

**Title :** *Slow living , slow tea*  
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Lunds Tekniska Högskola

# ABSTRACT

Nowadays in China, especially in big cities, young people are living under huge pressure. Everyone is living a fast-paced life. According to a report by the Social Survey Center of China Youth and Sina News Center 84% of people think they live in an "urgent time society"( fast-paced and stressful work), among them 71.1% people think that too much pressure and stress is the reason to make them easily irritated . Even during national holiday, they still feel tired and can't release their stress. More than 50% white-collar workers showed that they lack concentration and had different kinds of health problems. 1)

More and more chronic illness caused by a higher pace of life. According to The fourth national health services survey carried out in China in 2009. There were 2.6 million cases diagnosed as chronic illness during the year 2008, and there were almost 10 million new cases being diagnosed every year in the past decade.

1)([http://www.360doc.com/content/14/0822/05/19029602\\_403719600.shtml#](http://www.360doc.com/content/14/0822/05/19029602_403719600.shtml#))

High paced living became a social problem and people started to think about going back to the truth and finding out what they really wanted for their life. Being in the countryside, doing nothing, being empty themselves, being "Slow ".

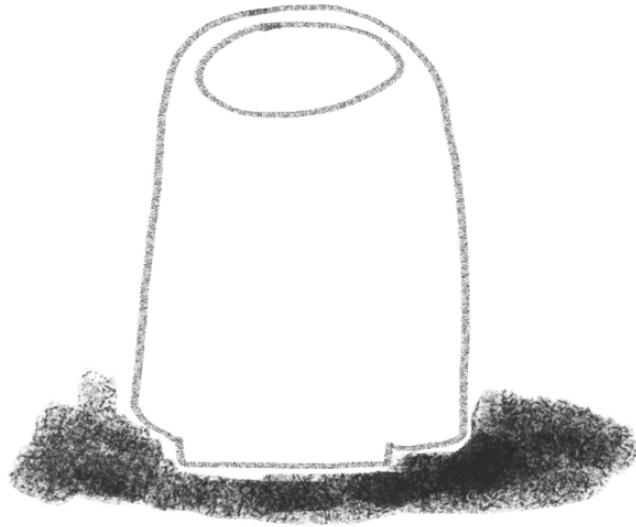
## SOME DEFINITIONS OF SLOW LIVING

Slow Living means structuring your life around meaning and fulfillment. Similar to "voluntary simplicity" and "downshifting," it emphasizes a less-is-more approach, focusing on the quality of your life. Slow Living addresses the desire to lead a more balanced life and to pursue towards a more holistic sense of well-being in the fullest sense of the word.

The Slow Movement advocates a cultural shift toward slowing down life's pace. It began with Carlo Petrini's protest against the opening of a McDonald's restaurant in Piazza di Spagna, Rome in 1986 that sparked the creation of the Slow Food organization. Over time, subcultures in other fields based on similar philosophy developed, such as Cittaslow (Slow Cities), Slow living, Slow Travel, and Slow Design. ([http:// en.wikipedia.org/wiki/Slow\\_Movement](http://en.wikipedia.org/wiki/Slow_Movement))

Among different slow movement.

The very first "slow" revolution was the Slow Food.



slow living , slow tea

**I**NTRODUCTION  
**B**ACKGROUND  
**R**ESearch  
**A**NALYSIS  
**C**ONCEPT  
**M**ODEL  
**S**UMMARY

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TRADITIONAL CULTURE

Another phenomenon is that more and more traditional culture, like old Chinese crafts were disappearing because very few get the knowledge passed on to them with the new structure of society. Many living in flats in towns without elder relatives nor the material and means to do such crafts.

The import of western cultures affect the local traditional culture. For example, you will see people celebrating Christmas, but start to forget the dates of the traditional events we used to celebrate during the Chinese traditional festival. You will see a lot of handicrafts in your grand-parents' home but they are not there anymore in the new home. You will see a lot of Starbucks on the street but when you ask where to drink tea, it is really hard to find a good traditional teahouse nowadays.

When we think about why people do not have an interest in old culture, it becomes quite obvious that the current pace of life does not support engaging in crafts such as embroider, handmade cane product, batik etc.

Almost all the traditional activities have a common character. They takes quite a long time to do, they need patience and they need time. However, you can always get calm and peaceful when doing these activities, so why not bring this old cultures closer to people's life, help bringing them a slow life while keeping inherited traditional Chinese culture alive?

I chose to work with traditional Chinese tea culture since I have a personal interest in tea. Many young people in China today, growing up with the new café-culture with chain like Starbucks, do consider tea-drinking “old fashioned” and know very little about how to make really good tea and how to drink it.

The aim of my project is to bring tea-culture back to people helping them to slow down. The title of my project is SLOW TEA.

## BACKGROUND

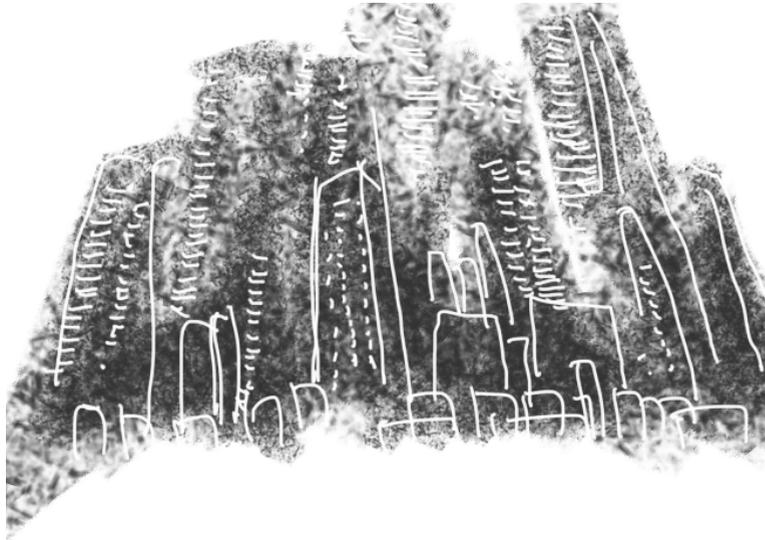
RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

# Why this project ?

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## Why this project ?



