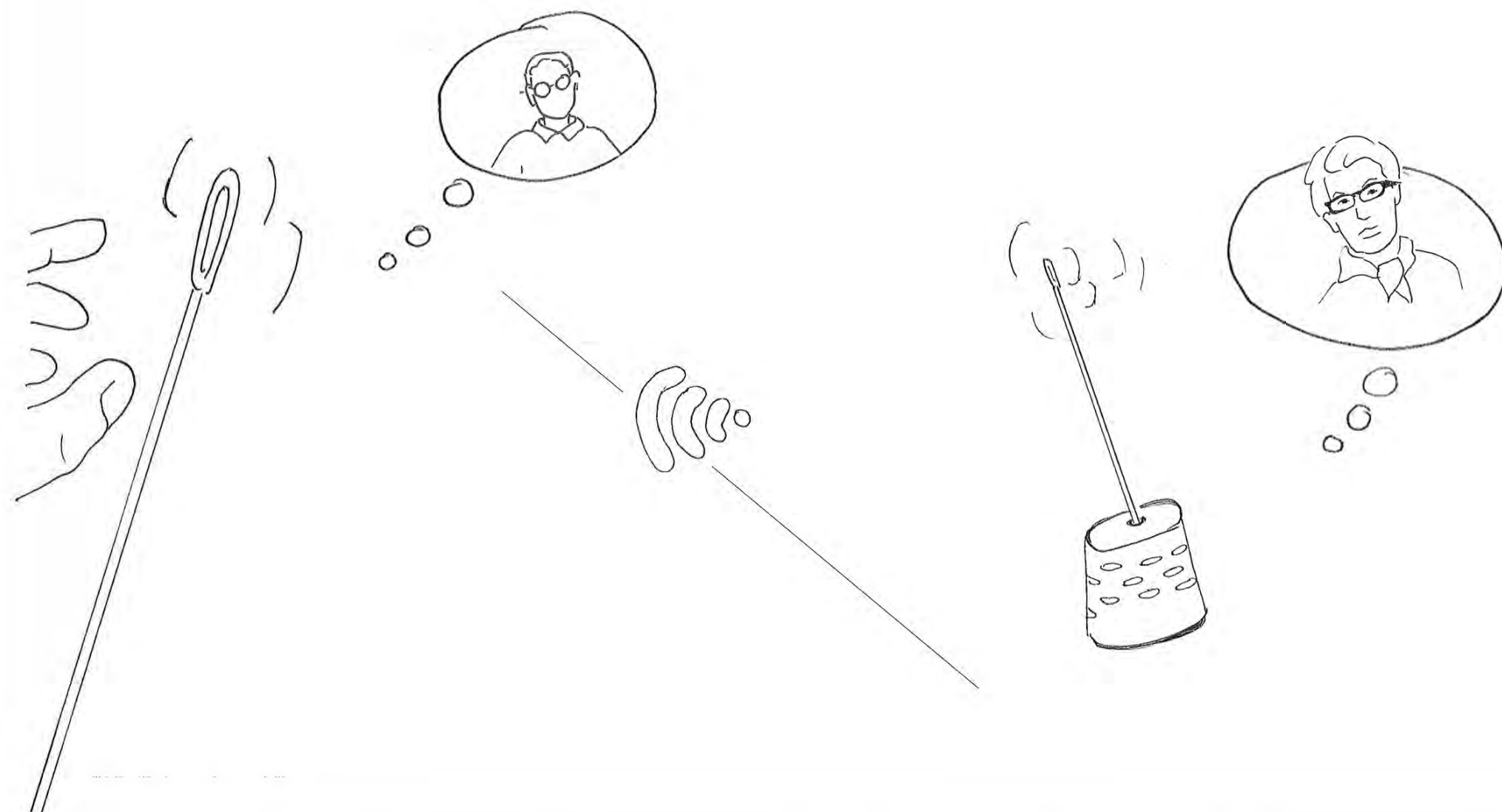
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I wonder how Jim's doing? Would have liked to stay in touch

She specifically misses her old friend Jim, who's living at the other end of the country.



She learns that there is this new technology to let people know you're thinking of them, a set of devices called Whiskers. She starts to use the set with her friend Jim. They communicate by moving the whiskers. When Maria gently moves her whisker, the whisker in Jim's house starts to move in the same rhythm. He knows she's thinking of him.



As Maria and Jim feel each other's presence again through the whiskers, the physical distance seems smaller, making her feel less isolated and making it easier to be part of a community again.

# SCENARIO MOOD ROOM

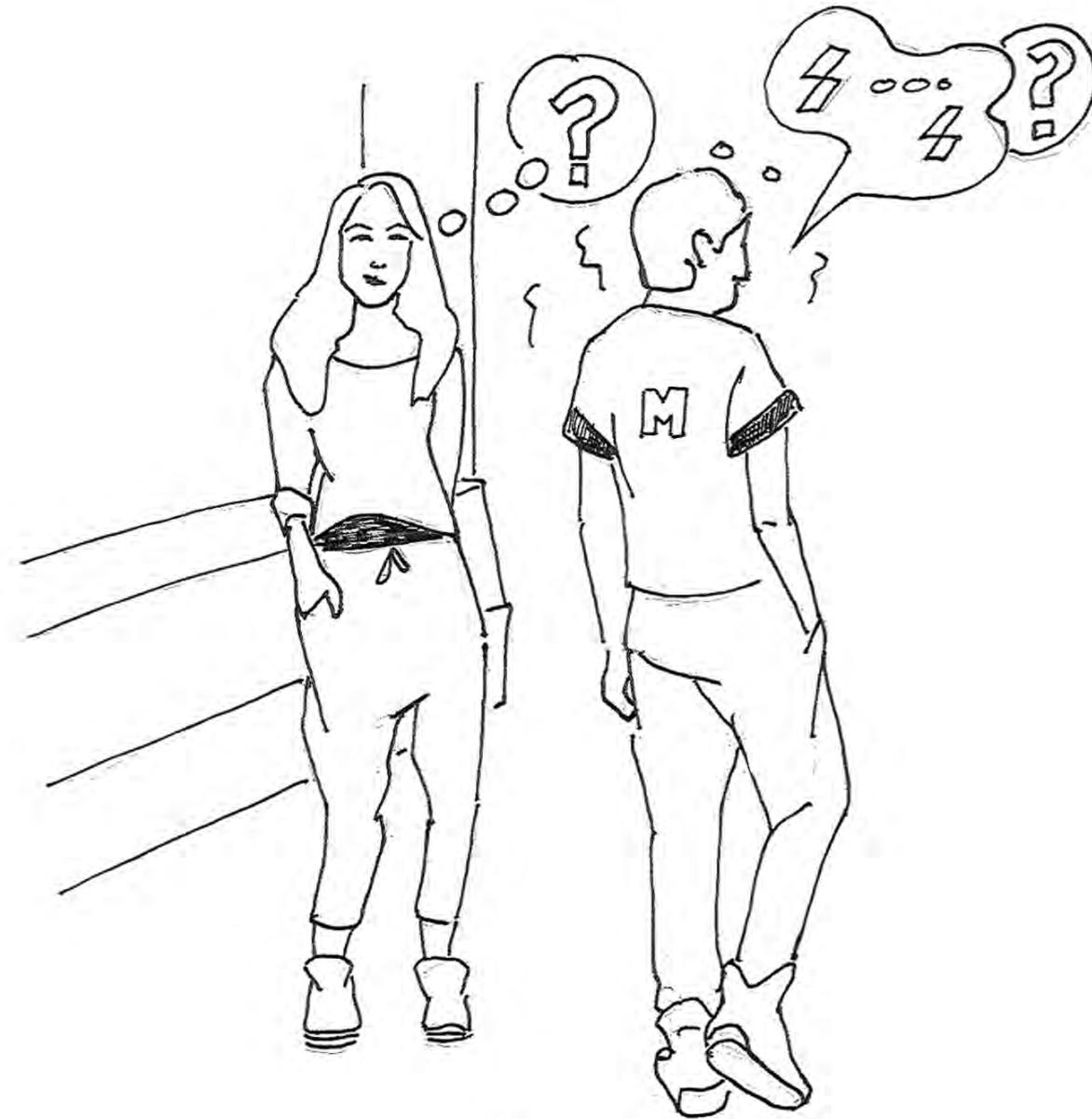
How are you  
today?



