HEALTHY LIFE, HEALTHY CITY

Perspective in Hong Kong

Vivien WL Mak 2026

?

what

Finding

Health and Wellness

In Designing an Urban Living Environment

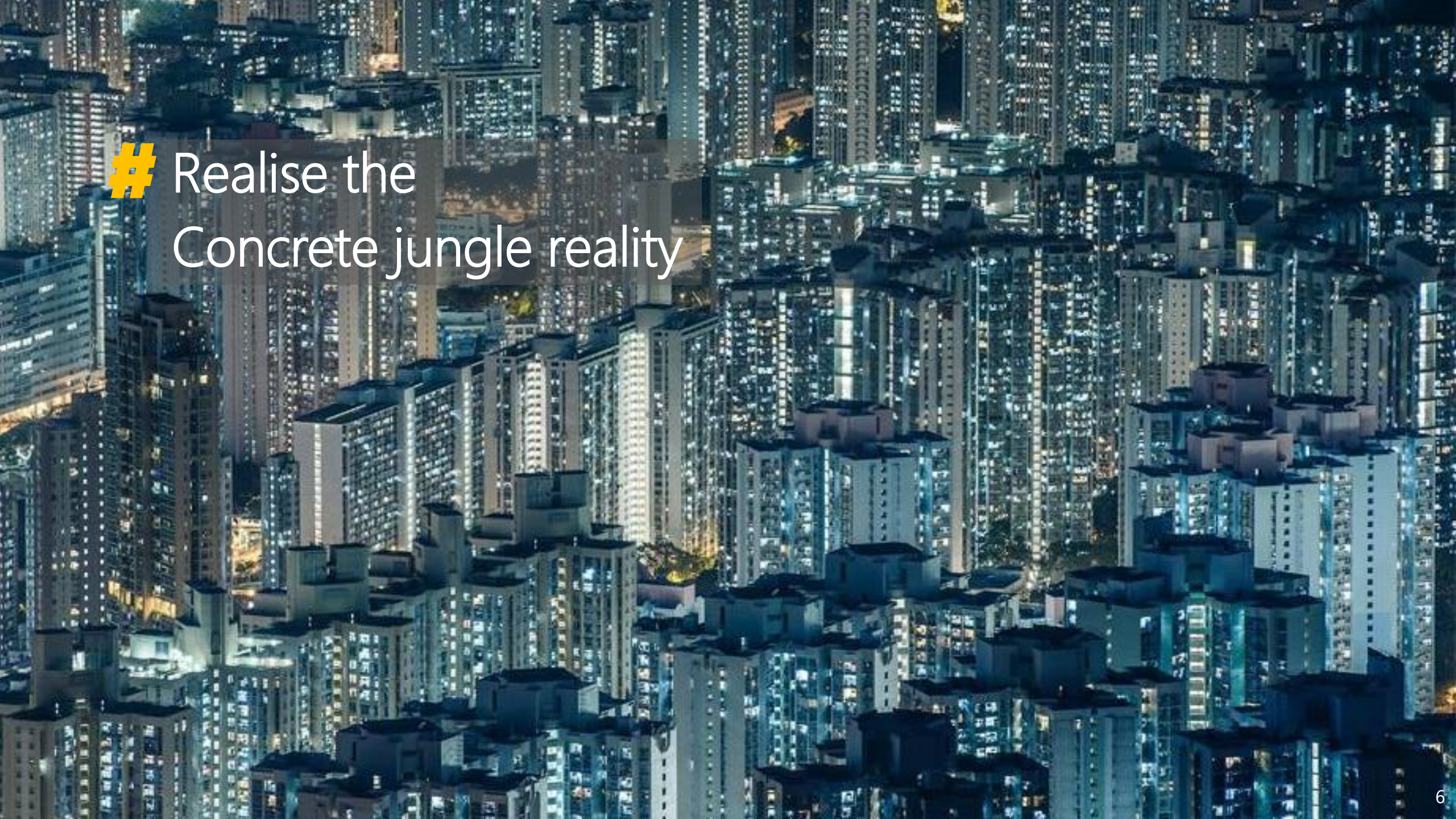
INQUIRY

Can an urban environment promote **Health** and **Wellness**?



A Perspective in Hong Kong


With density comes vibrancy
Robust transportation systems are available
"It's safe and everything is close by."


Realise the
Concrete jungle reality


Live beyond vertical walls



Nature is within reach

Country parks = 40% of total land area

Coastline of islands and peninsula = 1180km/ 733 miles



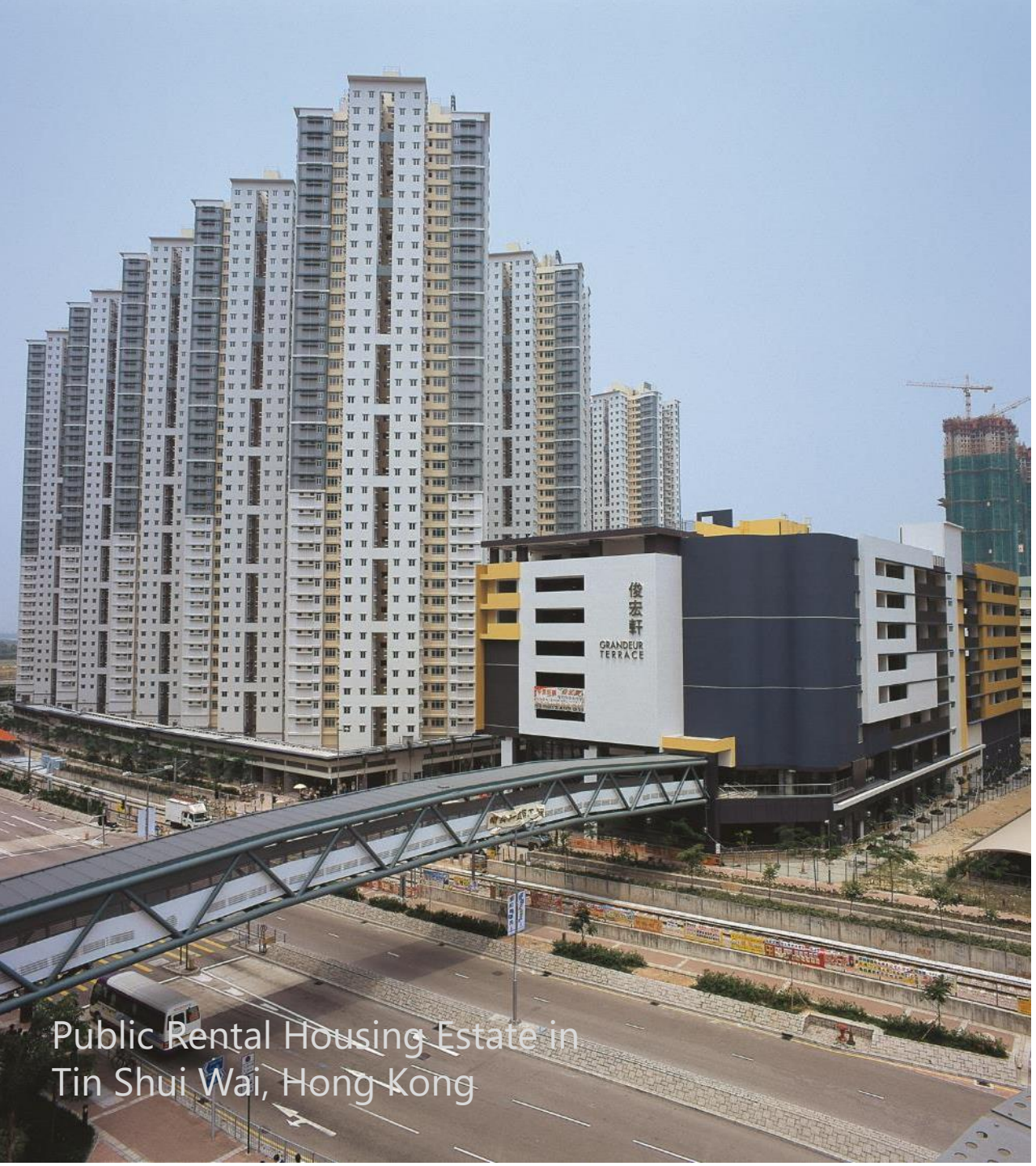
SkyPark, Hong Kong

1

Does our built environment promote wellness?