LIVING PACE



TRADITIONAL CULTURE

# BACKGROUND

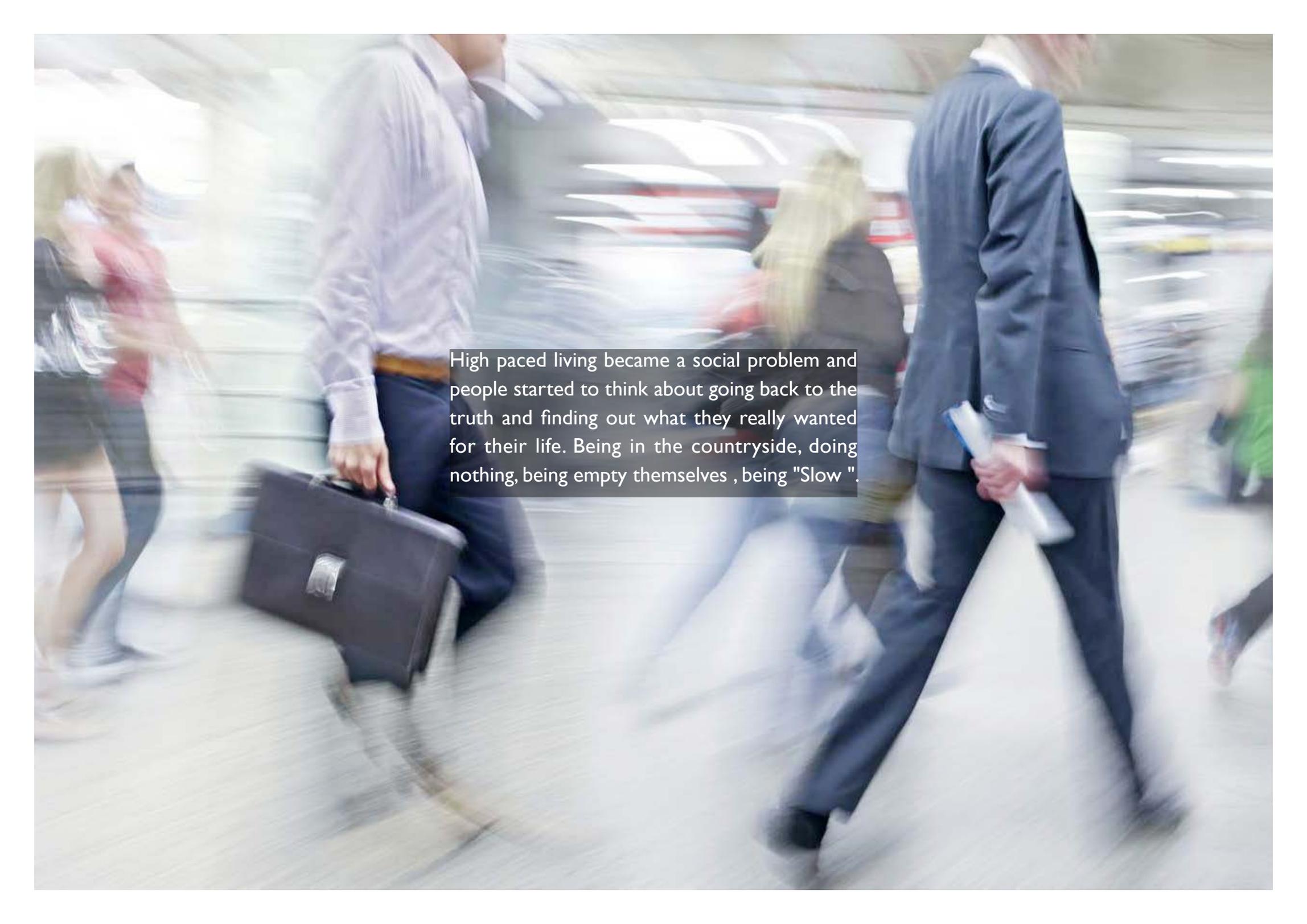
RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



## LIVING PACE

Nowdays in China, especially in big cities young people are living under huge pressures. Everyone is living in a fast-paced life. According to a report by Social Survey Center of China Youth and sina news center 84% of people think they live in an "urgent time" society (fast-paced and stressful work), among them 71.1% people think too much pressure and stressful is the reason to make them easy irritating. Even during national holiday, they still feel really tired and couldn't release their stress. More than 50% white-collar showed they have lacked concentration and so on different kinds of healthy problems. ([http://www.360doc.com/content/14/0822/05/19029602\\_403719600.shtml#](http://www.360doc.com/content/14/0822/05/19029602_403719600.shtml#))

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High paced living became a social problem and people started to think about going back to the truth and finding out what they really wanted for their life. Being in the countryside, doing nothing, being empty themselves , being "Slow ".



# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## SOME DEFINITIONS OF SLOW LIVING

Slow Living means structuring your life around meaning and fulfillment. Similar to "voluntary simplicity" and "downshifting," it emphasizes a less-is-more approach, focusing on the quality of your life. ... Slow Living addresses the desire to lead a more balanced life and to pursue a more holistic sense of well-being in the fullest sense of the word.