COMMIT/

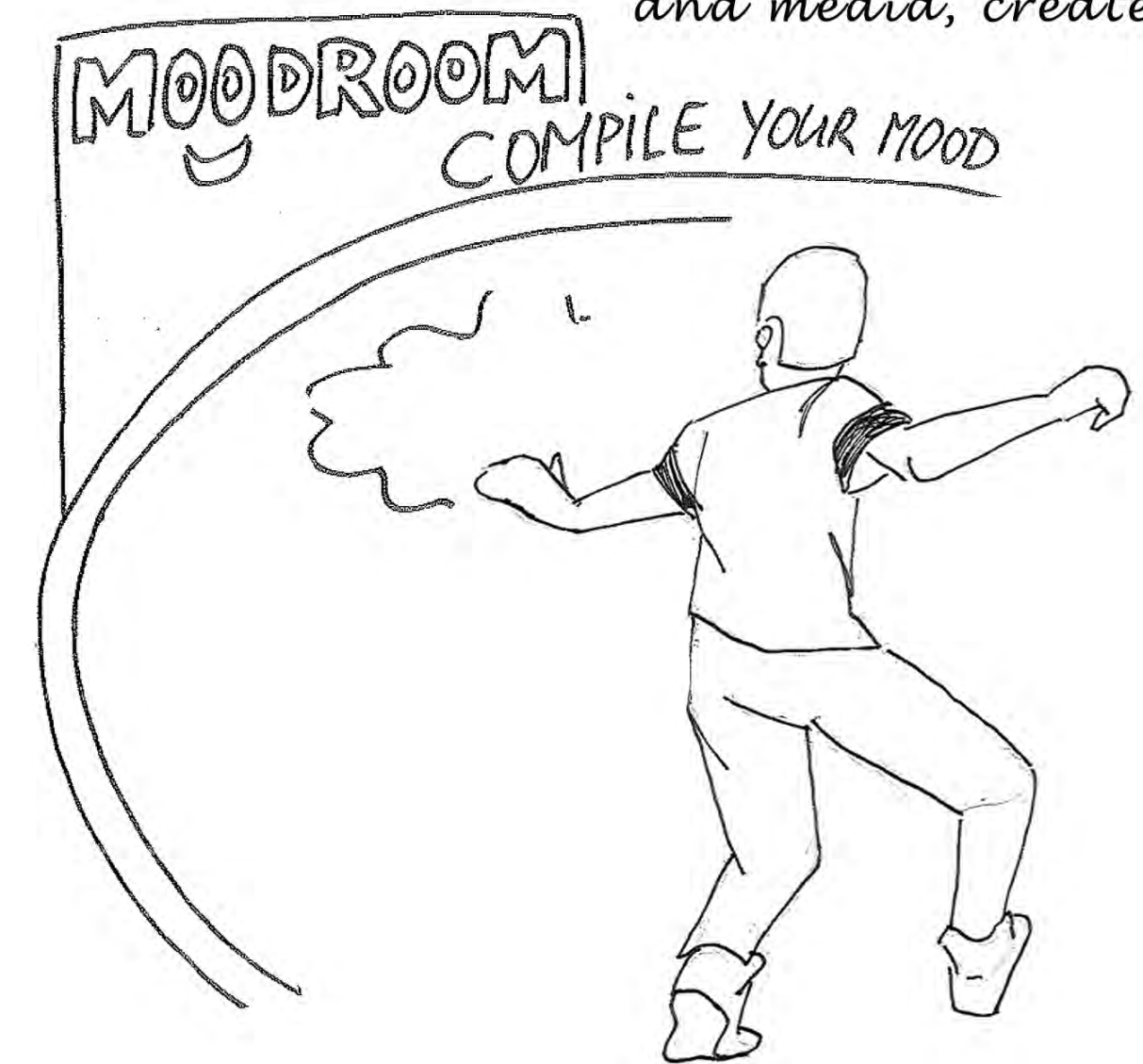
VIEWW-PLAY Pilot

Max finds it hard to put his feelings into words. Daphne wants to be there for him, but doesn't know how.



