@martijnvandenbroeck Touching the #digital version of myself. #projector #camera #lifeatuid #deep #religious
Stay the loop

Thanks for your contributions. Future articles & photos can be sent to: wozzp@gmail.com by Friday evenings. We love hearing from you!

Editor: Justyna Fryczak
Graphic Designer: Kimberley Beauprez
Contributions: Johan Grönskog, Maria Göransdotter, Jessica Williams, Marije de Haas
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Design Process 1
Design Project 2
Degree Project

Design Communication

Project 2: General Product
Degree Project

Storytelling in Design
Degree Project

Project 2: Strategic Design
Degree Project

KITCHEN CLEANING
WORKSHOP CLEANING

The Design Meeting Award is an international competition for art college and university students of all design fields of studies. The competition aims to confront and compare works created by students of various European schools, to explore the national influence and different approaches to design in general. It also aims to support young talented artists and to give them the possibility to network and get valuable contacts from the field of design. The competition entries can include for example graphic design, visual communication, product design, fashion design, ceramic design, glass design, food design, interior design etc.


‘Emerging in Making – rethinking local design production’ – is a one week intensive workshop to question and investigate the value and assets in the local manufacturing of furniture and related products. The course will be organised in the Sykkylven – region on the west coast of Norway. This particular area is historically and industrially important concentration of two-third of the Norwegian furniture manufacturing industry.

Application: https://docs.google.com/a/artun.ee/forms/d/1R62ksHbmlmcr94iEW_zodgylx-6uVetsUjD5HiqCk/viewform

CIRRUS SUMMER SCHOOL / NORWAY
EMERGENCE IN MAKING – RETHINKING LOCAL DESIGN PRODUCTION
AUGUST 6-14, 2015
3 ECTS
DEADLINE: MAY 15


CIRRUS SUMMER SCHOOL / NORWAY
INTERNATIONAL BIENNIAL POSTER DESIGN TERRAS GAUDA - FRANCISCO MANTECON COMPETITION
PRIZE: 16,000 € IN CASH
DEADLINE: 30/09/2015

Bildmuseet is looking for two new assistants in art education to open an image workshop during weekends, Saturdays and Sundays 12:00 to 16:00.

Required good knowledge of various artistic techniques and interest in contemporary art as well as experience of working with children and young people.

Become a workshops assistant at Bildmuseet
(for students fluent in Swedish)
Bildmuseet is looking for two new assistants in art education to open an image workshop during weekends, Saturdays and Sundays 12:00 to 16:00.

Required good knowledge of various artistic techniques and interest in contemporary art as well as experience of working with children and young people.

PRIZE: 30 000 CZK / 1 000 EUR CASH FOR THE BEST THREE WORKS
DEADLINE: MIDNIGHT 30/06/2015
REGISTRATION:
http://WWW.FDU.ZCU.CZ/IMAGES/DOKUMENTY/DESIGNMEETING/DMAWARD2015_REGISTRATION_FORM.PDF

Any form of photographic, painting or computerised techniques, etc may be used.

EACH participant is allowed to present a maximum of two entries.

The participant may base their entries on the theme of their choice, although ideally they will reflect corporate issues of the organizing company, principally relating to its white wines of the Albariño variety Terras Gauda and Abadía de San Campio wines. Credit will be given for creativity and the incorporation of the Company’s logo into the design.


Oppotunities

How Virtual Reality can create the ultimate empathy machine

Chris Milk uses cutting edge technology to produce astonishing films that delight and enchant. But for Milk, the human story is the driving force behind everything he does. In this short, charming talk, he shows some of his collaborations with musicians including Kanye West and Arcade Fire, and describes his latest, mind-bending experiments with virtual reality.

“It’s not a video game peripheral. It connects humans to other humans in a profound way that I’ve never seen before in any other form of media. And it can change people’s perception of each other.”

Watch at: http://goo.gl/bXKEJa
THE WEEK

SHARE YOUR PROJECTS, FIKA, CLASS MOMENTS WITH UID BY SENDING YOUR PHOTOS TO:
WOZZOP@GMAIL.COM
WE LOVE HEARING FROM YOU!

THE ATUID

10 words or less about yourself:
I’m a happy person especially on a full stomach.

Something most people don’t know about you:
I love death metal and have played the drums for 8 years.

NEW BLACK

JONNA MÅRTENSSON (BA2)

THE WEEK

IxD1 downloads their SIDER 2015 Conference experience to show during their fika.

THAT WAS

IxD1 experimenting with projecting a face for their service design project with Skype. IxD selling fika to cover the costs of their study trip to Stockholm.

Thursday Fika at IxD. Rumour has it, that it was amazing!

The New Black in SLANG
‘Typically’ is a word that I use a lot right now. And you can use it in so many situations.

The New Black in RADOMNESS
Never underestimate pastels!

Do you have any interesting websites, movies, or good reads that you’d like to share with the rest of the school?
Send them to: wozzop@gmail.com

@piotrkuiko
Tree pizza! #lifeatuid

@helletaanquist Exploring Skype in new dimensions with @AylinAlpay1 and @TrieuvyLuu! #skypeproject #ixd #lifeatuid

#LIFE

@scyencepatel #LifeAtUID #ChasingLight #ArchitectureAndPeople

@lugnegard #search-and-rescue #lifeatuid #rendering #keyshot3d

#LIFE

THE WEEK

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If it wasn’t already clear through common sense, it’s become painfully clear through science that sitting all day is terrible for your health. What’s especially alarming about this evidence is that extra physical activity doesn’t seem to offset the costs of what researchers call “prolonged sedentary time.” Just as jogging and tomato juice don’t make up for a night of smoking and drinking, a little evening exercise doesn’t erase the physical damage done by a full work day at your desk.