The Slow Movement advocates a cultural shift toward slowing down life's pace. It began with Carlo Petrini's protest against the opening of a McDonald's restaurant in Piazza di Spagna, Rome in 1986 that sparked the creation of the Slow Food organization. Over time, this developed into a subculture in other areas, such as Cittaslow (Slow Cities), Slow living, Slow Travel, and Slow Design. ([http://en.wikipedia.org/wiki/Slow\\_Movement](http://en.wikipedia.org/wiki/Slow_Movement))

**SLOW**  
**is a revolution,**  
an alternative to our obsession with speed.

**You see more when you take things a little slower,  
like you notice every little detail  
when a film is shown in slow motion.**

**Slow can manifest itself in any  
design, object,  
space or image  
that encourages a promotion of local artisans,  
local designers, local flavours.**

**It's an endless idea  
you can make your own in any way you want to.**

**Slow works to counteract fast life  
and the disappearance of local traditions.**

**In a loud, crowded, crazy world,  
it's good for the soul  
to live life better by living slower.**



# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

Among different ways of slow movement.  
The very first "slow" revolution it is called Slow Food.

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



## Slow Food

An international movement founded by Carlo Petrini in 1986. Promoted as an alternative to fast food, it strives to preserve traditional and regional cuisine and encourages farming of plants, seeds and livestock characteristic of the local ecosystem. It was the first established part of the broader Slow Movement. (wiki)

It is not only means taking more time for eating, but also slow down to appreciate food material , to bring them to part of a way of living.

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

One of the slow living apostles Karl Hof says

"Slow living " it is not about being lazy or delay your work, but letting people to find balance in your life. " Of course, working comes first, but don't forget about leisure." "Because of we have a fast-paced society makes us feeling tired, so we have to learn to slow down to find the fulcrum between work and life." To be " slow " is a foundation of being " fast ".

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



## TRADITIONAL CULTURE

Also , an other phenomenon is that more and more traditional culture or old Chinese handicraft were disappear because nobody learns it anymore, or less people know them.

The import of western cultures affect the local tradition culture. For example, you will see people celebrate Christmas but people start forgetting about the date and the tradition event we do during Chinese traditional festival. You will see a lot of handicrafts in your grandparents home but they are not exsisting anymore in the new flat. You will see a lot of Starbucks on the street but when you ask where to drink tea, i barely can not came up with a recommend tea house.

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

When we think about why people do not have interests in old culture. There probably several reasons. Such as almost all the traditional activities have a common character, they take quite a long time to do. They need patience, need time... But on the other hand, you can always get calm and peace when doing these activities such as embroidery, hand made cane product, batik... So why not we bring this old culture closer to people's life, help bringing life slow, at the same time we introduce these traditional knowledge to people to keep inheriting.

I chose to work with traditional Chinese tea culture since I have a personal interest in tea. Also when talking about tea, everyone thinks they know tea more or less, but when talking about tea culture, seems like something too advanced and hard to describe. The conflict of drinking tea and learning tea culture is always there and being for a long time. That's why I choose the topic of slow tea.

# BACKGROUND

RESEARCH  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

Tea has played an important role in the social and cultural fabric of life around the world for thousands years. It is enjoyed for its health benefits and its contribution to living a better, simpler, and aesthetically appealing life (Ling, 2005). Chinese tea culture refers to the methods of preparation of tea, the equipment used to make tea and the occasions in which tea is consumed in China. The terms *chayi*, 茶藝 ("Art of Tea") and "Tea Ceremony" have been used, but the term Tea Culture includes more than just the ceremony (1).

Tea is a drink of the whole Chinese nation, originating from the Shen Nong time, well-known in Lu Zhougong time, prevalent in Tang Dynasty and flourishing in the Song Dynasty, and then tea has been closely related to Chinese people.

(1) [http://en.wikipedia.org/wiki/Chinese\\_tea\\_culture](http://en.wikipedia.org/wiki/Chinese_tea_culture)

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



Narrow down the topic  
of Chinese tea, finding  
an interesting area i want  
to work with

Research about the potential  
area ( Market / Users /  
Existing products ...)



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## FIRST IMPRESSION

As for me, i didn't know too much about Chinese tea knowledge either before i started this degree project. But my tea drinking experience is not short, i started drinking tea from third year of high school. It has been six years until now.

At that time, everyday my mum made some tea after dinner and i always tried a little bit from my mum's cup, i even didn't know what kind of tea i was drinking, only if i feel the taste of the tea is ok, then i will dink more from her cup. Later when i was in colledge i moved to an other city. I started to make tea myself, i imitated the way how my mum made tea and using the tea leaves i brought from home. That is how i started my tea study.

After i had the idea of making some design of Chinese traditional tea , i talked to some of my friends to know how they think of Chinese tea.

There were some people never drink tea before, but still have some friends willing to know more about tea culture. They said" tell me more after you finish this tea project, i would love to know more! "

Seems the traditional culture it is attractive, just somehow people couldn't reach appropriate way they can learn from. The traditional culture didn't have a nice culture brand image to show to the public.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## RESEARCH METHOD

In order for me to learn the situation of the acceptance of Chinese tea among young generation , i did some research online and a questionnair.

Online research: There were some questionnair made by the other people on the internet. Also some report and news discussing about tea acceptance.

Questionnair: Forty-five people age between 18-35 years old in China were participate in this study. Twenty-three of them are male and the rest twenty-two people are female. They were informed is a small study for my design project.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## ONLINE RESEARCH

Some discussion on the forum

1. the acceptance of Chinese tea differs depend on the area in China. Obviously in Sichuan, Guangdong and Chaoshan area, there have more tea house and more advertise of local tea.
2. some people drink tea, but when you asking them sado, they will think it is a very professional area, it is not something close to their life.
3. some people think it takes too much time to prepare tea set and make tea.
4. usually nice quality tea leaves are expensive. People don't know where to buy and how to seperate the good tea.
5. some people who like drinking tea in the begining they also don't know much about tea. But after you tried different type of tea you will know which tea you prefer.

...

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## QUESTIONNAIRE

A questionnaire was employed to get the information of how many basic knowledge the young generation knows about tea and how is the acceptance of tea drinking among these people. It is been structured to three parts, first are some general questions about their opinion of Chinese tea, few questions to know their knowledge about the tea culture, few questions about their customs about drinking tea. Such as if tea will be the first choice beverage when they take a rest. If they can separate the different categories of Chinese tea. Following with some multiple choices questions ask them more about habit of tea drinking. What kind of tea set they usually use and where they usually drink tea. In the end is an open question to let them talk about especial tea drinking experiences for themselves or the reason for people why they do not like tea.