Comfort + Convenience

What, Where, Who, When?



Public Rental Housing Estate in
Tin Shui Wai, Hong Kong

2

Does our built environment support movements?

Accessibility + Connectivity

What are the consequences otherwise?
Who shall bear them?

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St. Paul's Hospital, Hong Kong

3

Does our built environment keep the population safe from illness?

Resilience + Immunity

How do we prepare for rapid changes necessitated by public health concerns?

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Facility Design Guidelines by the Hospital Authority, HKSAR



Hong Kong
2025 ~ In progress

Providing design guidance to different types of hospitals and medical facilities of the Hospital Authority in future

Cost & Time Effectiveness
EMABS Reliability & Resilience
Adaptability & Future-proofing
... Etc.

CONSISTENCY IN DESIGN REQUIREMENTS FOR CLINICAL EXCELLENCE

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Elderly-Friendly Design Guidelines for the Architectural Services Department, HKSAR

Hong Kong
2017-2018



WORKSHOPS

CASE STUDIES

LITERATURE REVIEW

FORMULATION OF DESIGN GUIDELINES

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Well-being Design Guide by the Housing Department, HKSAR

Hong Kong
2025





1. **Health & Vitality**
2. **Green Living and Sustainability**
3. **Age-friendliness**
4. **Intergenerational & Inclusive Living**
5. **Family & Community Connection**
6. **Urban Integration**
7. **Upward Mobility**
8. **Perception & Image**

8 WELL-BEING CONCEPTS

APPLICABLE TO ALL PUBLIC HOUSING PROJECTS

1/3 Population

<65

By 2046

Cities around the world are responding to demographic ageing

What is NEEDED for Hong Kong?

PRIORITISING

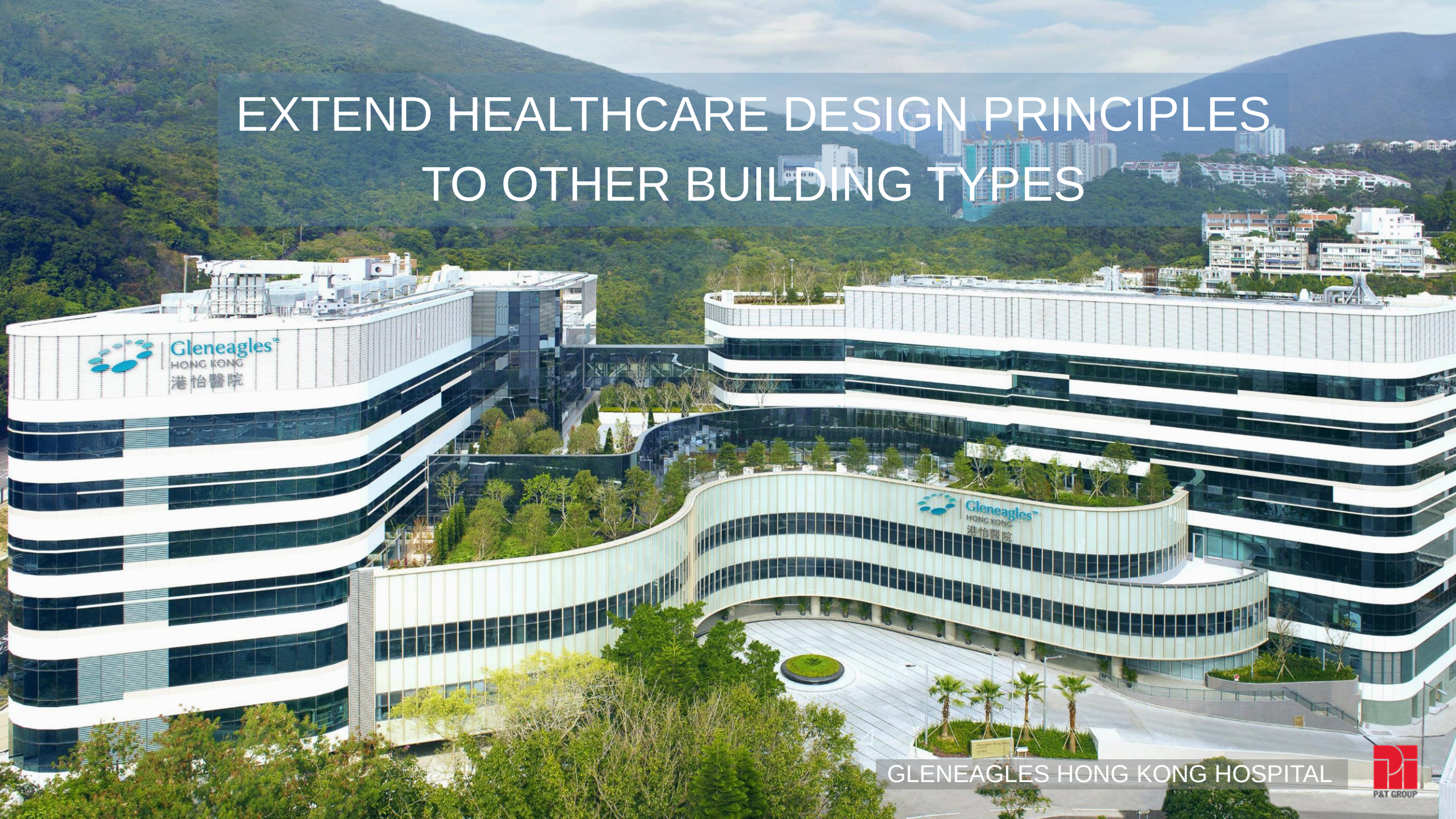
HEALTH

?

Think beyond the Comfort Zone

From HEALTHCARE to HEALTHCARING design

EXTEND HEALTHCARE DESIGN PRINCIPLES TO OTHER BUILDING TYPES



GLENEAGLES HONG KONG HOSPITAL

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PEOPLE-CENTRIC HEALTH PROMOTING DESIGN

GLENEAGLES HONG KONG HOSPITAL

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DISASTER, EXPANSION,
CONVERSION-READY
KELLETT SCHOOL, KOWLOON BAY, Hong Kong