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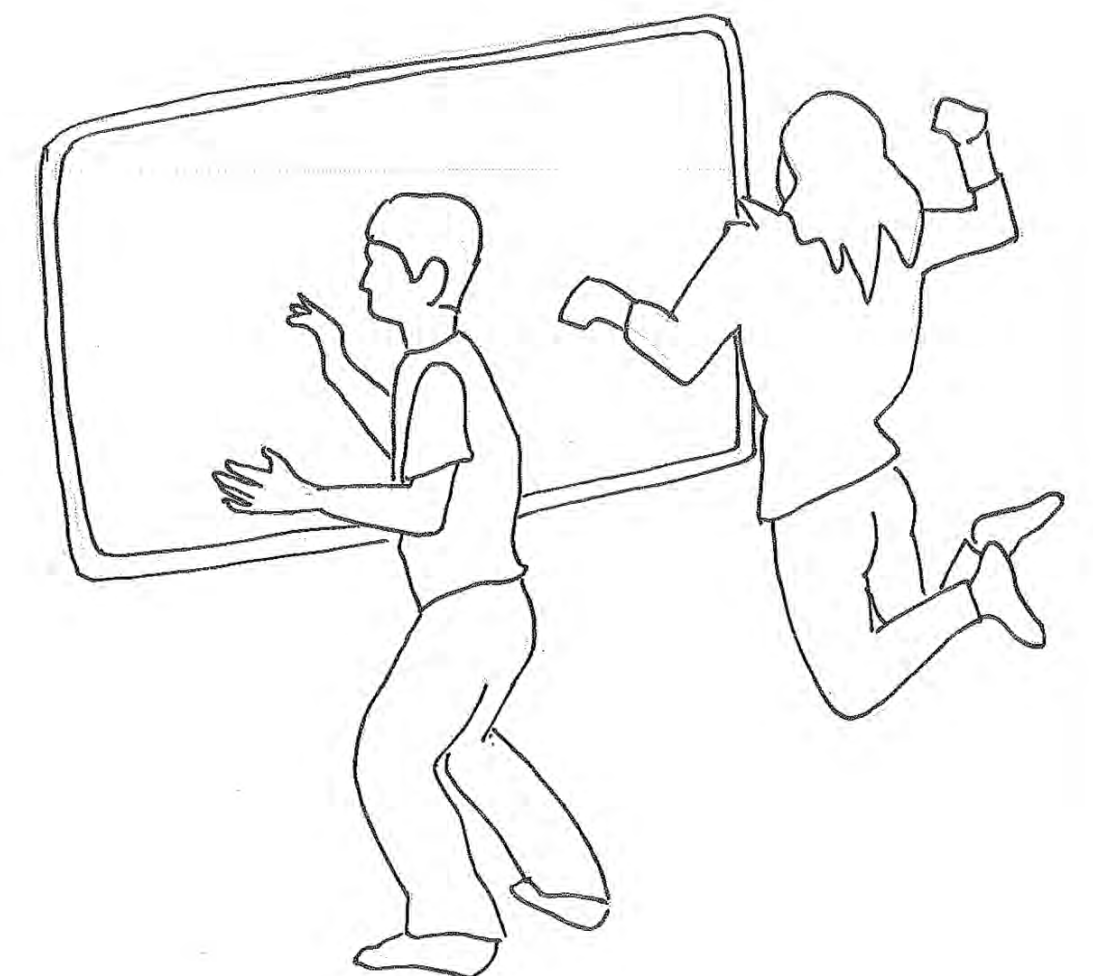
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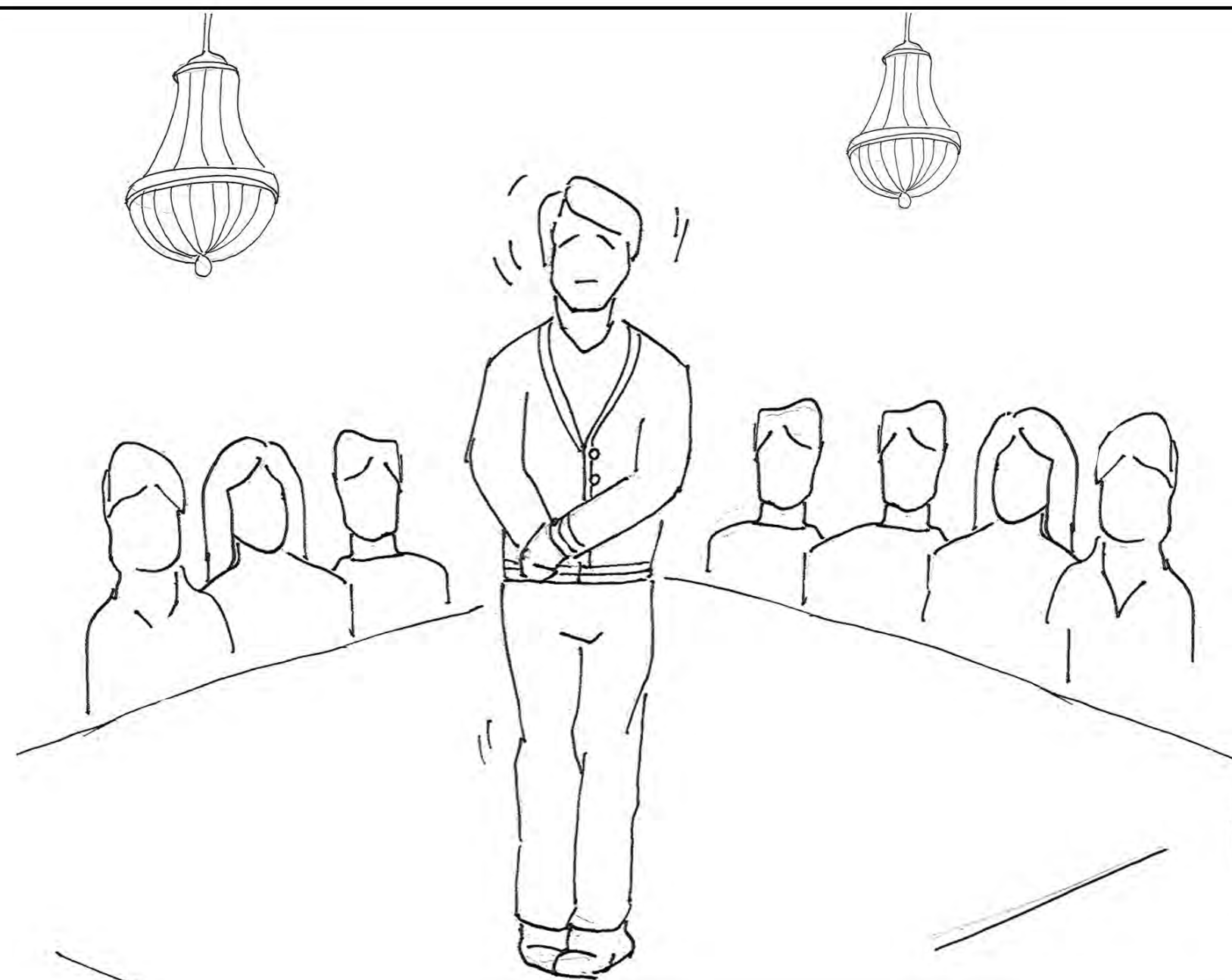
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# SCENARIO CYLINDER\_ROLLING STAIRS\_SEESAW

What about balance?

