

# A Therapeutic Urban Design Framework for Tai Ping Shan

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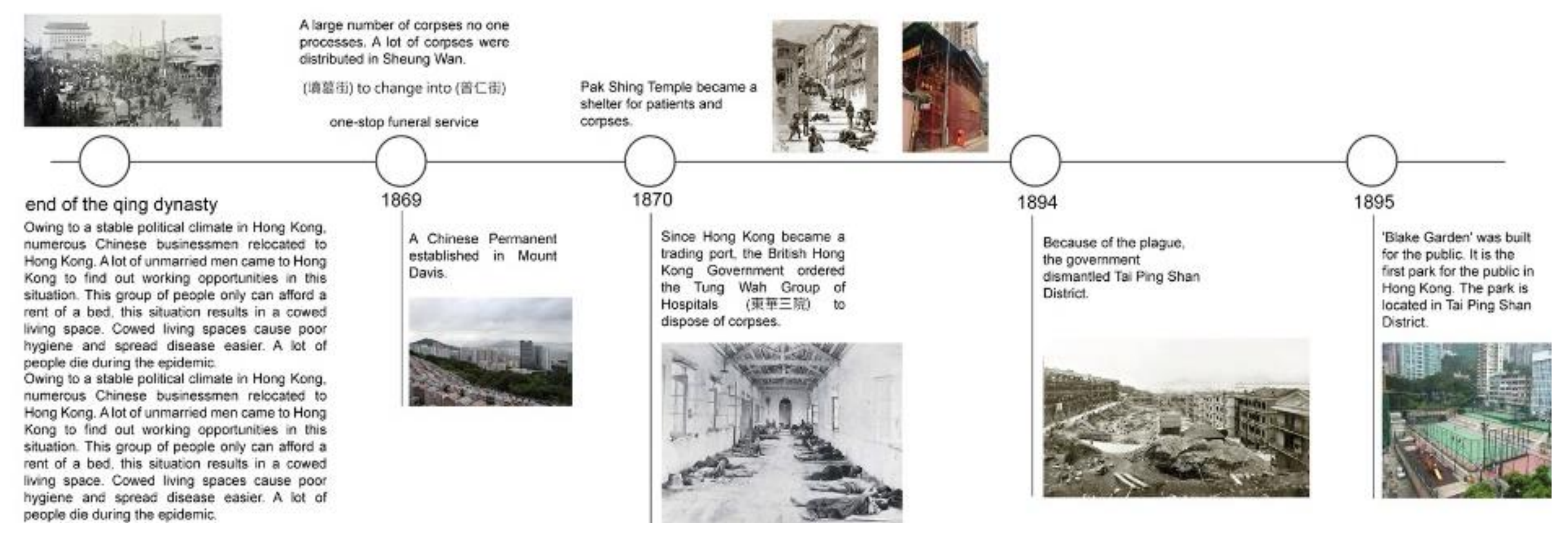
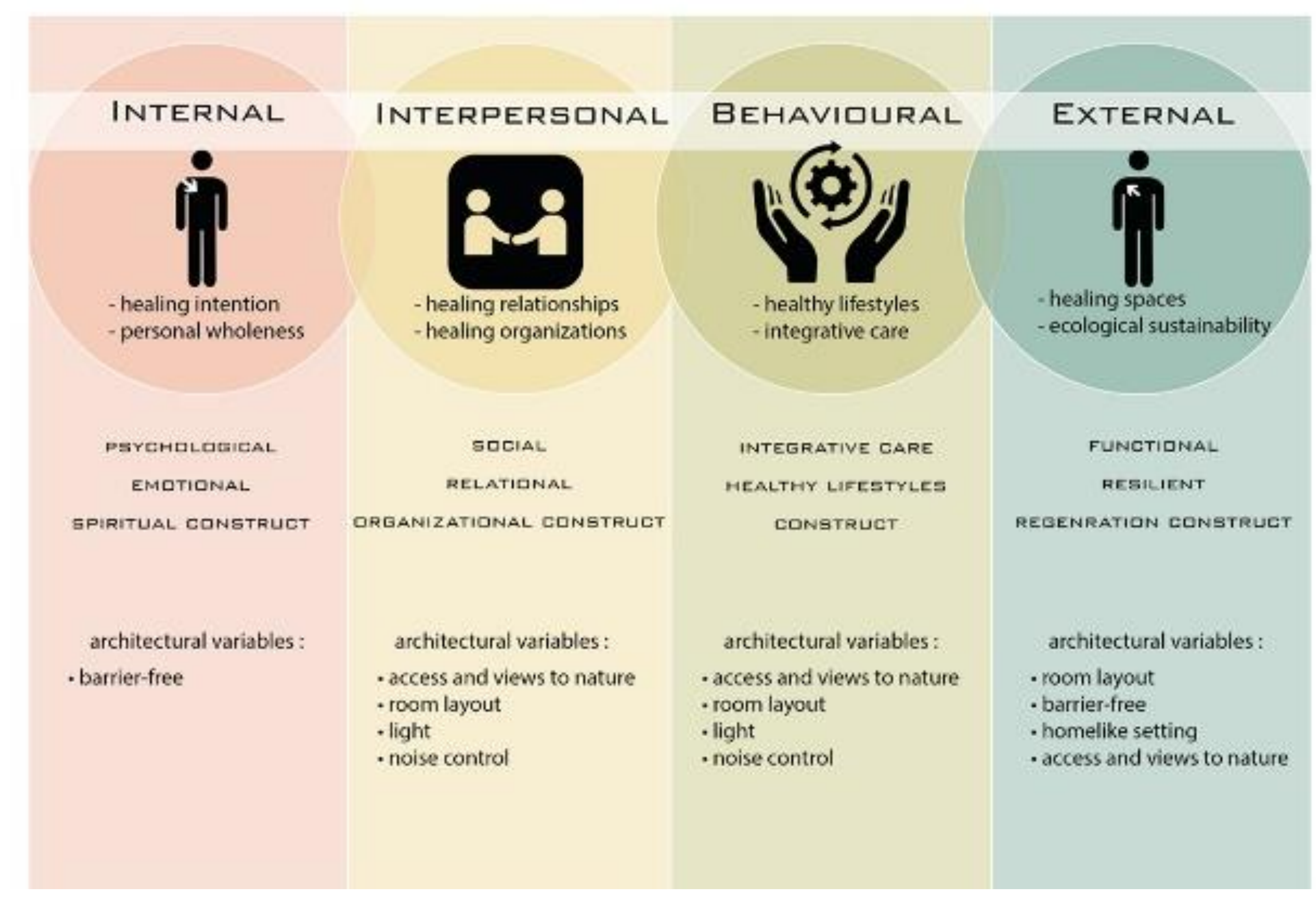