WELCOMING AND CLEAR CIRCULATION WITH SEGREGATION CONTROL

PAVILIA HILL, Hong Kong



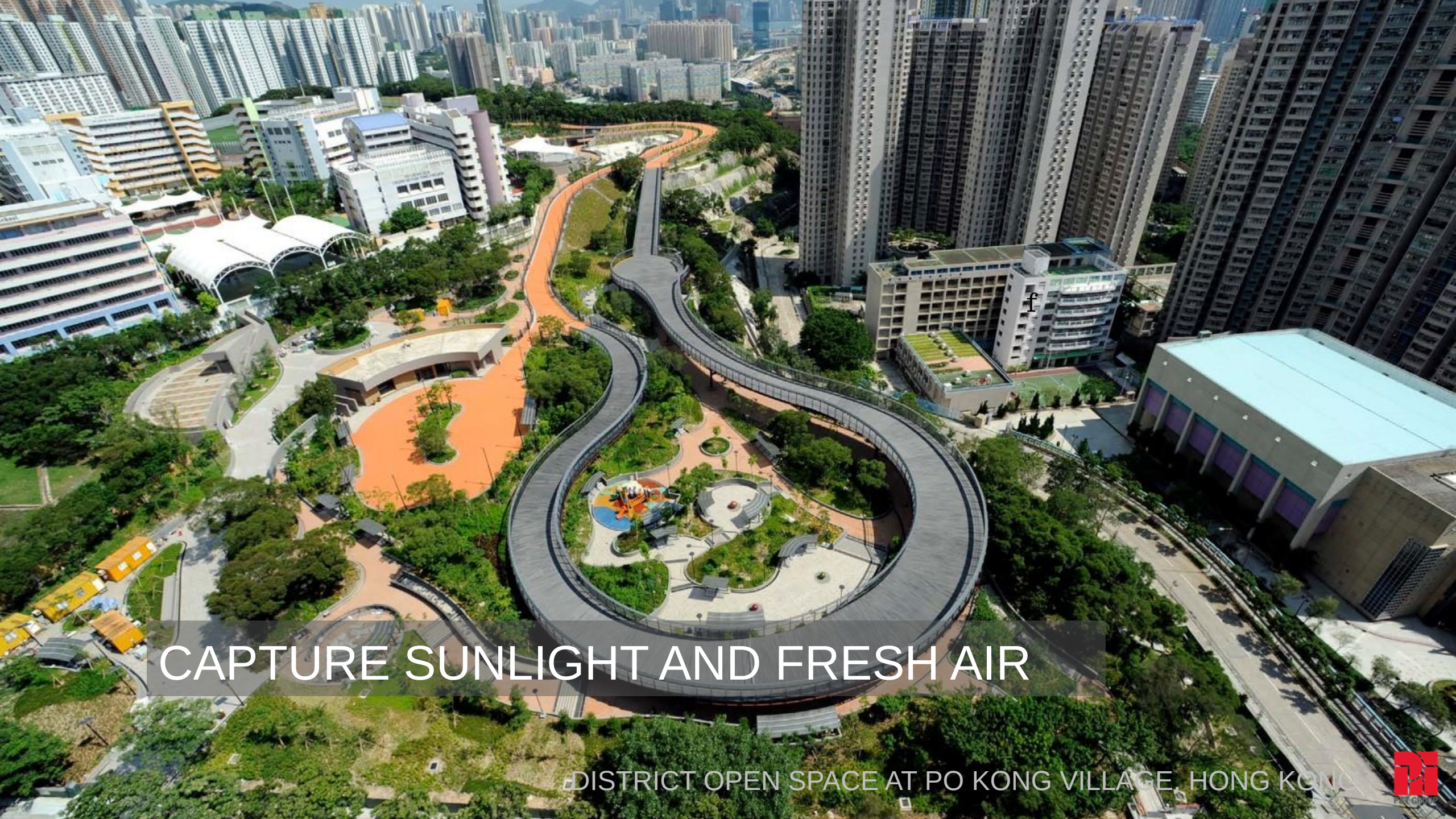
BREAKOUT SPACES AS ISOLATION FACILITIES IN PLACE

SKYPARK, HONG KONG



ABUNDANT DAYLIGHT, VIEW TO NATURE

PAVILIA HILL, Hong Kong



CAPTURE SUNLIGHT AND FRESH AIR

DISTRICT OPEN SPACE AT PO KONG VILLAGE, HONG KONG

!

PRACTICE

SALUTOGENISIS IN CITIES

DESIGNED for HEALTH

#Singapore #Hong Kong

CLEMENTI NORTHARC

SINGAPORE experience



CLEMENTI NORTHARC, SINGAPORE

SINGAPORE experience



Heritage preserved



CLEMENTI NORTHARC, SINGAPORE

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SINGAPORE
experience

Town in a park with a green corridor



PARK TOWN RESIDENCE, SINGAPORE

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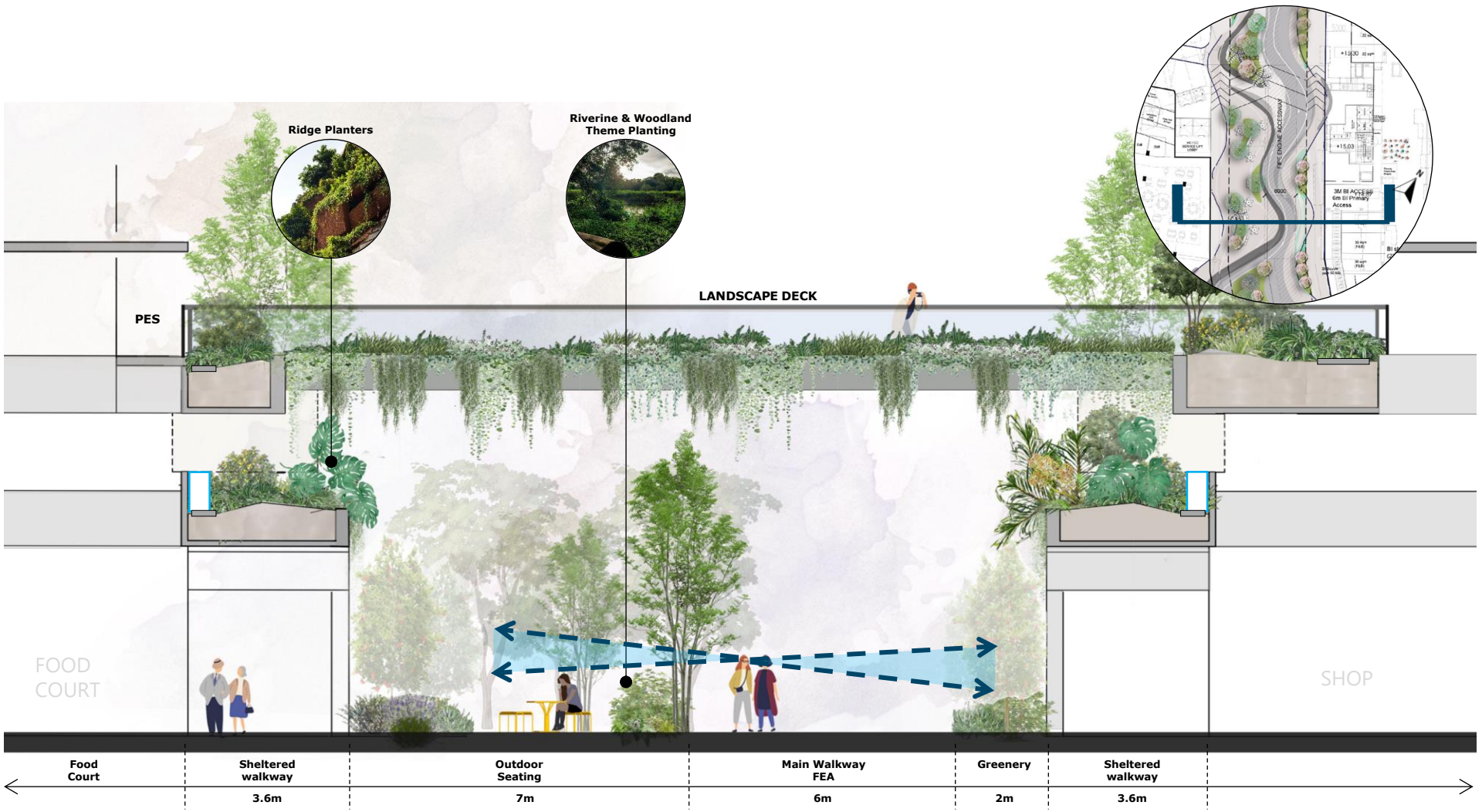
PARK TOWN RESIDENCE