### Procedure

In this study I did a preliminary questionnaire send to two people. After they finish the questionnaire they gave me some feedback of if there is any misunderstanding of the questions and so on. Then I send 50 questionnaires back to China including some of my friends, mostly people stay in Beijing and Hunan province through an online questionnaire system <http://www.sojump.com/jq/2886639.aspx>. I got 45 finished questionnaires back.

## Questionnaire of the Acceptance of tea drinking among young generation in China

Your age and gender

- 18-25       male  
 25-35       female

### PART 1

1. Tea is the drink you will choose first when you want to have a rest.

No, not at all                          Yes, indeed

2. You will choose loose-leaf tea rather than tea bag and other bottled tea drinks.

No, not at all                          Yes, indeed

3. A traditional tea set is important when drinking tea.

Not important at all                          The most important

4. The taste of tea is important for you.

Not important at all                          The most important

5. To spend some time to relax and taste the tea is very important for you.

Not important at all                          Very important

6. You can exactly seperate the green team,yellow tea,black tea oolong tea and white tea.

No, not at all                        Yes, indeed

7. You know how to make Kungfu tea.

No, I don't know at all                        Yes, I know very well

8. You think it is very important to use a tea set for tea-drinking.

Not important at all                        Very important

## **PART 2 Multiple-choice questions**

1. What kind of tea set you like to use?

Boccaro ware     Porcelain     Glass     Paper cup     Other \_\_\_\_\_

2. Where do you usually drink tea?

At working place     At home     Resteraunt/Cafe     Tea house     Other \_\_\_\_\_

## **PART 3**

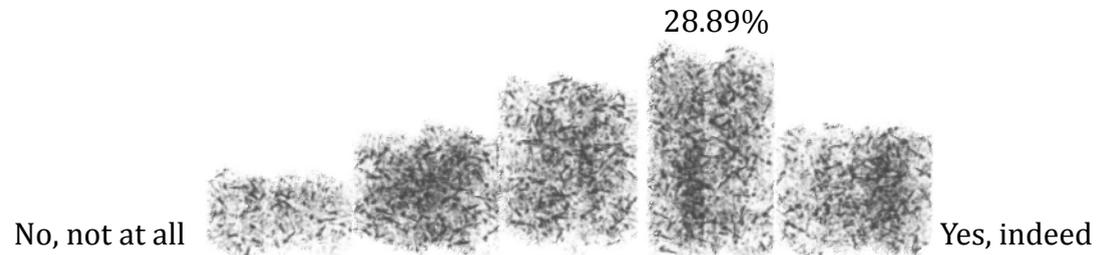
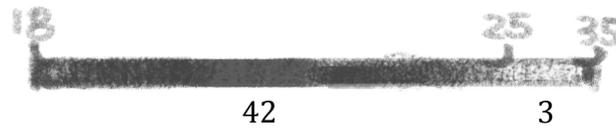
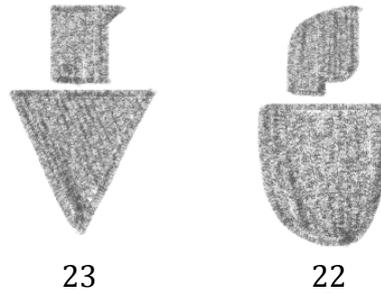
Please describe when you have the habit to drinking tea? If you don't like drinking tea, please describe a experience why you do not like drinking tea.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## RESULTS OF QUESTIONNAIRE

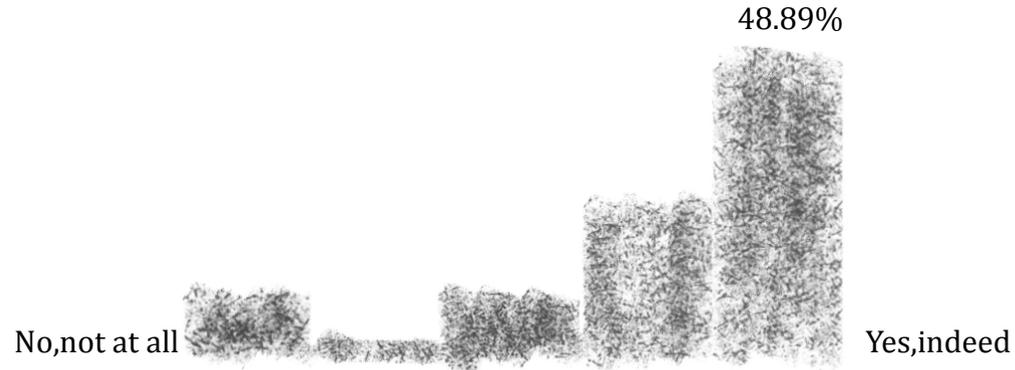
age and gender



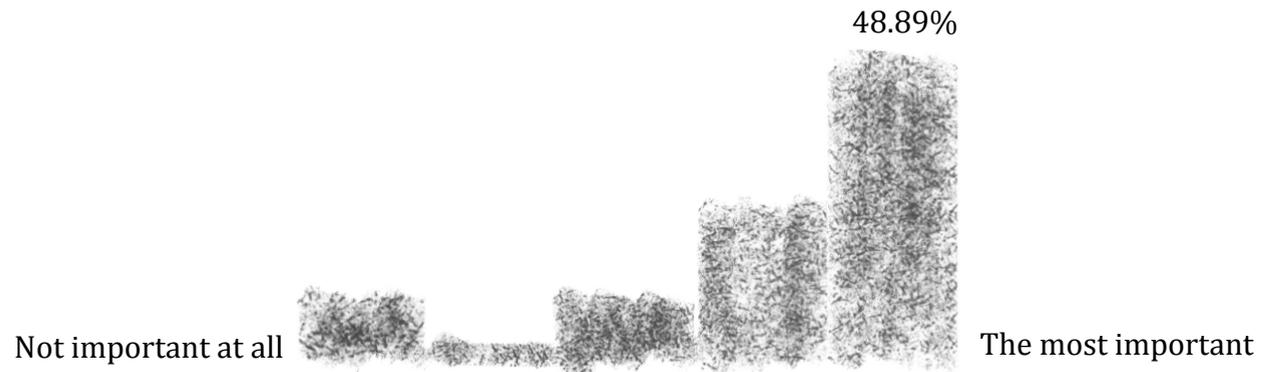
1. Tea is the drink you will choose first when you want to have a rest.

