



# 百歲知味

一本以早期台灣味道創造話題的  
祖孫互動日曆

A generation interacting calendar with  
chatting topics of old Taiwanese taste

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據調查，六成青少年很少或從未與祖父母互動，而其餘雖常有聊天，但內容多是重複話題或問候，也造成祖孫間逐漸產生隔閡及疏離，我們訪問許多台灣老年人，蒐集他們的早期年代回憶，並放進台灣祖孫每日觀看的日曆以舊事物創造新話題，營造祖孫間正向的溝通，我們利用日復一日的定律，展開兩方不同以往的對話，孟子在《梁惠王上》中提到：「老吾老，以及人之老」，他的主張對於現代高齡化社會來說是重要的素養，而少年們如果連自家老人都無法孝敬，又怎會意識到要愛護天下所有老人呢？

According to the survey, about 60% of teenagers in Taiwan have never or seldom interacted with their grandparents. For those that have, the subjects are always the same or merely brief greetings. This situation has led to a deep gap between grandparents and grandchildren. We interviewed many Taiwanese elders, gathered the unique items which belong to their era (1930s to 1970s) and then transformed the items of old memories into new topics that they can chat with on the "old time memories calendar." By creating the daily conversation, positive connections may be developed. Only when the teenagers learn how to respect their grandparents, they would pay attention to the aged society.

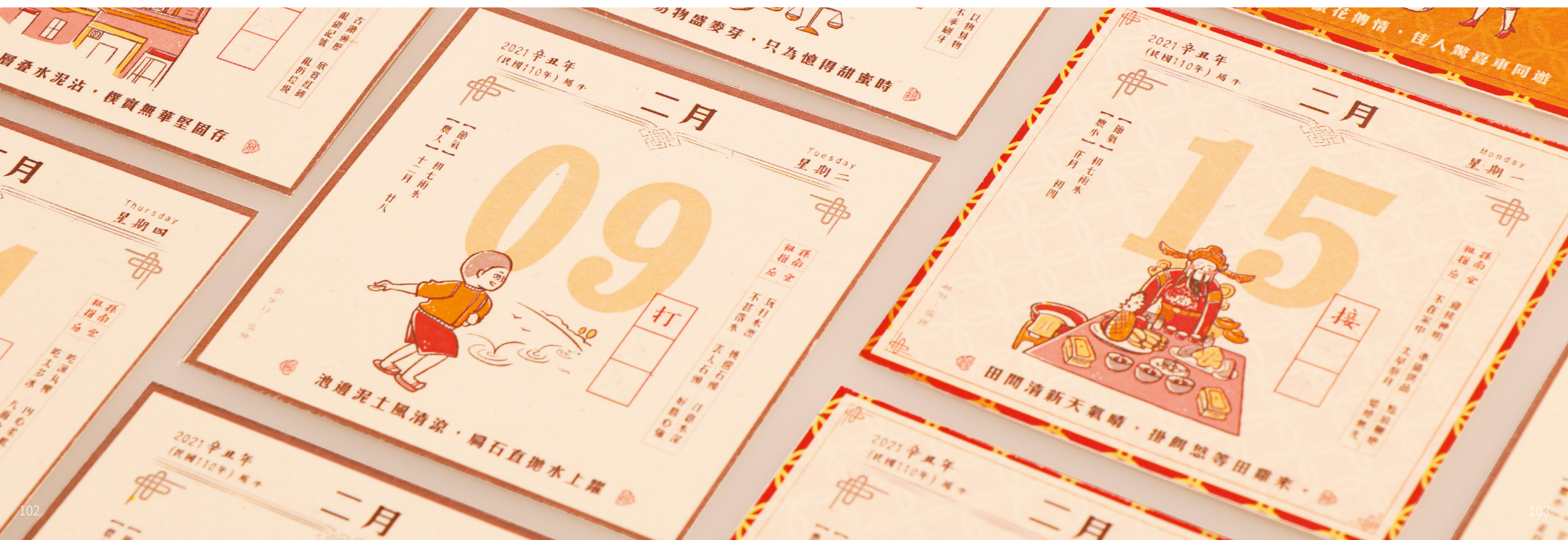


每個人的回憶總有不同的味道，在你的心中台灣是什麼樣的味呢？

味道不只侷限於實際品嘗，也能從心靈的氛圍產生，例如：老歌的味道、電影的味道，所以我們從老年人的回憶中，蒐集了 365 種專屬於台灣的古早味，將這些味道以插圖視覺化，使老年人觸景生情也讓孩子產生好奇心，並讓老年人分享現代人未知的事物，成為孩子們生活中的 google! 藉由每日一一個話題，激發不同於以往的互動方式，拉近青少年與老年人關係並改善家庭溝通氣氛！

Each memory has a different taste for different people. What taste of Taiwan is for you?

"Taste" can not only be generated by eating, but also inspired by mental feelings. We collected 365 kinds of common Taiwanese memory tastes from the elders' stories and visualized them into daily illustrations. They can arouse the youngsters' curiosity, make the elders recall the past, share the unique stories and become Google for the youngsters! They can also change the interactive atmosphere between grandparents and grandchildren through the daily chatting topic and make the relationship closer.







而日曆中也包含許多小巧思，引導並營造代間正向的相處模式，包括以台灣農民曆宜忌之概念編寫祖孫互動指南，搭配風趣的七言古詩猜謎，可訓練孩子的想像力也促進文學造詣，也從中抽取12種令人懷念的節慶古早味，做成可食用的日曆紙，讓祖孫一同品嘗或泡成茶邊喝邊聊天，加上味覺記憶能長達40年，所以也能透過回想防止記憶衰老，並保持老年人的身心健康，維繫世代間良好的橋梁！

There are some special designs in the calendar, too, including interaction guide reference to Taiwanese traditional calendar, some riddles with hints of Chinese distiches that can improve the youngsters' literary accomplishments, and 12 flavors of Taiwanese festival edible calendar papers that can be tasted together! Due to the fact that sense of taste can last for 40 years, it helps prevent the senile dementia.

Reminiscence therapy keeps the elders' in good physical and mental health and enhances the relationship between generations!