CONCEPT LANDSCAPE | GREEN BOULEVARD

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SINGAPORE
experience
15 HOLLAND HILL, SINGAPORE
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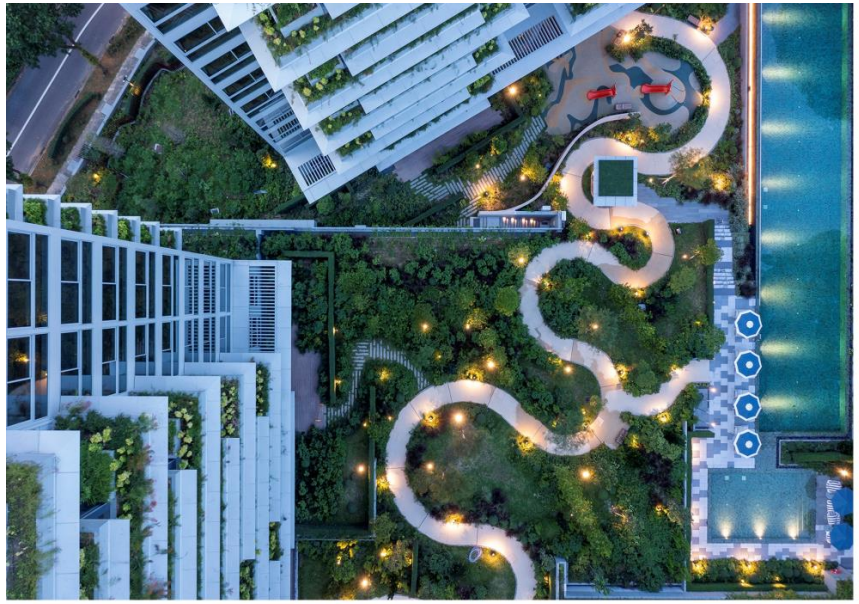