# RESEARCH

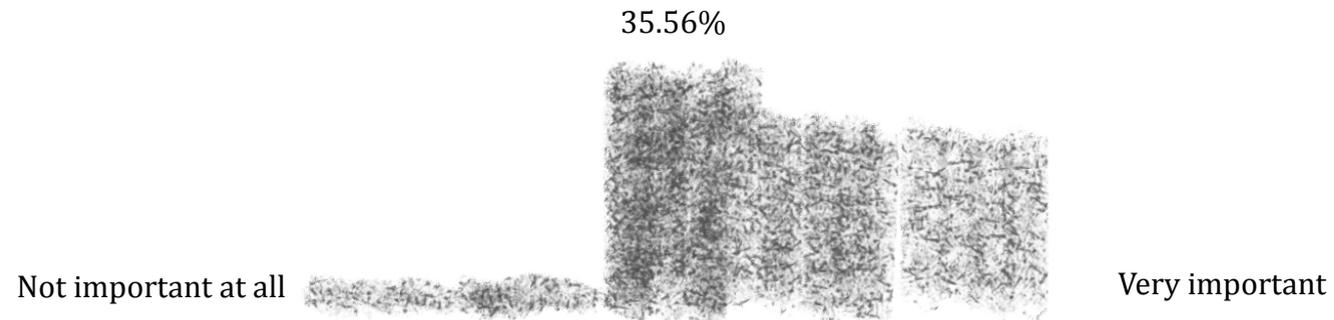
BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