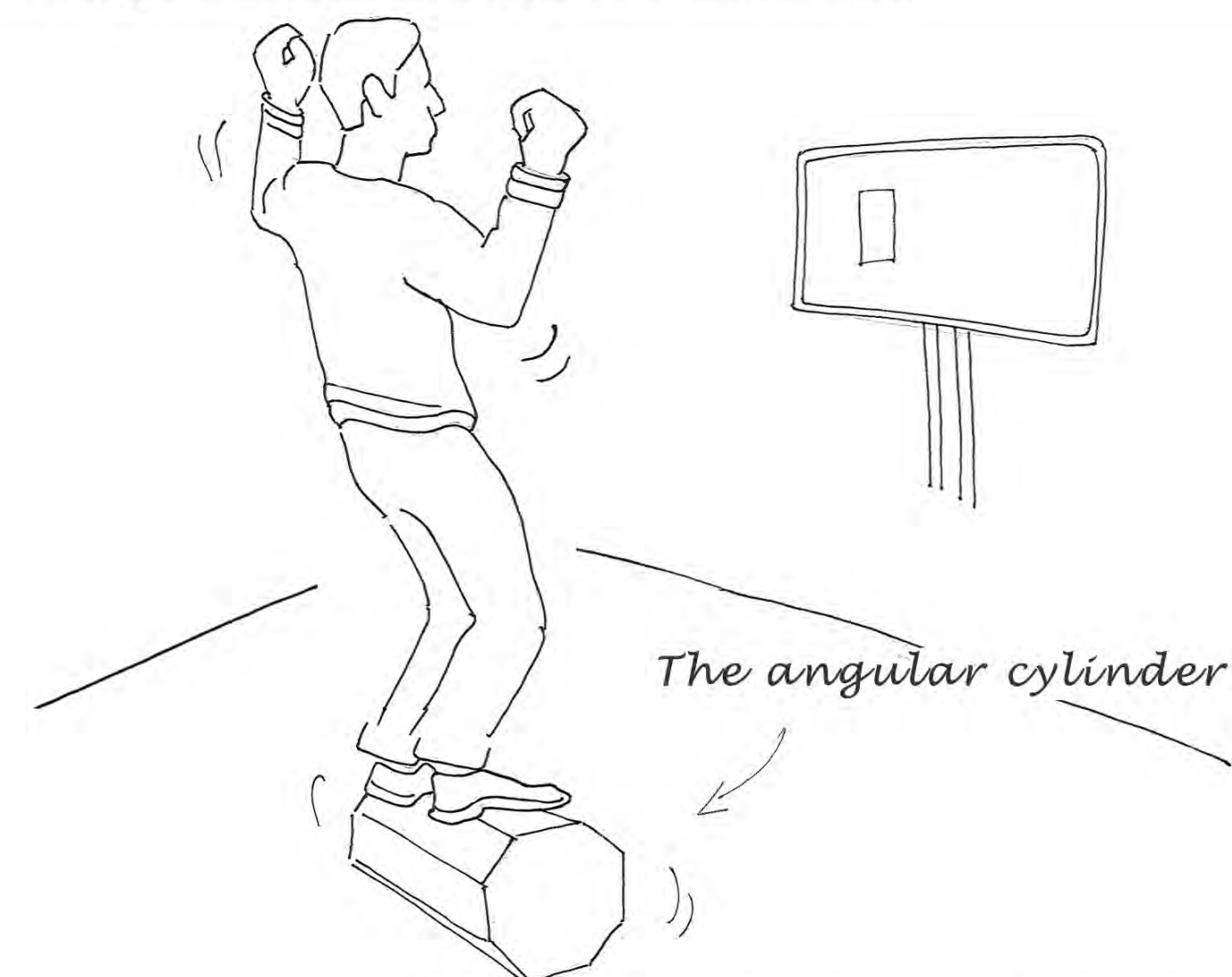


VIEWWW-PLAY Pilot  
Projectpartners:  
Marloeke van der Vlugt  
Kennisnet



Social situations can be difficult  
How to be confident in front  
of people? Key is to be in balance.

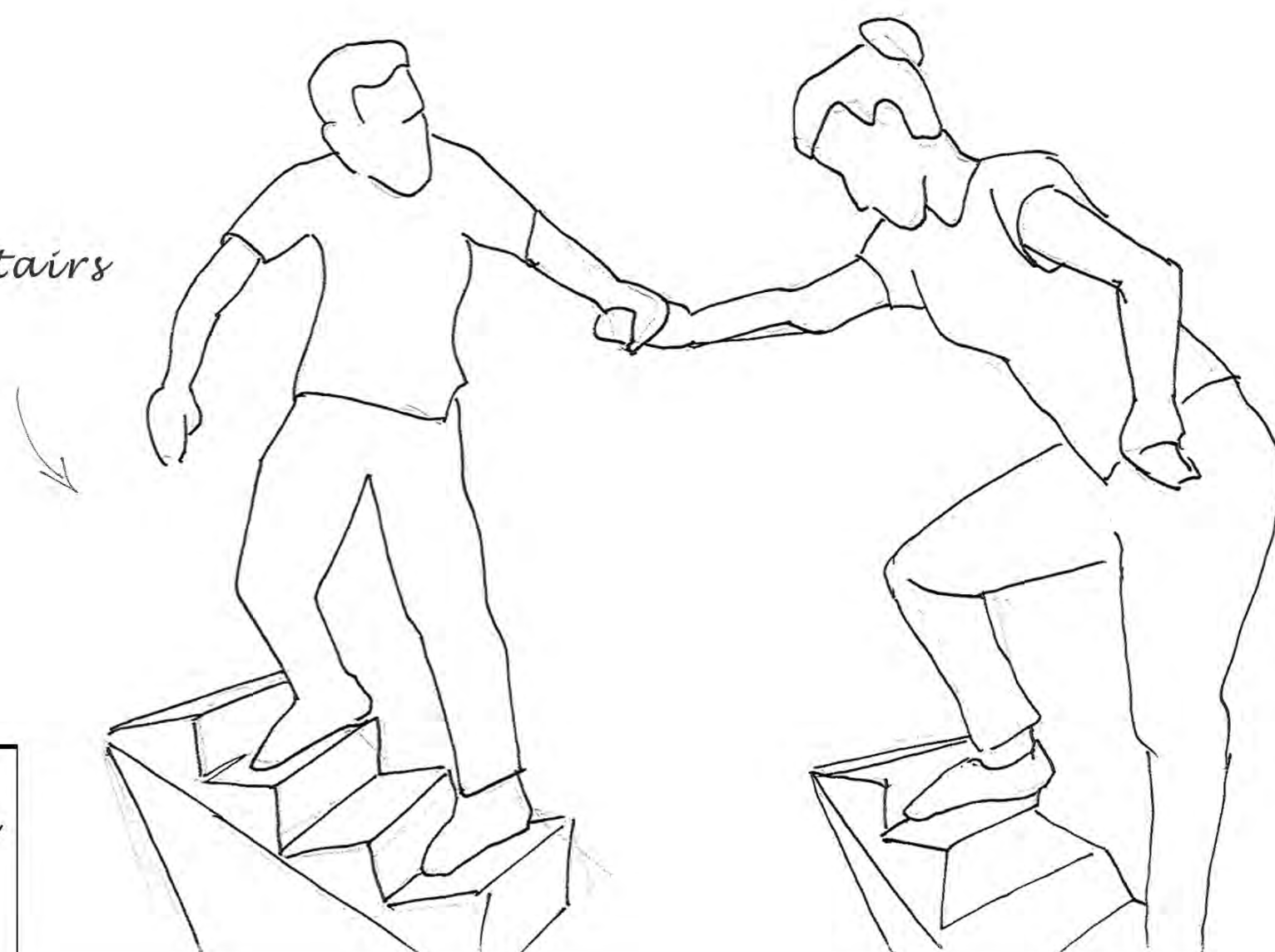
Balance of body and mind can help social situations and communication. Cylinder\_Rolling Stairs\_Seesaw is a series of balance objects for education aimed at raising awareness of your own body.



Body awareness and powerposes can help building confidence.

Working together can be difficult too. Finding balance together can help overcome the awkwardness. The technology in and around the objects gives visual and/or auditive feedback in the search for the right balance, posture and movement.

The rolling stairs



By finding  
'silence' balance  
can also be  
achieved.



The target of the installation is get to an open learning attitude through movement, play, practice and reflection.