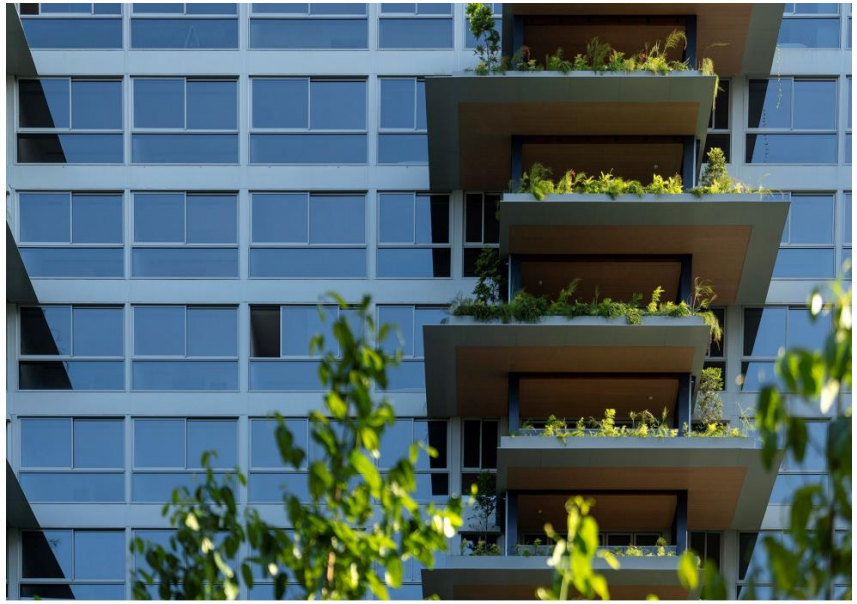



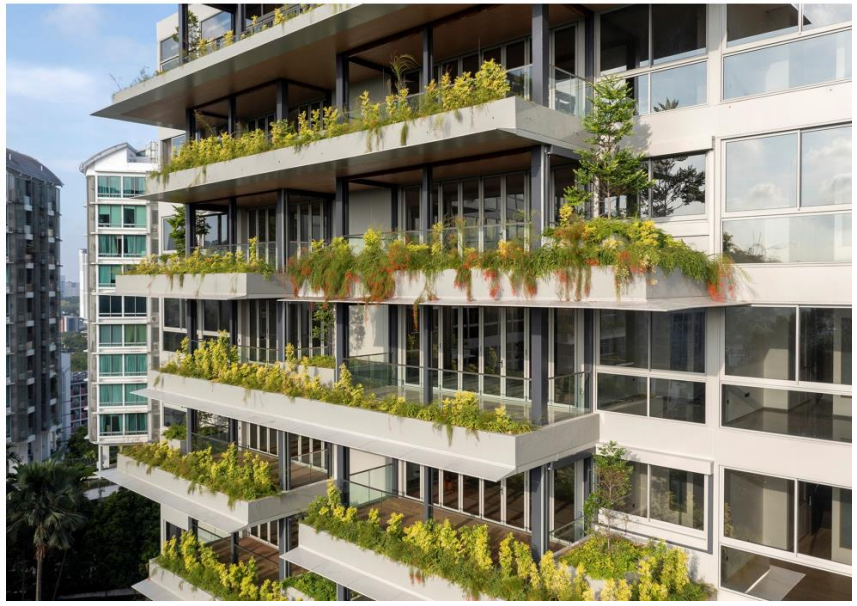

Built photos

WELLNESS IN RESIDENTIAL DESIGN

15 HOLLAND HILL, SINGAPORE

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SINGAPORE experience



KWONG WAI SHIU HOSPITAL, POTONG PASIR, SINGAPORE

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SINGAPORE experience



KWONG WAI SHIU HOSPITAL, POTONG PASIR, SINGAPORE

> Nursing home in greenery

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Heritage
x
Transit

Case Study

Water Feature Park at Diamond Hill

Hong Kong

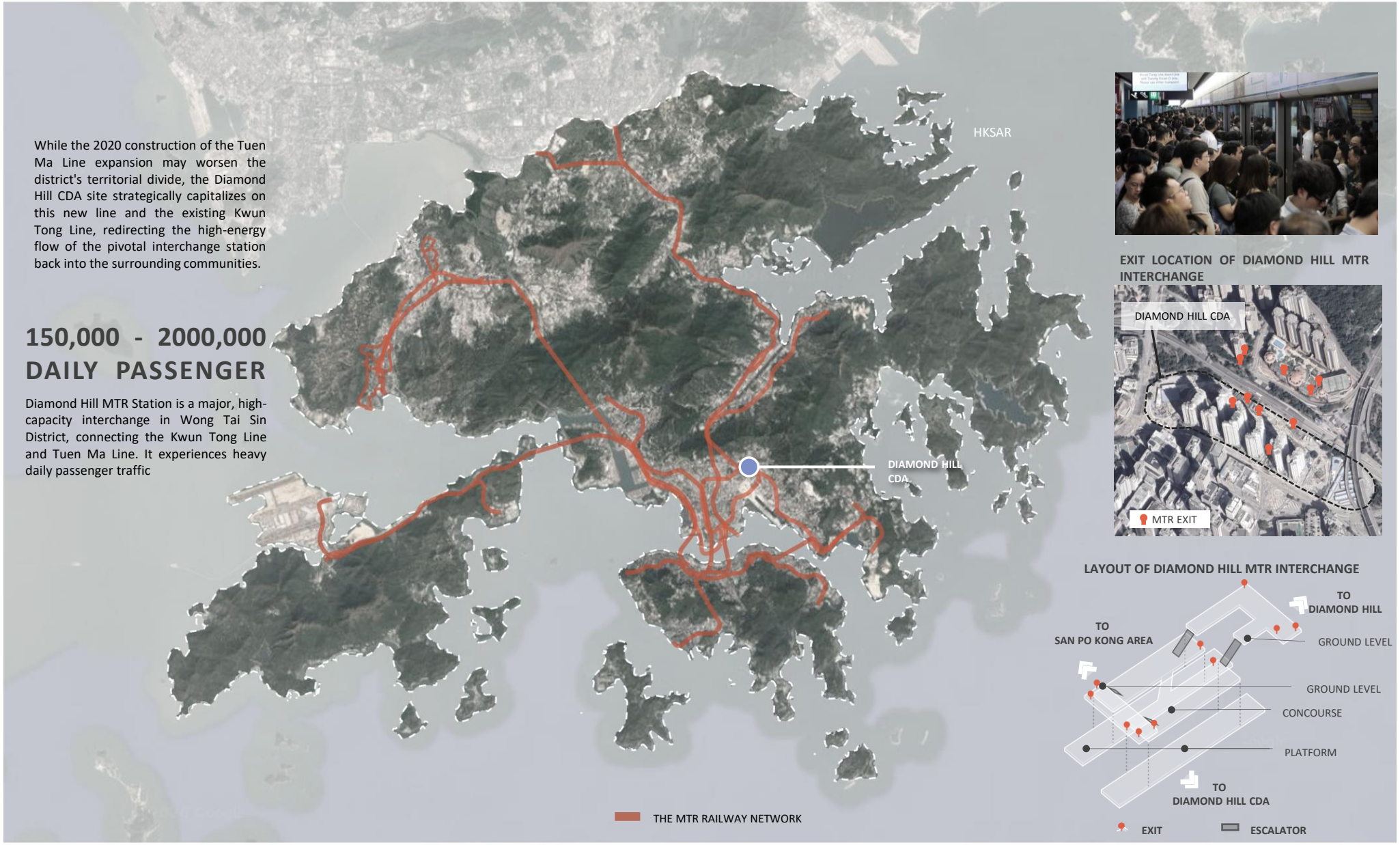
THE MACRO NETWORK

SYNTHESIZE OF UNDERGROUND SUBWAY INTERCHANGE

While the 2020 construction of the Tuen Ma Line expansion may worsen the district's territorial divide, the Diamond Hill CDA site strategically capitalizes on this new line and the existing Kwun Tong Line, redirecting the high-energy flow of the pivotal interchange station back into the surrounding communities.

150,000 - 2000,000 DAILY PASSENGER

Diamond Hill MTR Station is a major, high-capacity interchange in Wong Tai Sin District, connecting the Kwun Tong Line and Tuen Ma Line. It experiences heavy daily passenger traffic



EXIT LOCATION OF DIAMOND HILL MTR INTERCHANGE

LAYOUT OF DIAMOND HILL MTR INTERCHANGE

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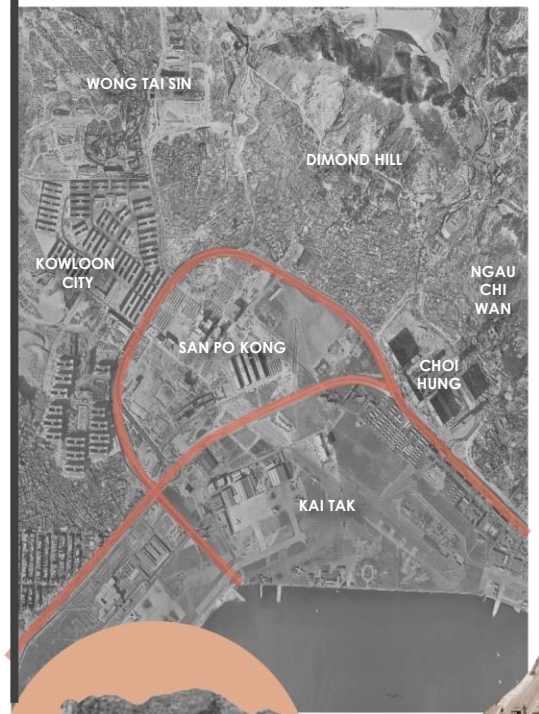
FROM UNDERDEVELOPED TO TERRITORIAL ISLANDS

SUBSTANTIAL URBANISATION IN THE AREA

1940-1960s

CULTRUAL DAWN & CINEMATIC IDENTITY

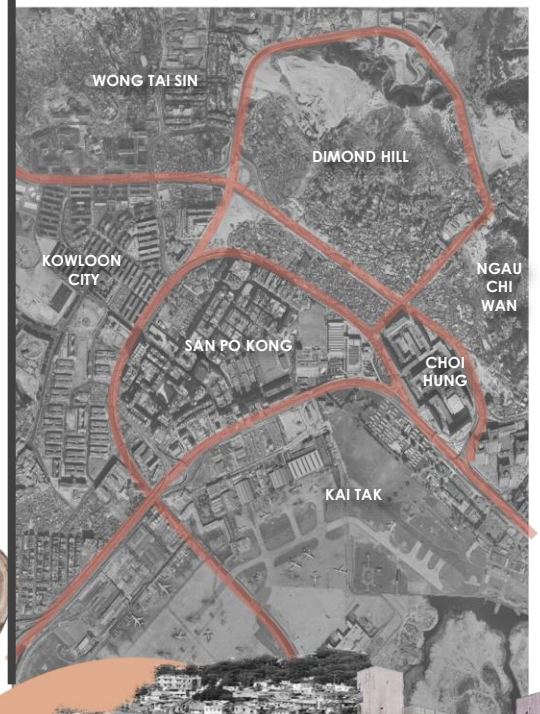
The rise of major production companies establishes Diamond Hill as the premier film studio hub of the region. This golden cinematic era embeds a deep cultural soul and collective memory into the footprint of Tai Hom Village.



1970-1980s

THE RISING INFRASTRUCTURE

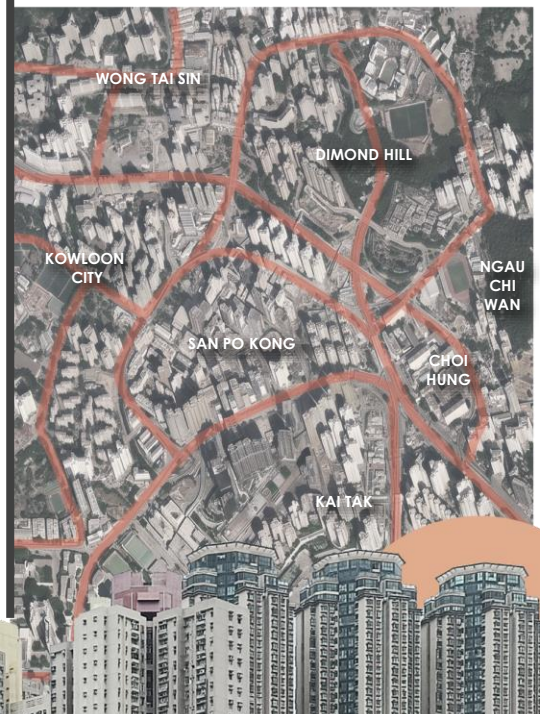
The first wave of high-rise residential construction and industrial blocks begins. Rapid, vehicle-centric urbanization creates the initial boundaries of the district's "territorial islands."