2. You will choose loose-leaf tea rather than tea bag and other bottled tea drinks.



3. The taste of tea is the most important for you.

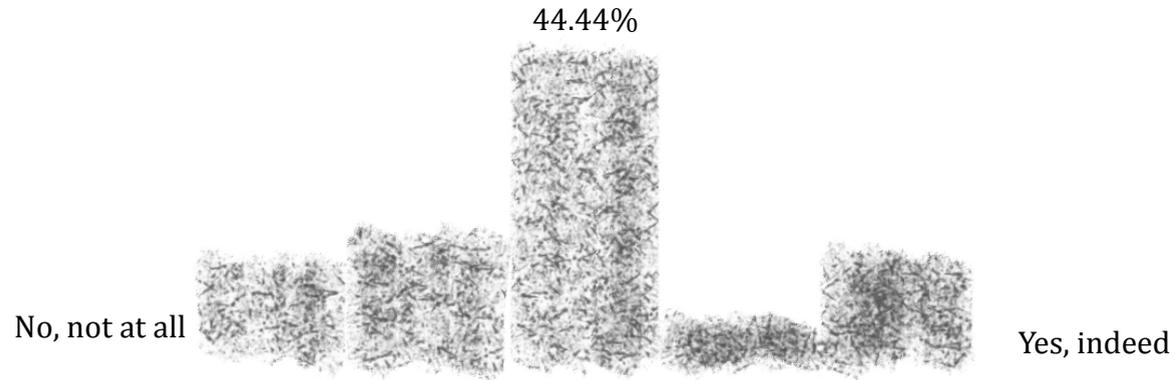


4. To spend some time to relax and taste the tea is very important for you.

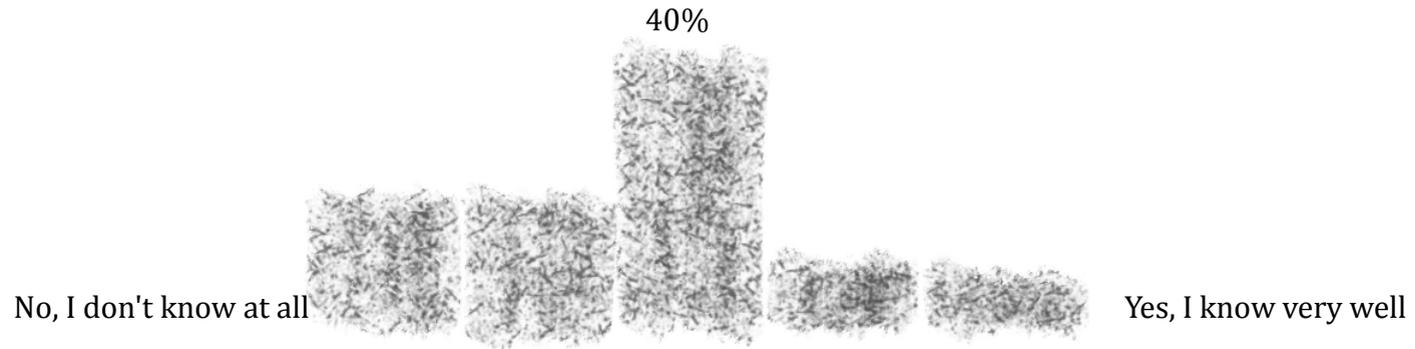


# RESEARCH

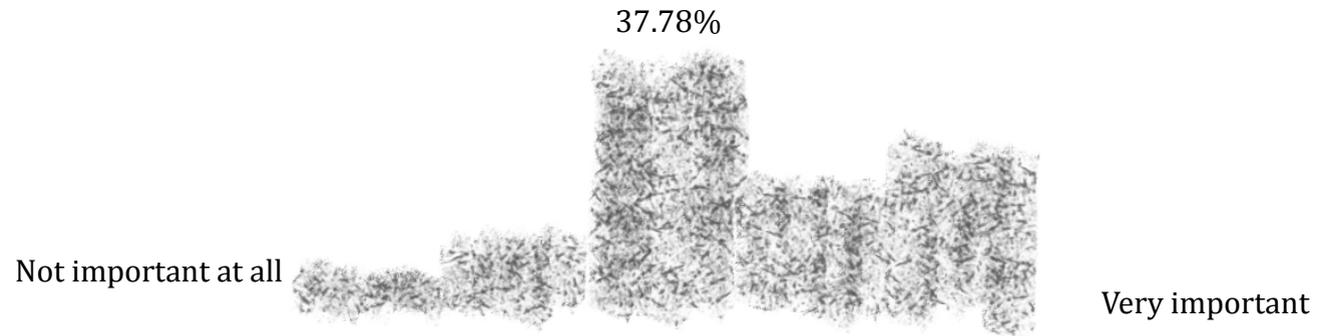
BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



5. You can exactly separate the green tea, yellow tea, black tea, oolong tea and white tea.



6. You know how to make Kungfu tea.

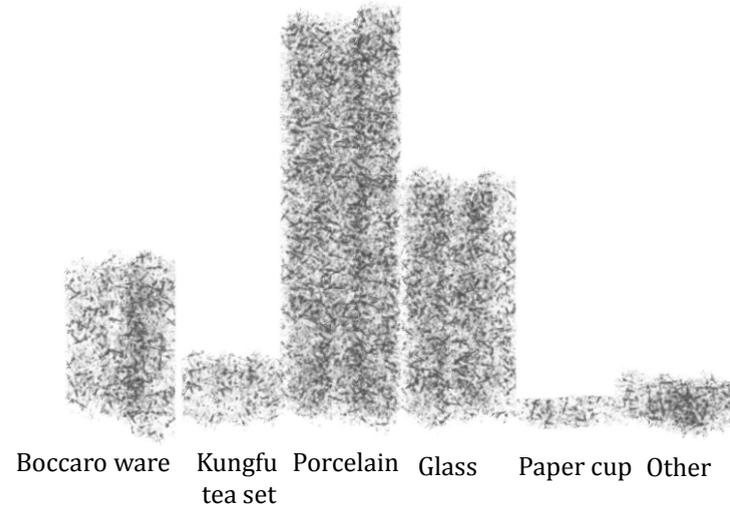


7. You think it is very important to use a tea set for tea-drinking.

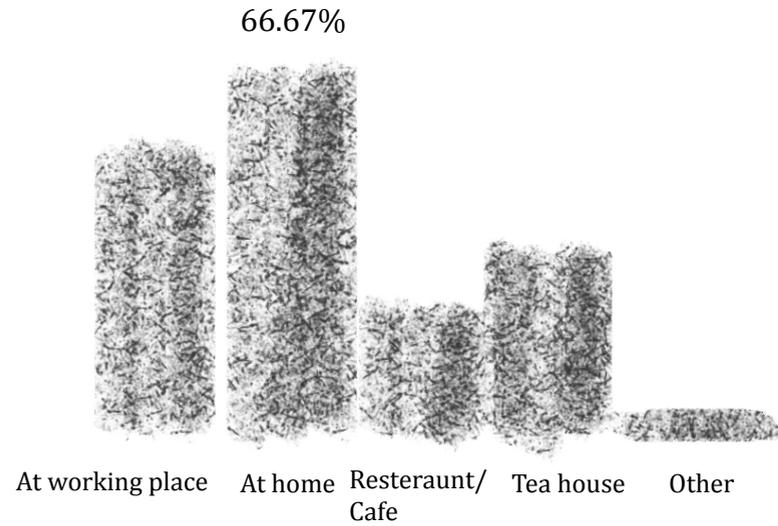
# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

8. You think it is very important to use a tea set for tea-drinking.



9. Where do you usually drink tea?



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

**Please describe when you have the habit to drinking tea? If you don't like drinking tea, please describe a experience why you do not like drinking tea.**

PERSON 1

The first time when i drink tea, i was surprised by the taste of its freshness. Since then i fascinated with tea.

PERSON 2

All the older people like drinking tea, that is why i do not like it.

PERSON 3

I started drinking tea from college.

PERSON 4

I had tea-drinking habit after I working in a company.

PERSON 5

Colleagues affect me a lot , so I started to drinking tea.

PERSON 6

Tea is the drink our family will prepare when there are friends visting. Now i will drink some at times.

PERSON 7

I started drinking tea when i was a kid. But i do not drinking everyday.

PERSON 8

Until now i have not get the habit of drinking tea.

PERSON 9

I just like drinking mineral water, do not like tea.

PERSON 10

I began to drink tea from high school.

PERSON 11

Since working, becam to understand and love the traditional culture.

PERSON 12

Tea is not a special preference.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

PERSON 13  
After college

PERSON 14  
I began to learn the tea culture after started working.

PERSON 15  
When i get too much stress I will drink some tea.

PERSON 16  
It is too complex to making tea. Sometimes the taste it is not good also the colour of the tea it is not nice as i want.

PERSON 17  
I started drinking tea from 2009.

PERSON 18  
The taste of tea it is too astringent and a little bitter for me, that is why I do not like tea that much.

PERSON 19  
From college.

PERSON 20  
When i was in high school. Influenced by my parents.

PERSON 21  
When i was a kid, I drank tea from my grandma's big tea cup, it makes me like drinking tea.

PERSON 22  
After high school

PERSON 23  
Tea is an important culture in my home city. I got some knowlege when i was a kid.

PERSON 24  
Since i started working, I have time that can take a rest and want some peaceful i started drinking tea.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

When asking people about their habit of drinking tea such as whether they will buy a tea beverage like iced tea or if they are willing to spend some time to sit down to have a cup of tea, there was almost the same number of people who chose each scale. Which means this problem really depends on personal preference and it is hard to require people to change. But when asking if they will choose loose-leaf tea or tea bag or other bottled tea drinks. There were 5 people who chose they will never drink brewed loose tea and they told me they do not like tea at all. The other people who will drink tea all choose loose leaf tea. Which means the process of brewing loose tea-leaves is quite an important part of their drinking experience. They are willing to spend some time on the whole tea making process to get a better tea drinking experience.