## Background

People in high-density cities can bear a lot of pressure. Outdoor living rooms and neighbourhood public spaces provide breathing spaces for urban dwellers to release stress. However, the management of Hong Kong's public parks imposes many limitations on the use of public spaces. Poor design and management exacerbates the shortage of space in urban neighbourhoods.

## Methodology

The Tai Ping Shan neighbourhood is ideal to test out some of my ideas because of its historical connections with plague and public health. Blake Garden, which is situated at the centre of my design area, is the first public park in Hong Kong created in the aftermath of Hong Kong's 1894 bubonic plague. The Old Pathological Institute, which is now the Museum of Medical Sciences, is also located within the same area.



## Research Objectives

My proposal is to introduce healing elements into people's everyday spaces, so that the therapeutic process becomes incorporated into part of their daily routines. Based on literature review, I propose a framework of therapeutic public space elements that addresses individual, interpersonal, and community needs. These elements are connected through landscape design – both in terms of consolidating ecological, social, and historical connections.

## Conclusion



## Findings

The redesign of public space programmes is considered through principles of biophilic and therapeutic design. The key programme areas cover meditative, active, and social components. According to colour psychology, I have proposed a thematic colour scheme where active zones are pink, highlighting the energy and vibrancy; quiet, contemplative zones are light blue, indicating tranquillity and calm; finally, community zones are yellow, representing happiness and harmony.