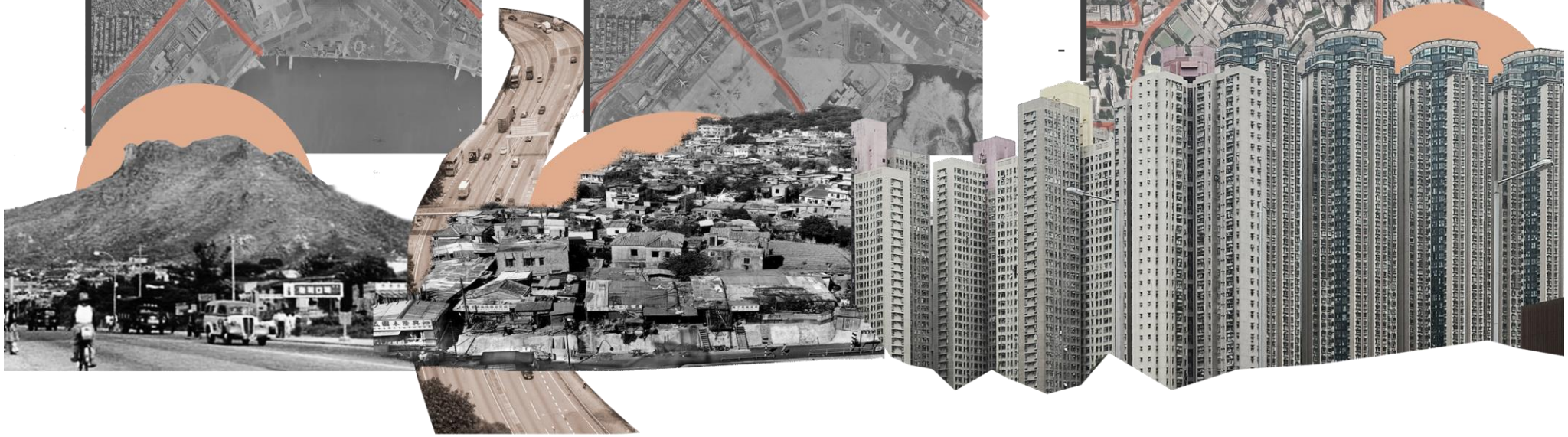


2000s

STRUCTRAL MODERNIZATION & ISNOLATION

The complete clearance of the squatter settlement and initial transit expansions finalize the district's rapid modernization. This infrastructure solidifies the final boundaries of the "territorial islands," cutting off community connections.





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PRE-INTERVENTION

SQUATTER SETTLEMENT, FILM HUB AND COLLECTIVE MEMORY

OVER 400,000 POPULATION

Population with Wong Tai Sin District of just 9.3 square kilometers, it is a highly dense area with around 43,728 people per square kilometer

55 COMMUNITIES

Including 22 public housing estate, 18 subsidized housing estate and 15 private development

9.36km²

Of total covering in Wong Tai Sin District, Diamond Hill and San Po Kong are smaller with around ~3.25 Km².

POST CDA DEVELOPMENT



MOVIE HUB
the "Hollywood of the East"





TAI HOM VILLAGE
FORMED COMMUNITY





SQUATTER SETTLEMENT
1,700 HOUSEHOLDS
OVER 50,000 RESIDENTS DURING PEAK POPULATION

CURRENT LOCATION OF
THE DIAMOND HILL CDA

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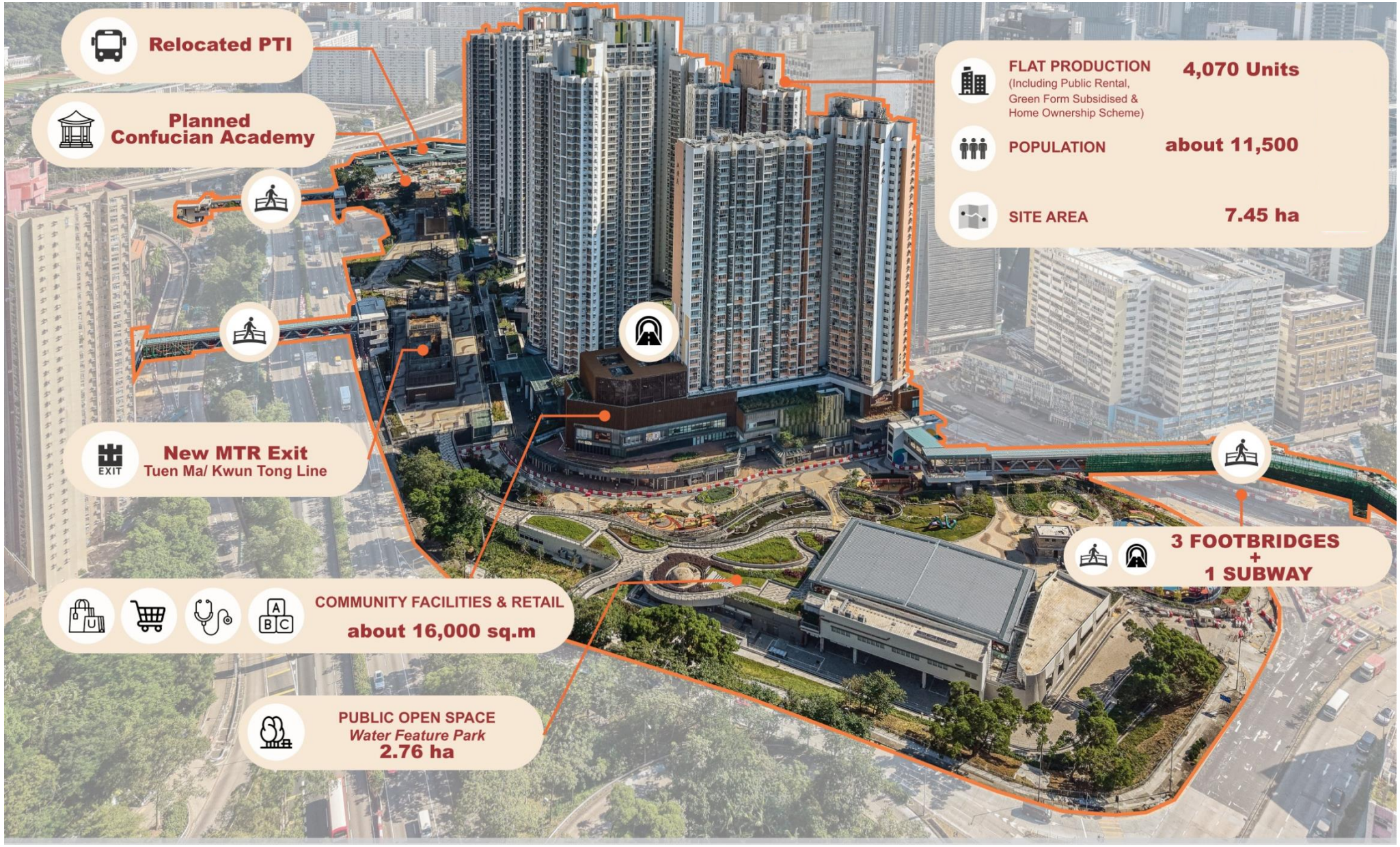
DIAMOND HILL COMPREHENSIVE DEVELOPMENT AREA (CDA)



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CREATION OF URBAN LIVING ROOM