In the second part, first I asked what kind of tea set do you usually use for drinking tea. With the following choices: baccaro ware, Kungfu tea set, porcelain, glass, paper cup or other. There are 12 people who chose baccaro ware, 5 people chose Kungfu tea set, 30 people chose porcelain, 18 people chose glass cup and 1 person chose paper cup. It is really obvious that people who drink tea do not like paper cups, also there is no tradition in Chinese tea culture to drink tea from a paper cup.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## Do young people drink tea?

Five people show the opinions that they do not like tea at all. One person thinks all the older people like drinking tea, drinking tea is too old style they prefer mineral water. From some tea drinking products I can see that some of their shape, color and design make suggestive of ancient time, the packaging of tea products make young people have no interest to buy them. Also some people say that they don't like the bitter taste of the tea and sometimes making tea is too complicate, the color of the tea they make is not so nice as they want. The lack skill of making tea makes a lot of people could not accept drinking tea.

For people who like tea, some of them start drinking tea after start working, their colleagues influence them accept tea. Also a lot of people start getting tea knowledge when they were kids, from their family members, from the moments their family serve tea to people visiting their home, drinking tea from grandmother's big cup, parents brewing tea. All the tea knowledge they get inheritance from their family culture. Personally, I also get influence from

my mother and start interested in tea after high school. When there are some friends coming to my home, mother always serve a cup of warm tea. Also when after dinner, all family members sit watching TV, a cup of tea always indispensable. That is my first image of tea culture, a cup of steaming green tea, my mum was making tea, maybe the taste I could not remember, but the image of my parents making tea always in my mind. After high school, I started to learn some Chinese tea culture, the tea processing, tea ceremony etc. Chinese tea culture covers almost all realms of life, both physical and spiritual. Tea culture is a branch of learning that takes as its subject of study the relationship between tea-marketing and tea-drinking on the one hand and the various aspects of political, economic and cultural life on the other as well as the influence they exert on each other( Xiuxong. Chinese Tea Culture ).

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## Where do people drink tea ?

From the question ‘ Where do you usually drink tea?’ I got answer that 24 people choose at their working place, 30 people choose at home, 11 people choose at restaurant or café, 15 people choose at tea-house. As we can see, most people prefer drinking tea at working place and at home. Even though, in Chinese restaurant they serve tea as free drink, people still prefer to spend some

time, relax themselves to taste the tea. True tea connoisseurs would not merely make tea just to drink; they would first appreciate the shape of the tea, analyzing its variety as well as any aspects of its physical characteristics or smell (Ling, 2005).

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

The preference of tea drinking differs from person to person. Most young people can accept tea culture. Even though they do not drink tea everyday, still they would like to know more about the tea culture and tea customs. Tea drinking people interested in getting more knowledge of tea such as tea ceremony. The conflict between old culture and modernization affect their choice a lot. But the family seems take an important role of influencing young people's tea acceptance. People like things that are easy to understand and close to their life.



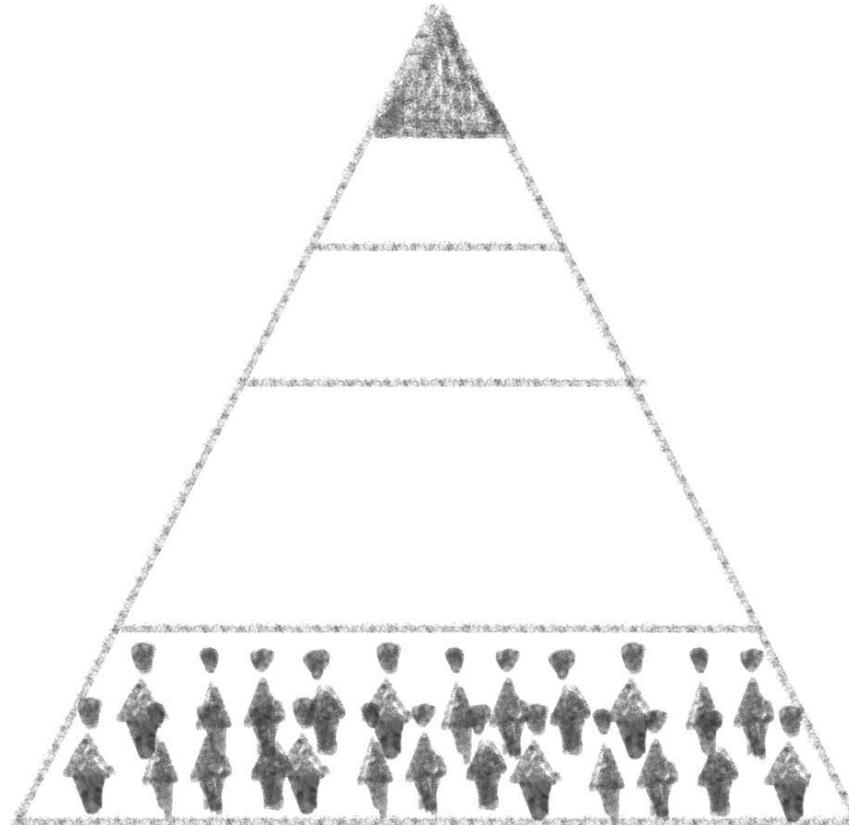
# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

The research shows me one important factor is that what affects people's acceptance of tea drinking it is people around them and family.

They would like to accept and learn traditional culture, it is just they didn't get a good media, the so called thing it is not into everyday life.

