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Editorial

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Rethinking the Everyday

Whether it is on a personal level or a planetary scale there will always be challenges to face, and sometimes it can seem all too overwhelming. Fortunately, design thinking offers fresh ways to explore the world and its possibilities by breaking out of old-think and creating space for new and better things to arise.

After the shock of COVID-19, many people are forced to rethink their daily lives, and consider what is important for them as individuals, as communities, and as part of an interconnected planet. Designers have an important role to play in helping to adjust to these new realities, and to improve on what was already in need of change in the pre-COVID era. Focusing on the theme of Rethinking Everyday Life, the following three issues of SIGNED will explore three aspects of everyday life, and highlight the role of design in helping make life easier and better.

Later issues will probe topics such as what we choose to throw away, and how we share; but this first issue of the series is dedicated to rethinking food, the foundation of all life. SIGNED #25 "Rethinking Eating: Food non Food", is an exploration of the possibilities design holds for helping us better understand our relationship with food, its production, consumption, and cultural significance. Want to

get inspired by food? Then read on, and discover how easy it is to design healthier relationships around food and all it has to offer.

不論是在個人層面或是以地球為單位，挑戰無處不在，有時甚至以壓倒性的勢頭襲來。幸運的是，設計思維為探索世界帶來新鮮思緒，為打破舊思想和創造新事物提供可能性。

COVID-19帶來的衝擊令人們重新規劃日常生活，考慮對於個人、集體和這顆星球真正重要的事物。設計師在我們適應新現狀的過程中飾演重要角色，同時他們也繼續改善 COVID-19前那些已需要更新改變的事物。接下來的三期 SIGNED 專注於重新思考日常生活，並會主要探索在三個生活視角中，設計如何優化日常。

後續刊物討論的話題有：如何選擇扔掉的物件以及分享方式。但此系列的第一期獻給對食物的重新思考。SIGNED #25 "Rethinking Eating: Food non Food" (「重新思考食物的可能性」) 是一次對設計在提升人與食物關係中的探索，是對於這項生命基礎的生產、購買和文化重要性的深入了解。若想從食物中受到啟發，繼續閱讀便能發現通過設計重塑食物和人類間更健康的關係有多麼簡單。