WALKING EXPERIENCE IN THE WATER FEATURE PARK



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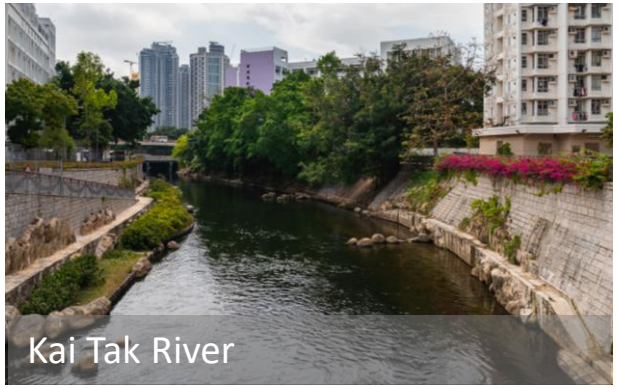
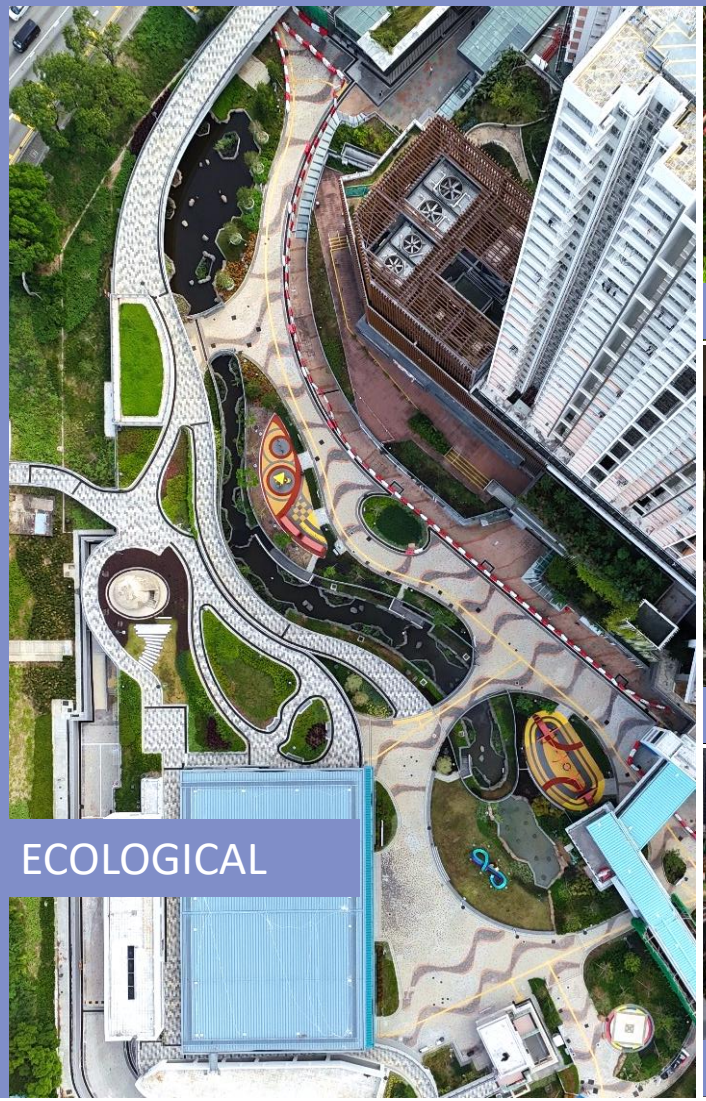
REIMAGINING INFRASTRATURE

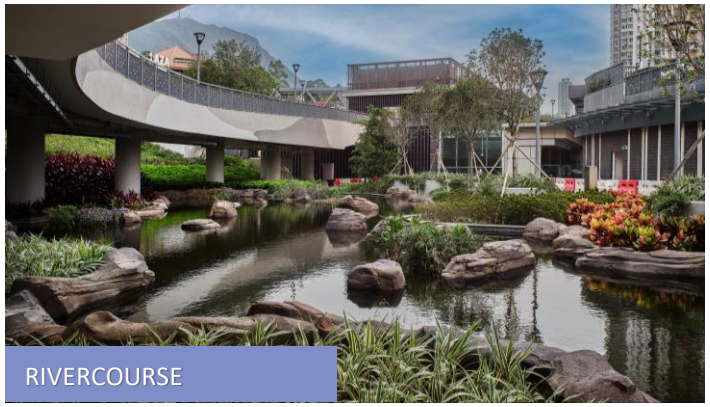
VISIONARY TRANSFORMATION OF THE KAI TAK RIVER TO ECOLOGICAL URBANISM



REVITALIZING OF KAI TAK RIVER - WATER FEATURE PARK









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REIMAGINING INFRASTRATURE

A SHOWCASE OF ECOLOGICAL PROCESSES WITH EMBEDDED COLLECTIVE MEMORY



DIAMOND HILL WATER FEATURE PARK



Phragmites australis var. bariegates



Kandelia obovata





Ruellia coerulea





VICTORIA HARBOUR

The DSD has been promoting the concept of “Rivers in the City” and integrating it with the concept of ”Blue Green Infrastructure” that underlines the revitalisation of water bodies to form a novel strategy for existing and future river engineering projects. To take forward the concept of ”Rivers in the City", elements of river revitalisation have been incorporated into river improvement works to provide **high-quality public areas**, strengthen river-community connection, and promote a water-friendly culture.

KAI TAI RIVER

EXPLORE THE KAI TAK RIVER
STARTING FROM DIAMOND HILL WATER FEATURE PARK









Revitalization of Kai Tak River

Kai Tak River was revitalized into the “Urban Green River Corridor” Along with the city development, the local demand of sewage treatment has been increasing. To provide a clean and healthy living environment for the public, the DSD is committed to optimizing sewage treatment services. The treated effluent from Sha Tin and Tai Po Sewage Treatment Works are conveyed to Kai Tak River for flushing and improving the water quality of Kai Tak River.

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CONSERVING HERITAGE, ROOTING COMMUNITY

REVITALIATION EMBEDDED WITH COLLECTIVE MEMORY – THREE “TREAURES OF TAI HOM VILLAGE”



FORMER ROYAL AIR FORCE HANGAR

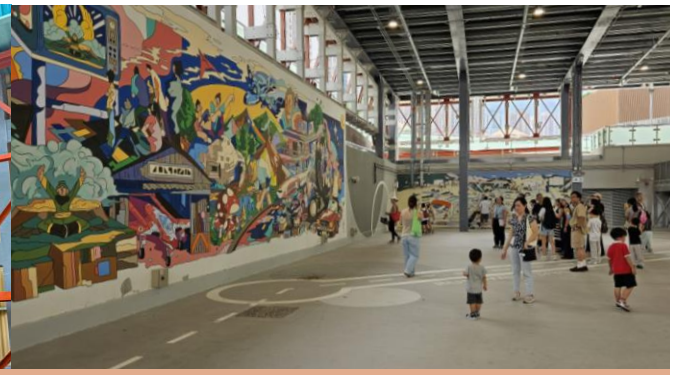


OLD PILLBOX



STONE HOUSE





REVITALIZE - Semi-open multi-purpose space



PRESERVE - Old Pillbox





RE-CREATE – Exhibition Area

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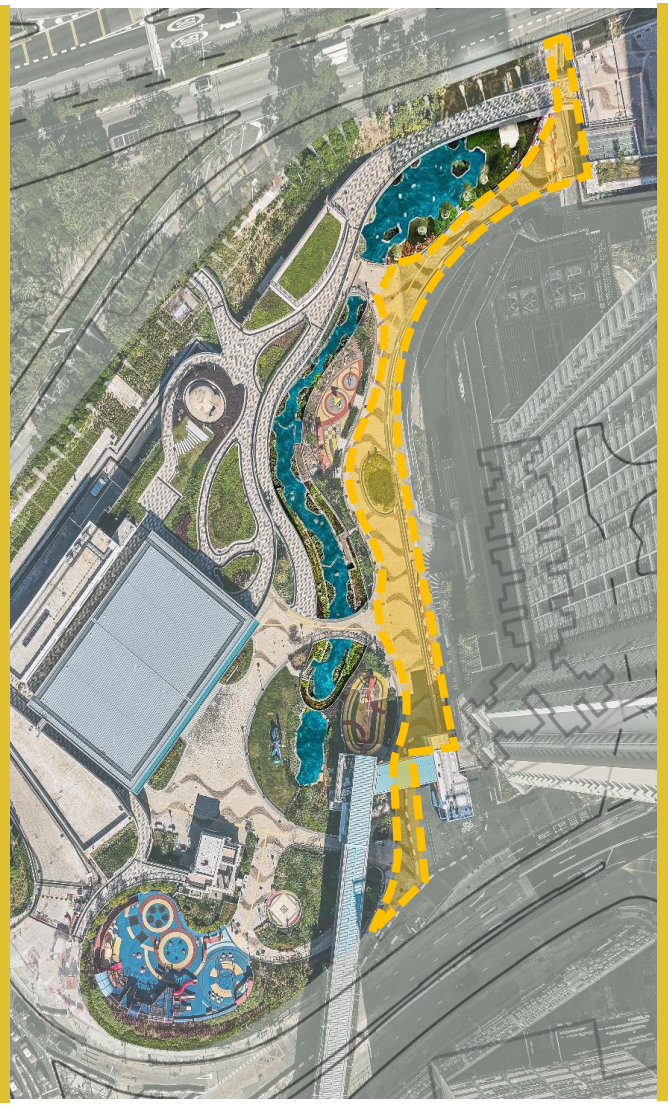
ENERGETIC & CINEMATIC ROUTE