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Supporting  
exercise in your  
daily life



COMMIT/

VIEWW-Exercise Pilot

Project partners:  
Motek, Digifit, HvA,  
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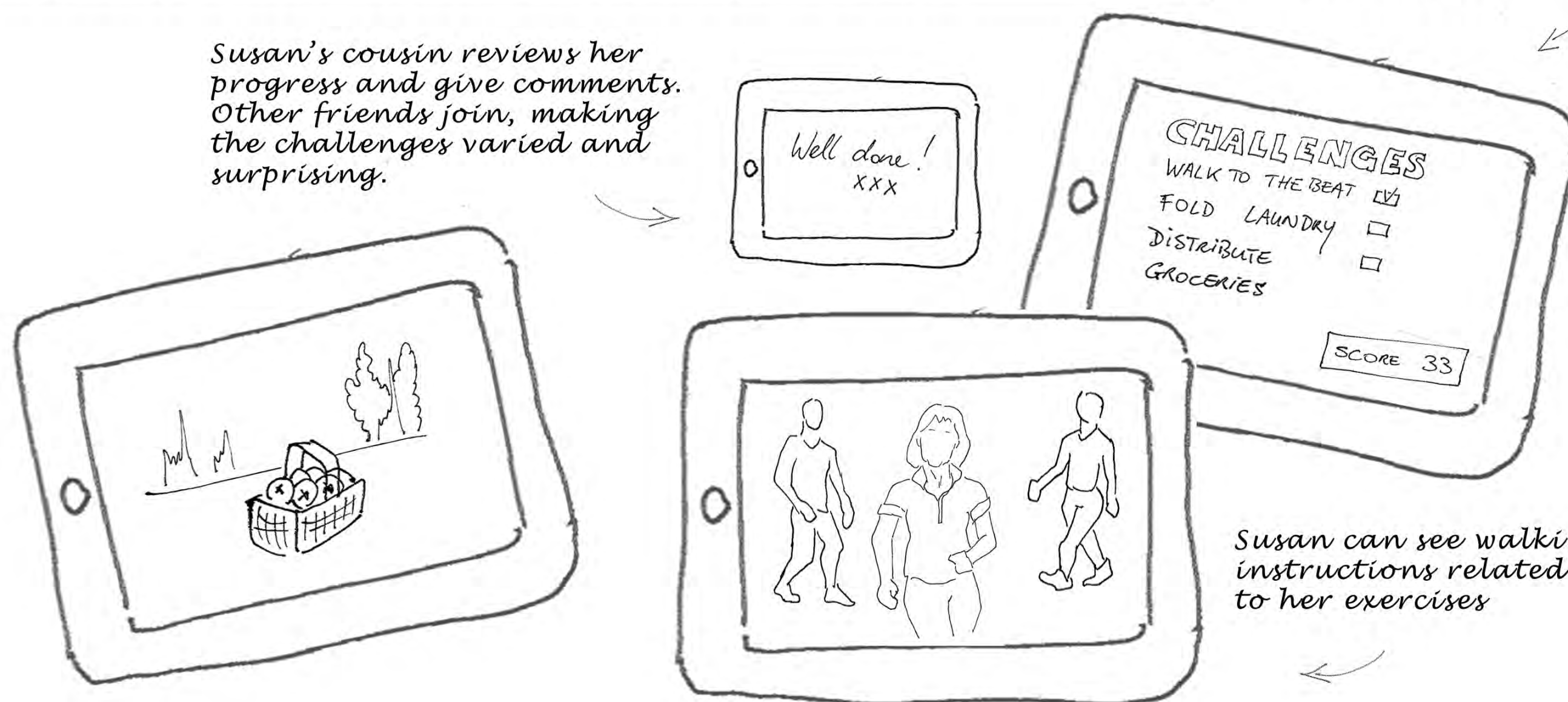
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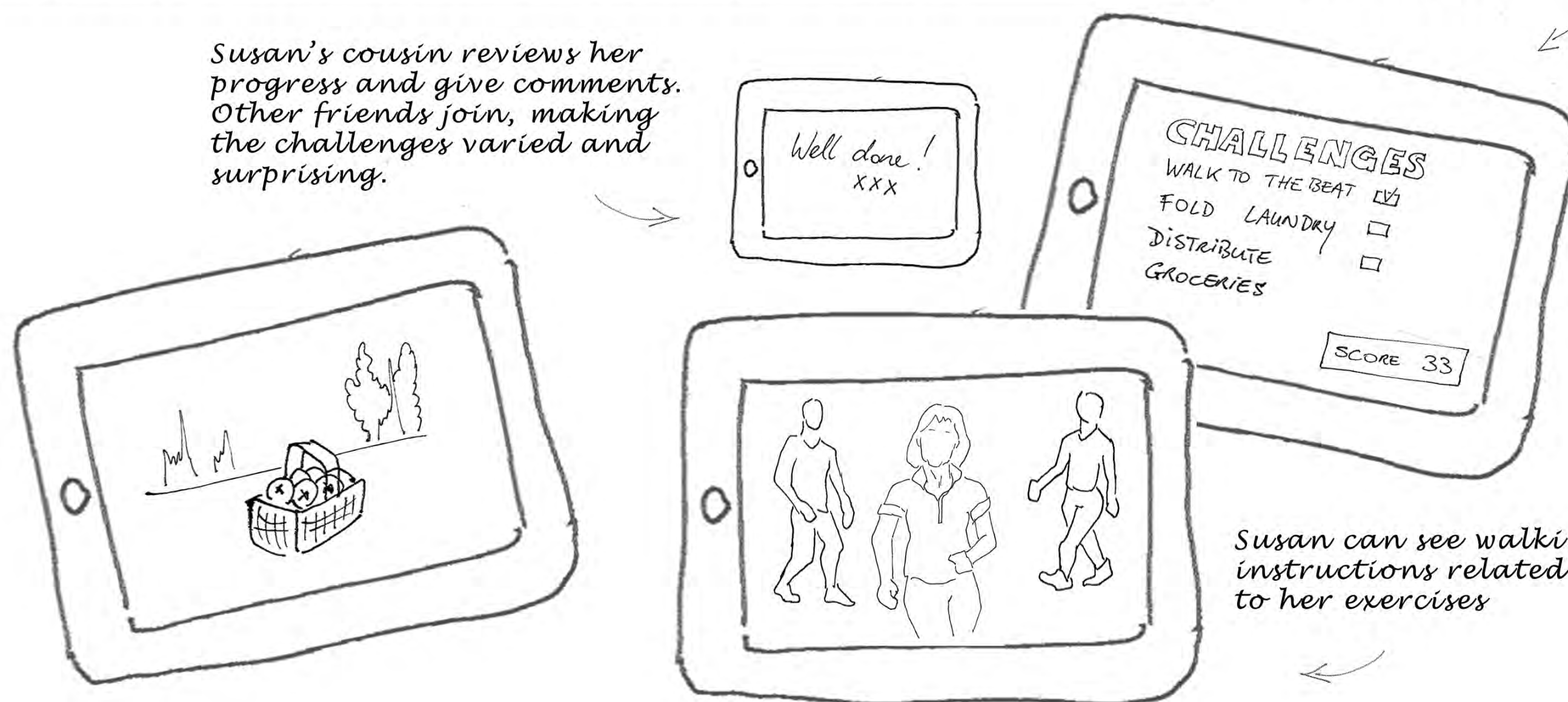
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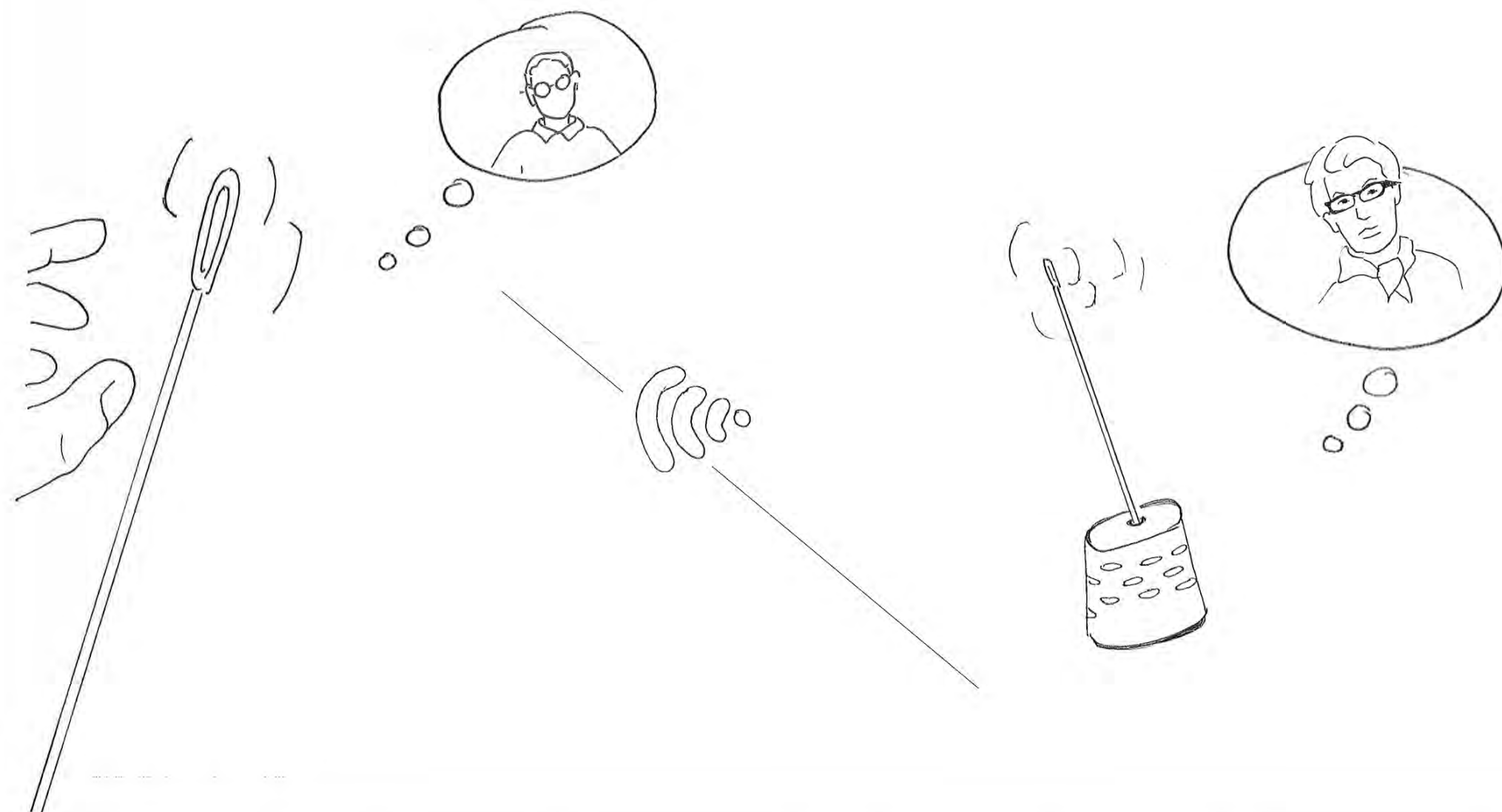