In response, some people have turned to active desks—be it a standing workspace or even a treadmill desk—but the research on this recent trend has been too scattered to draw clear conclusions on its benefits (and potential drawbacks). At least until now. A trio of Canada-based researchers has analyzed the strongest 23 active desk studies to draw some conclusions on how standing and treadmill desks impact both physiological health and psychological performance. What they found, broadly speaking, is that both types of active desks reduced sedentariness and improved mood without introducing too many workplace complications. More specifically, treadmill desks offered greater health benefits than standing desks—with treadmill desks typically showing better outcomes than standing desks. That’s not a big surprise, given the extra exertion involved in walking. Still, treadmill desks showed “very strong” evidence in a number of physiological areas, including increased heart rate (three studies), glucose reduction (two studies), and decreased waist circumference (two studies). “Both standing and treadmill desks showed some promise of an ability for improving health outcomes with regular use,” conclude the researchers.

### PHYSIOLOGICAL OUTCOMES

The evidence sheds light on how active desks impact three measures of physiological health.

Baseline. On some baseline physiological measures, such as energy expenditure, both types of active desks showed clear benefits over sitting. Three studies of standing desks found that, on average, participants had an average heart-rate increase of more than 8 beats per minute. Not surprisingly, the impact of a treadmill was even greater here: in two studies, participants walking about 1 mph at their desk showed an average heart-rate increase of more than 12 beats a minute.

Cardiometabolic. Only one study has looked at how standing desks impact clinical metabolic risk factors; it found that a standing workstation could increase HDL cholesterol—a.k.a. “good” cholesterol. The encouraging evidence was a bit stronger for treadmill desks. In one study, participants spent nine months using a walking desk instead of their traditional sitter, and registered significant reductions in both total cholesterol and LDL (i.e., “bad”) cholesterol.

Weight loss and body size. The lone study looking at this health measure with regard to standing desks found that the 18 participants who used one for three months did lose weight, though they experienced no changes in body composition, such as body mass index. The treadmill evidence is again more compelling. In one year-long intervention that included lean, overweight, and obese workers, the 36 total participants lost an average of 3 to 7 pounds.

Recap. Using active desks has resulted in some clear physiological health benefits relative to sitting desks—with treadmill desks typically showing better outcomes than standing desks. That’s not a big surprise, given the extra exertion involved in walking. Still, treadmill desks showed “very strong” evidence in a number of physiological areas, including increased heart rate (three studies), glucose reduction (two studies), and decreased waist circumference (two studies). “Both standing and treadmill desks showed some promise of an ability for improving health outcomes with regular use,” conclude the researchers.

### PSYCHOLOGICAL OUTCOMES

Now let’s look at what the research says about how active desks impact work performance and general cognitive functioning.

Work performance. Seven studies of standing desks, totaling 220 participants, found they had very little impact on typical work tasks—namely, typing. In one telling study, employees who used a sit-stand workstation for four hours a day during on work week had no significant difference in characters typed per minute or typing errors made when standing. Among the eight relevant treadmill studies, with 242 participants, some minor decreases in typing and mouse proficiency were detected.

Mood. Study participants who used active desks showed a clear mood boost. In one seven-week study of standing desk use, participants reported less fatigue, tension, confusion, and depression, and more vigor, energy, focus, and happiness—and when they went back to their old desks, their overall mood returned to baseline levels. The one small study of mood among treadmill desk users found a significant decrease in stress over a two-week period.

Recap. Using active desks allowed for steady performance among employees who switched from sitting and, even made for happier workers. The best option for many workers might be a hybrid sit-stand workstation: it offers all the benefits of standing but avoids some of the new muscle aches that might emerge from standing all day. Treadmill desks did come with some work drawbacks in terms of typing performance, but the evidence suggests those diminished over time.

And since neither standing nor treadmill desks seemed to alter cognitive processes in a negative way, the researchers conclude that active desks “thus have no detrimental impact on the quality of work being produced.”

So the evidence suggests active desks are a win for the body and at least a push for the mind. Just make sure when you share the big news with your office manager, who just ordered a full roster of traditional desks, that he or she is sitting down.

**ELECTED RIGHTS NOW**

**SCIENCE KNOWS ABOUT STANDING DESKS**

BY ERIC JAFFE

Read full article at: http://www.fastcodesign.com/3045217/evidence/everything-science-knows-right-now-about-standing-desks

**STORYTELLING IN DESIGN: HOW TO TELL GREAT STORIES**

Here are 5 tips for designers, that helped me to tell great stories.

1. **Tell the story of the heart, not of the artifact.** It is the story of what people feel, how the product lives and celebrates when it is out there in the world.

2. **Speak with empathy.** If you make people care, people will get drawn into your story.

3. **It is about what you don’t show.** Don’t tell everything exact, make the audience put the things together. Doing this will bring life to your story.

4. **The best stories engage all of the senses.** When you tell a successful story, people will not only relate to your story, but they will be moved by it.

5. **The richness in silence.** Sometimes there are no words to describe a moment, and it is the silent pause that tells more than any of the words around it.

Read full article at: http://goo.gl/xeJfV0
We are fascinated by the dynamics of societal issues and today’s changes of roles and responsibility regarding governments and citizens. In this project we aim to research and design for the interaction between society and municipalities in order to facilitate constructive multi-stakeholder collaborations.

In Governance, networks of stakeholders collaborate in response to societal issues. For these different stakeholders to exploit their full repertoire of expertise, skillsets, experiences and resources as well as the potential of their combined qualities requires a new, holistic approach of collaboration and decision-making.

Through the PhD project we explore how Embodied Co-Design principles can be translated from workshop settings into real-life settings. How can designed artefacts empower people to collaborate more intuitively, in daily (work-) life?