BRUCE LEE PATH













CULTURAL & ENERGETIC

HOLLYWOOD OF THE EAST

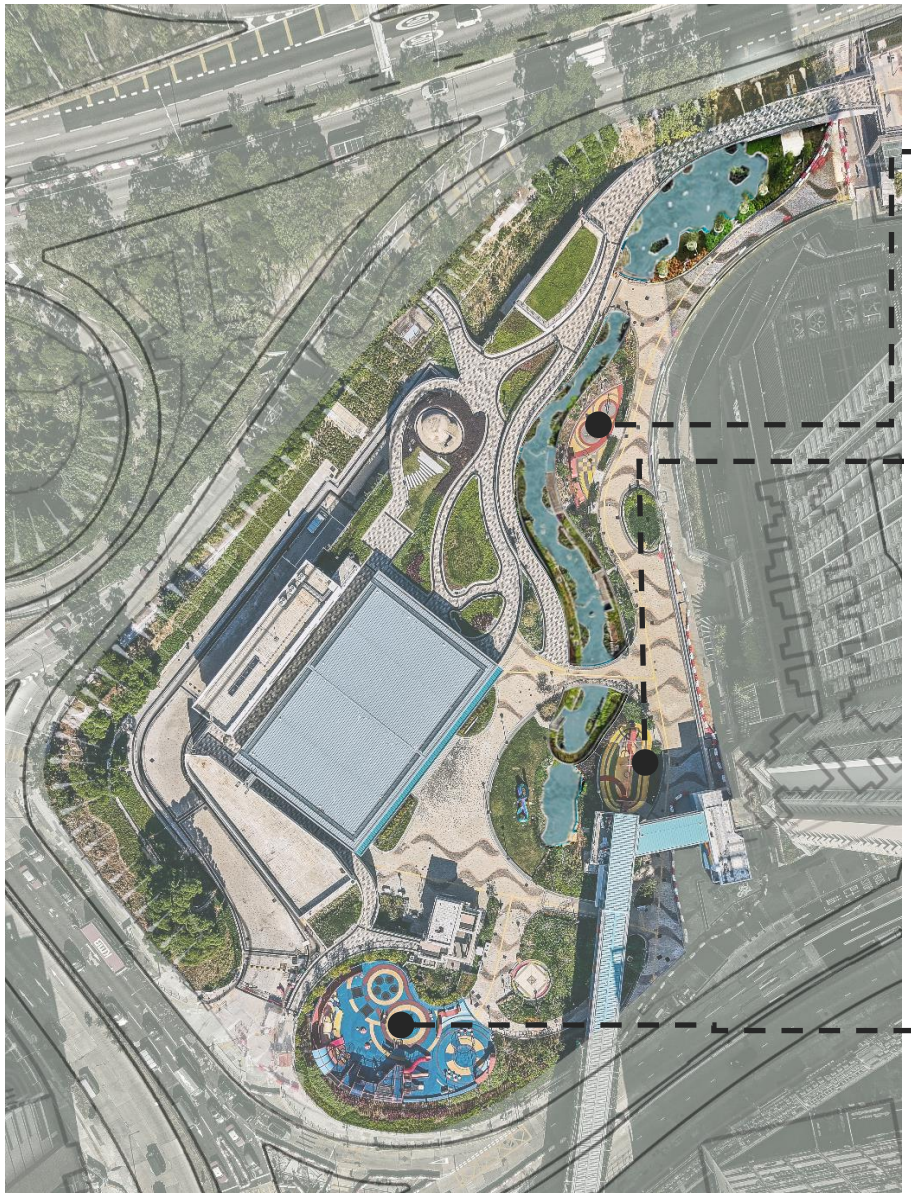






ENERGETIC & CINEMATIC ROUTE

CINEMATIC FEATUREED PLAY AREAS



BRUCE LEE-THEDMED FITNESS AREA





CINEMATIC-THEMED COMMUNAL PLAY AREA 2





CINEMATIC-THEMED COMMUNAL PLAY AREA 1



Cinematic scenes are reinterpreted in the form of playful spatial narratives in the Community Play Area and Fitness Area. In collaboration with the Bruce Lee Foundation, a dedicated “Bruce Lee Path” respectfully commemorates his enduring spirit. The project demonstrates how preserving cultural memory is fundamental to fostering community identity and well-being.









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DIAMOND HILL WATER FEATURE PARK

A HUMAN-CENTRIC DESIGN TO FOSTER COMMUNITY ENGAGEMENT AND IDENTITY



The project enhances community identity by transforming a fragmented site into a "cultural palimpsest" that celebrates Old Diamond Hill's heritage. By conserving the Three Tai Hom Treasures and integrating a "cinematic landscape", the design anchors modernization in local collective memory, providing a vibrant social hub where residents can reclaim their shared history.





Involvement of local and international artists to celebrate the profound history and heritage to the site. Wall painting with vivid expressions further enhance the Diamon Hill Water Feature Park as the "Living Prototype" – a model of historical, ecological, and social convergence.

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IMMERSIVE AR EXPERIENCE

TECHOLOGICAL INTERGRATION OF HISTORY AND HERITAGE TO WAYFINDING

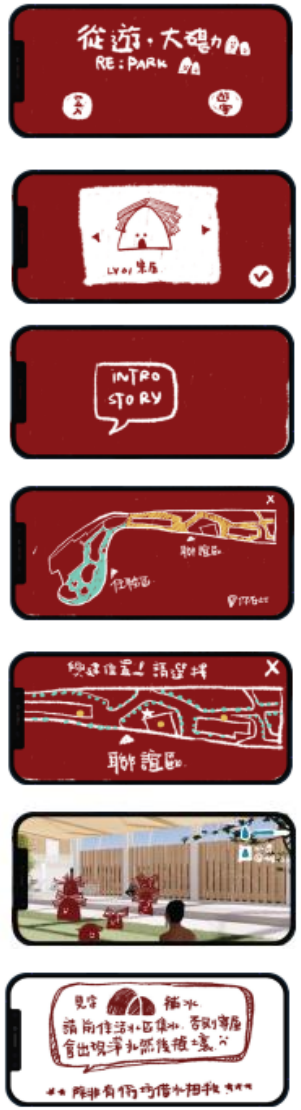
Interactive AR wayfinding designed to enhance visitor involvement and ensure easy access





An immersive audio pathway that shares the place heritage and strengthens visitor sense of belonging.





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WAY FORWARD

"**Great things**
are done by a series of small things brought together."

— Vincent Van Gogh, letter to Theo Van Gogh



Challenge is inevitable



Empower alternatives

There is always a way.



Stay connected, stay green


The hills are steep
but
a solution may be just steps away

Thank you

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