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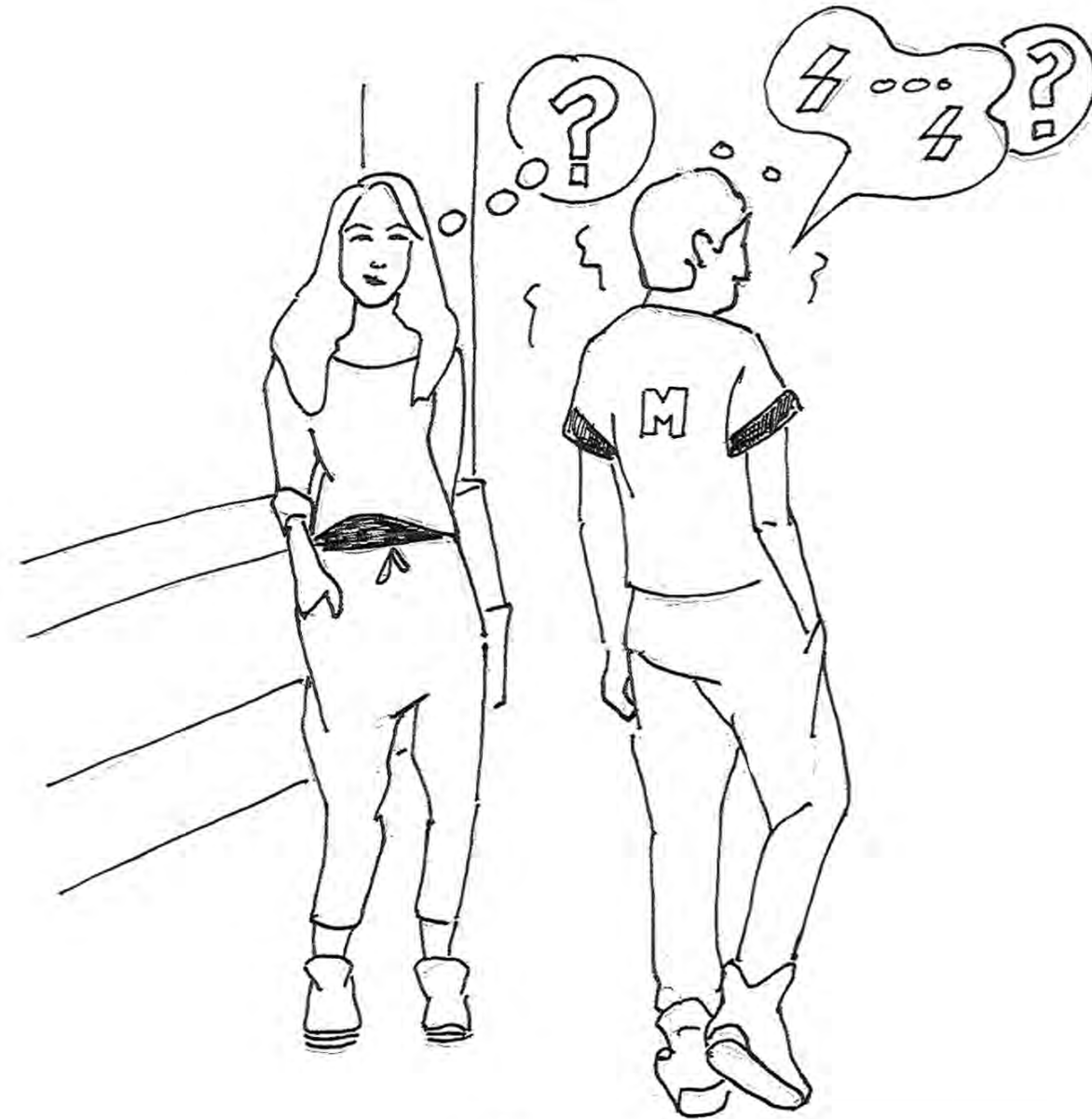
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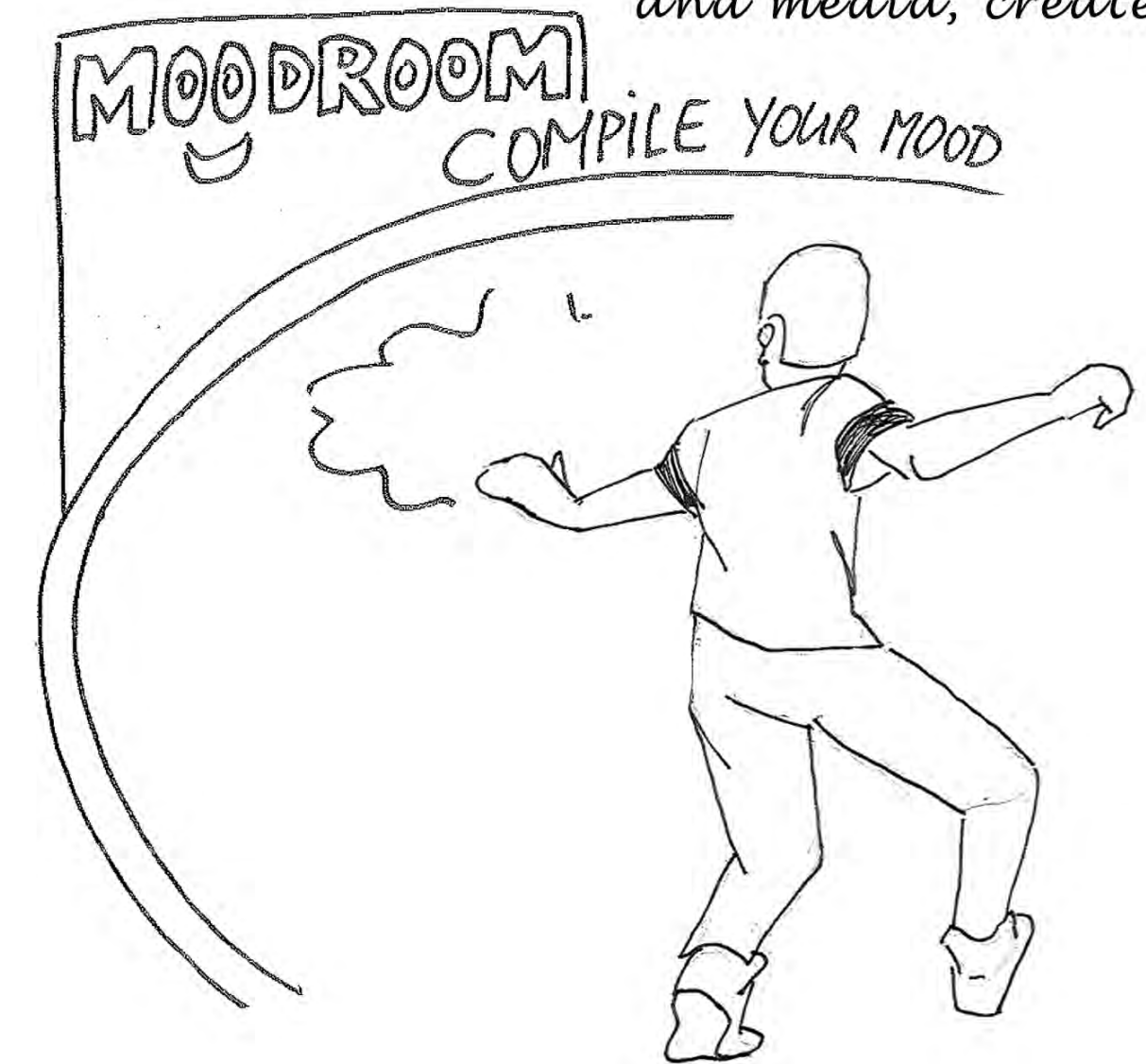
