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Within the project our biggest focus was on the technology acceptance amongst elderly. This involved the making of a working prototype to test and a lot of user testing. The expertise areas that I mostly addressed within this project are: "User and Society" and "Technology and Realization".

Looking at my vision, where I want to design products and services that help people who are having a harder time in life, my main focus during a project is on the user experience and usability. Within this project we had the opportunity to really get to know our target group by means of interviews, questionnaires, user tests and volunteer work.

The interview style we mostly used during the project was a semi-structured interview. This means that you make a list with important questions you want to ask, however when conducting the interview you have a conversation instead of reading a list of questions. This style showed me that having a more open interview you gain more in depth information about a person.

For the user tests I worked on a general questionnaire which would give us some more information on the elderly, such as age, motivation to sport and technology use. The most important thing here is to have a mix of open and closed questions. One of the questions was about rating their social and health motivation on a scale. The surprising thing here was that even though a lot of them said they came for the company, the scoring between health and social motivation had no significant difference in the end.

Lastly within the area of "User and Society" I did volunteering work at ZuidZorg Extra. Together with Qi Qi we went to visit "Taarten

voor Taarten", translated in pies for pies, which is an activity where a group of elderly guests of ZuidZorg come together once a week to bake pies and cookies. Doing the volunteering establishes a good connection with the elderly of the group. This makes it easier to talk with them and get more elaborate input on ideas. I want to continue doing the volunteering work, because it helps me with gaining more insights into this user group.

Within the area of "Technology and Realization" I worked on developing parts of the prototype. This is linked to one of my goals in my PDP. This goal was to develop my prototyping skills, especially regarding the looks of a product. Within this area I worked on making a fitted screen for the charger and a cover for the ball. Working on the charger was the first time working with foam for me. It showed me all the possibilities you have when working with this material. Within my elective "Design for focused and peripheral interaction" I worked in a team to design a new type of light switch. During this process we had to iterate upon our prototype multiple times. For these iterations we just had a short amount of time, which leads to more quick and dirty prototypes. Even though we used a 3D printer to make everything look more put together, I still want to learn more on how to realize a concept in a short time. By learning more about different materials and techniques to use I want to learn which material or technique is most suitable for the final product and the amount of time available.

Another goal within my PDP was to get more insight into design and research processes. During the project we worked with a research through design approach. By doing research into technology

acceptance through a medium, the ball, we gained insights into technology acceptance. Even without having to have a finished concept. Within the elective "Constructive design research" I worked with a group on research processes with different approaches. The approach we focused on was field research, which is research in context. Even though we didn't test our final concept within the home environment, the context of the concept, I did learn things during the assignment that were useful for the project. Analyzing data by clustering observations that are the same was one of these things. When doing this you can see the connection between different things and draw conclusions from them.

The last goal on my PDP was related to my professional skills. Besides having to keep practicing presentations and pitches, I wanted to focus on my writing style. During the project I didn't do so much with writing, besides the final report. I notice that I sometimes still struggle with making a text easy and pleasant to read. I want to keep working on this by looking for a course or another way to keep practicing these skills. Next to my writing skills I struggle with reading more complex texts in English, such as articles. It usually takes me a lot of time and effort when reading an article, which sometimes in the end didn't add a lot of new knowledge. To improve this I did a workshop "sneller lezen", fast reading, which taught me how to use different techniques to read a text faster, without losing the information you take out of the text. Next to that some tips were given on first scanning an article, then reading the text and after reading making a summary of it. Having these tips and techniques will help me to read articles and other text more efficient.