

### Service Design „Walking in Groups with different Speed“

During the Service Design Workshop at Bremen Horn-Lehe (Febr 9<sup>th</sup> 2021) it was mentioned that a method would be helpful against isolation and loneliness that prevents groups walking together in parks / excursions from “breaking up” and loose consistency because the people in the group are used (and only able) to walk at a certain speed. Persons moving more slowly might feel either isolated or uneasy because others “have to wait for them again and again”. People used to (even a bit) more speed might feel uneasy, too, and it is reported about both types of participants that they lose interest in this kind of activity and do not participate again, even if they like the activity. The navy rule that a fleet or convoy cruises at the speed of the slowest ship is certainly helpful and often mentioned by organizers but does not fit to all aspects of the social inclusion issue here.

The issue is certainly not related to Covid pandemic, but some activities in this time are a worthy experience.

**We looked around how initiatives in our network dealt with the problem – they did not solve, but at least address the “speed dilemma”.**

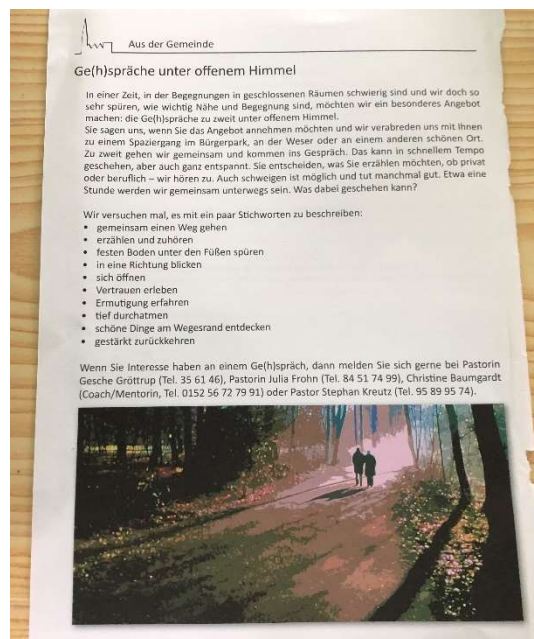
- At the Mehrgenerationenhaus Lüssum, during pandemic contact restriction they designed the “Coffee-to-Go” service offer. People were invited to meet in a large room (adequate for distance rules) and were greeted with a set of drinks / cakes. Staff and volunteers then looked up the group and proposed “tandems” of people who might probably walk comfortable together. As this is a most multicultural setting, they looked for language capacities, too. These pairs made a shorter or longer stroll, with appointment to assemble again in the room 20 min. later. After some refreshment, there was a second round of walking (people choose to stay in the pair or look for another companion). After this, the session ended with another distanced group chat, all together about 2 hours.



The idea was kept when restrictions allowed more people to move together but the sessions were later designed into two sets of activities, the “Mosaic Café” for people who like more to sit and chat and the Language Learning Walks that focussed on pairs that support each other in exercising language capacities.

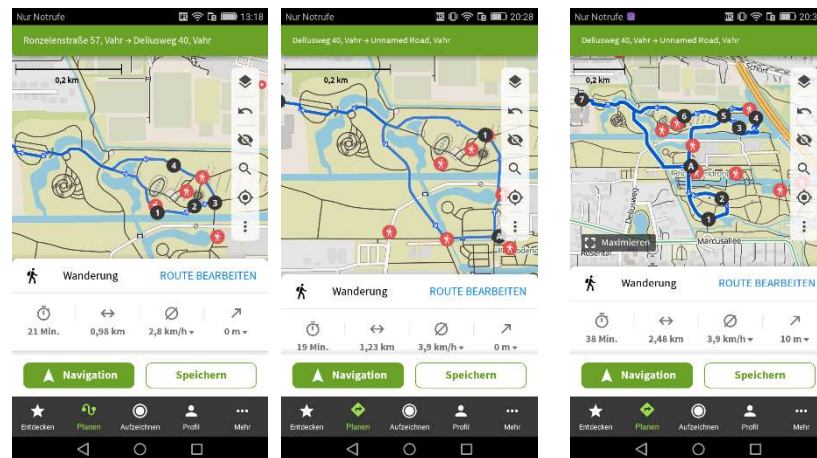
- The “Gehspräche” (WalkTalks) offered as a service at the Our Dear Ladies Congregation at Bremen Centre followed the idea that a person that feels lonely or a need to talk to someone else might contact the congregation and arrange a walk with a pastor or a volunteer (during pandemic, many talks were held in open air, not in rooms). The service announcement make it clear that the requesting person would decide about how long and how fast the walk should be as well about the issue of talk (or even to keep silent during the walk).

As a pastoral service this has certainly some specific characteristics of its own but it keeps an important focus on the “speed issue”.



- During the Lehe design session it was mentioned that one could design walks of different length for groups walking with different speed in such a way that they would meet again and again during the walk. Using some outdoor activity planning software one might distinguish such routes in a given area. It was mentioned that such effects (a group meets another one walking slower or faster but connected by the same event) often happens “by chance” at family gatherings etc. where people make some movement between meals or ceremonies etc. and that these casual meeting effects were often connected with a lot of laughter and good spirit.

Pictures show a possible situation at a Bremen park with proposed walks that would generate such effects (used App: Komoot).



To prepare this in detail certainly means a lot of effort (less by people used or trained to plan excursions by such online tools) but at least one might choose an area where such “casual” meetings are to be expected.

As several institutions close down over the summer weeks we hope to re-start a discussions and more design on this point in autumn, inviting for example volunteers and users of the services described above for another special co-design session.

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