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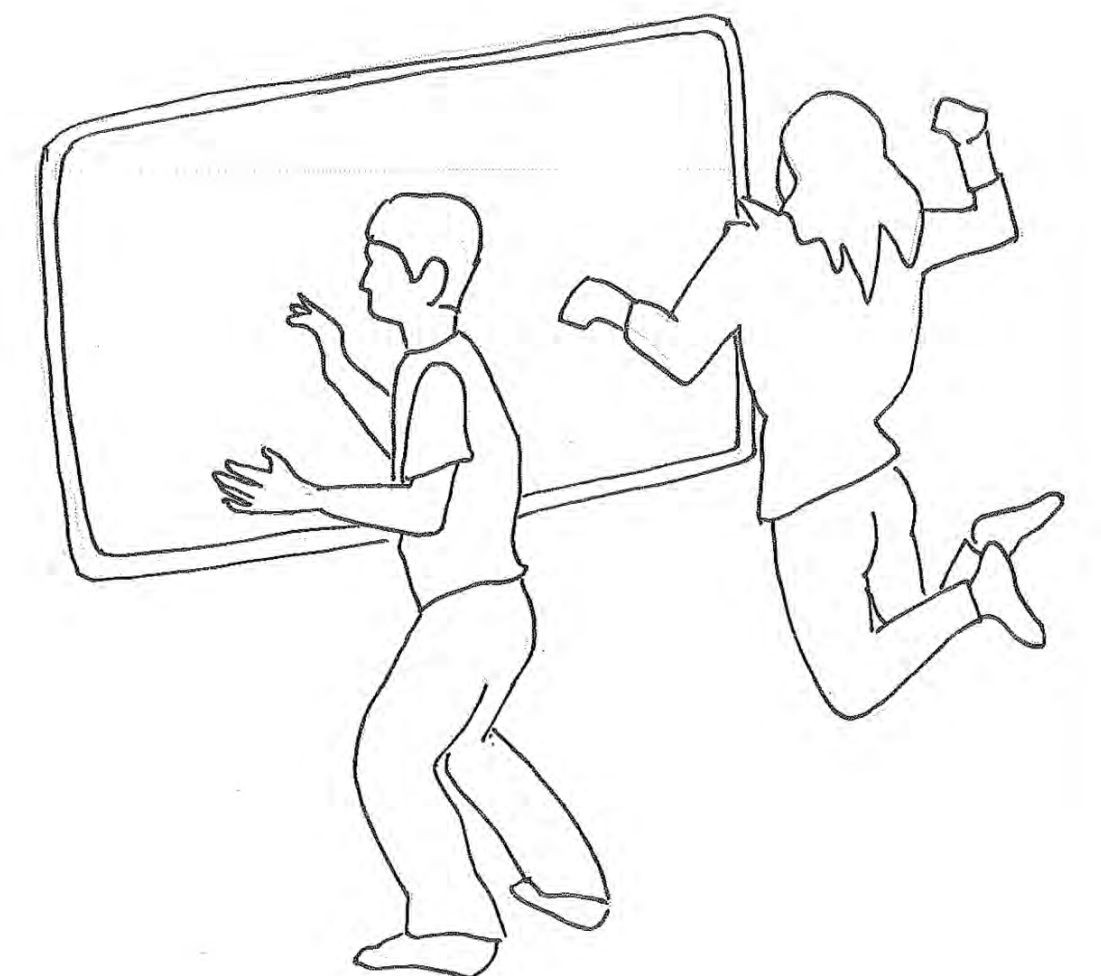
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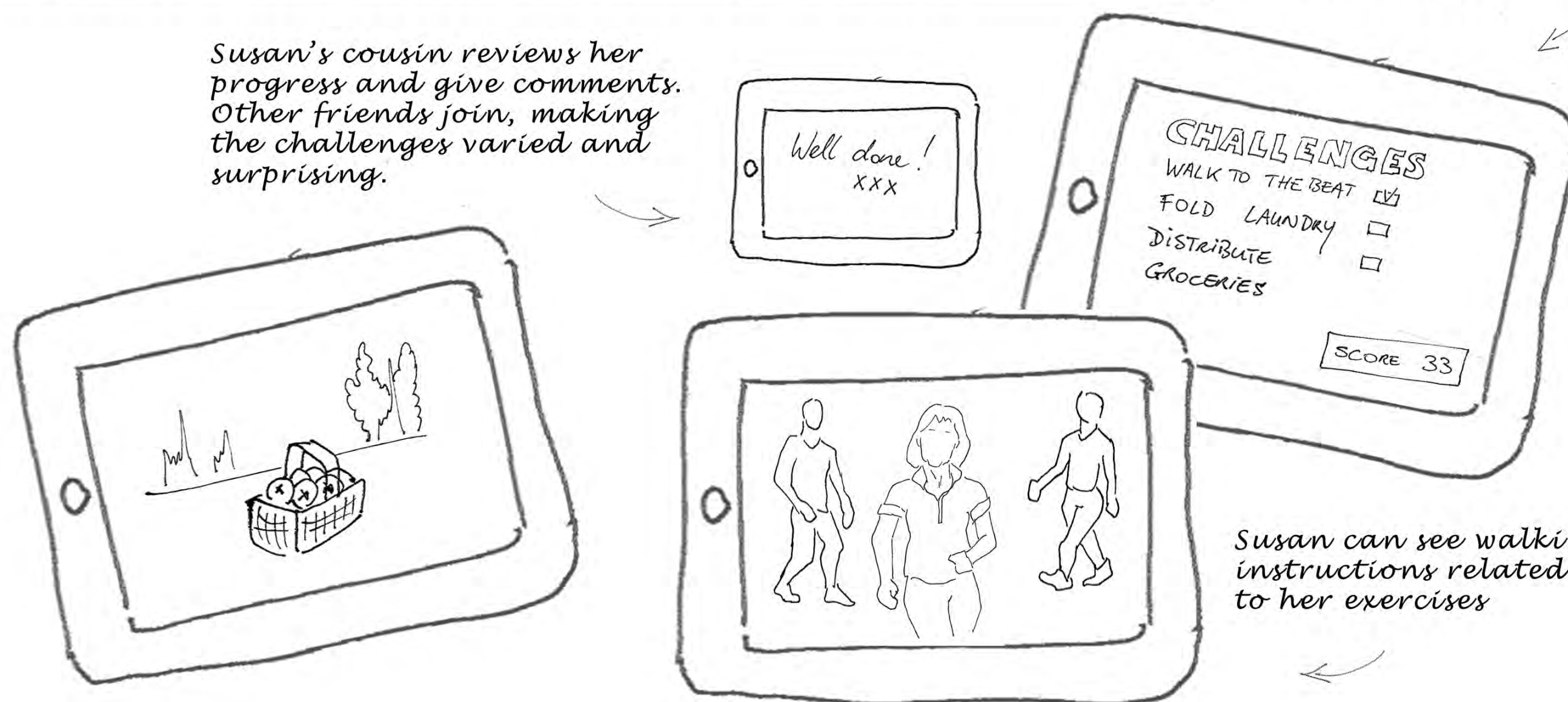
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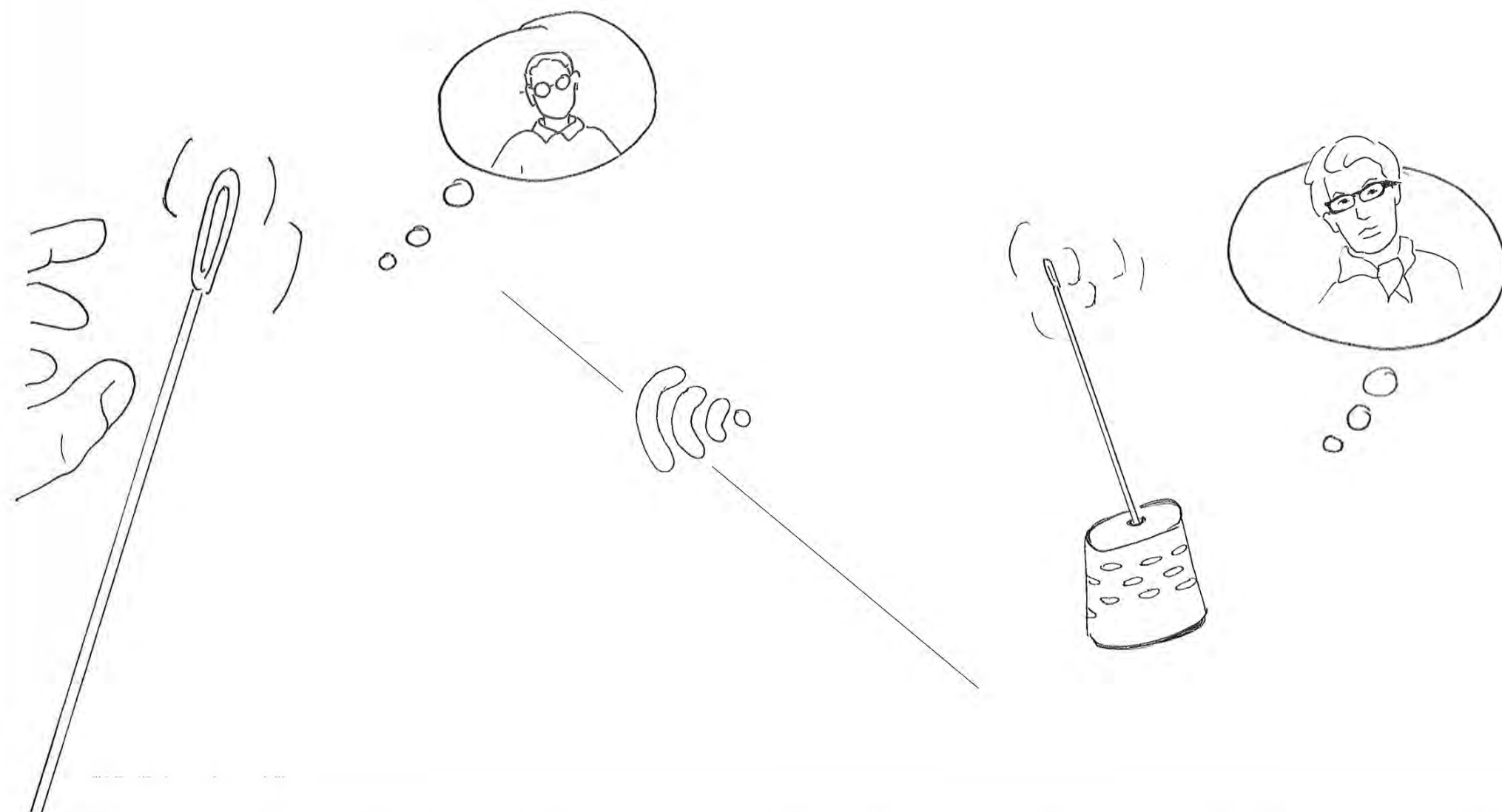
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