**"culture"**



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## Aim



To make tea easy understand  
To make it close to every day life  
Using tea to help bring life SLOW



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## **More research about**

chinese tea background

tea making process

different tea type

tea taste

tea room

tea table

tea story

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

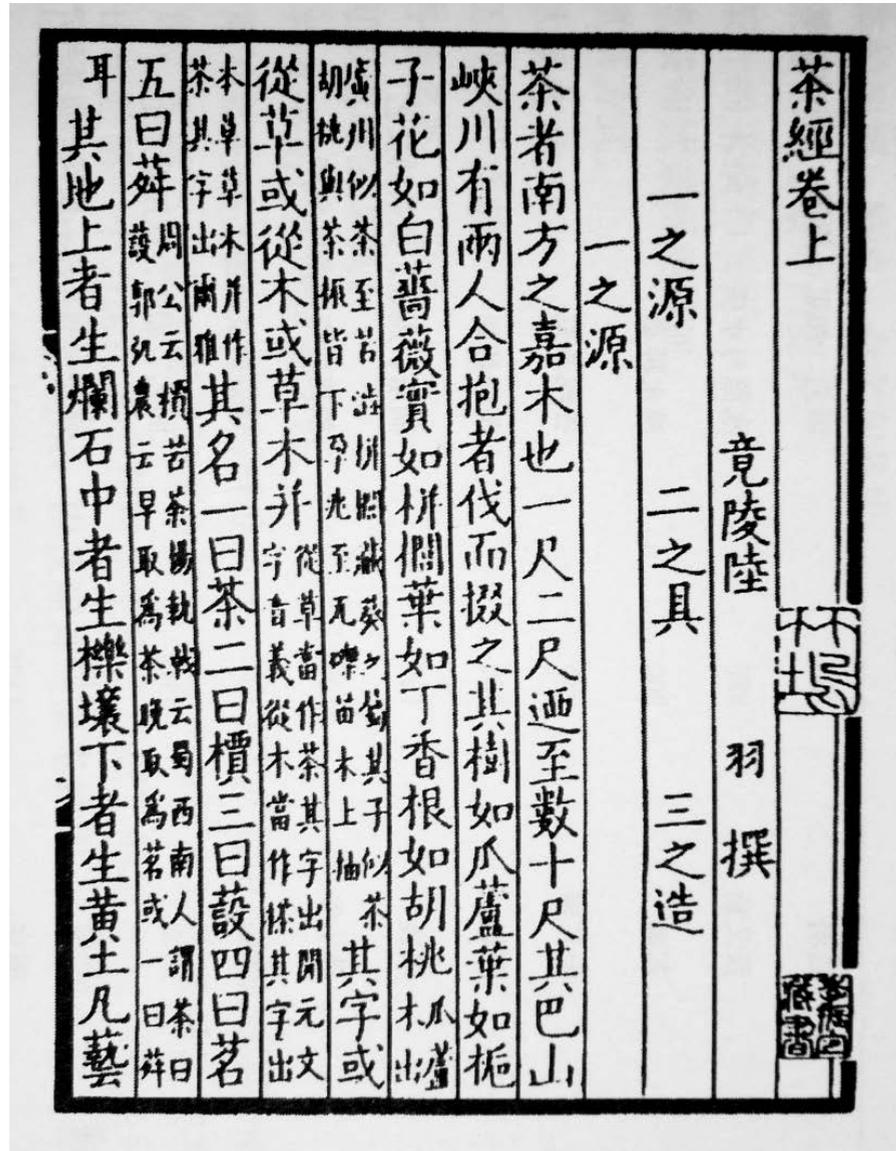
## CHINESE TEA BACKGROUND

After thousands years, Chinese tea has now developed into mainly six kinds of tea produces in four major areas in China. The six teas are green tea, black tea, Oolong tea, yellow tea, white tea and dark tea. According to different types of tea, there are different ways to produce them , also there are different ways to brewing tea and taste tea. Tea culture contains all these basic knowledge and more profound.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

The oldest tea book // CHA JING // . (Tang dynasty)



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

The oldest tea book // CHA JING // . (Tang dynasty)

茶者,南方之嘉木也。一尺、二尺乃至数十尺;其巴山峡川有两人合抱者,伐而掇之。其树如瓜芦,叶如梔子,花如白蔷薇,实如栝桐,蒂如丁香,根如胡桃。其地,上者生烂石,中者生栎壤,下者生黄土。凡艺而不实,植而罕茂。法如种瓜,三岁可采。野者上,园者次。阳崖阴林,紫者上,绿者次;笋者上,芽者次;叶卷上,叶舒次。阴山坡谷者,不堪采掇,性凝滞,结痼疾。茶之为用,味至寒,为饮最宜。精行俭德之人,若热渴、凝闷、脑疼、目涩、四肢烦、百节不舒,聊四五啜,与醍醐、甘露抗衡也。采不时,造不精,杂以卉莽,饮之成疾。茶为累也,亦犹人参。上者生上党,中者生百济、新罗,下者生高丽。有生泽州、易州、幽州、檀州者,为药无效,况非此者!设服荠苳,使六疾不瘳。知人参为累,则茶累尽矣。

Tea trees are the fine trees native to the southern China. The height of the trees varies from one or two feet to tens of feet. In the area of Bashan, the thickest tea tree is so huge that only two adults can hold it together, and people can only pick leaves after cutting its branches. The appearance of tea trees looks like Gaocha. Its leaf seems like Gardenia jasminoides and the flower resembles Rosa Alba. The seeds are like Trachycarpus fortunei's and its carpodium is like Eugenia caryophyllata's. Tea's roots look as if it were Juglans regia's. When people plant tea, if cultivating management is not carefully enough and technology is not well mastered, tea trees are rarely thrive after planting. If people plant tea trees in accordance with the method of planting melon, tea can be picked up. in three years. It is not worth picking, if the tea plant grows in the shade of the valley, for it may lead to diseases for the nature of stagnation after having a drink. Tea is quite suitable as drink for the nature of coldness, especially for those who seek for the nobility, simplicity of life. When any uncomfortable feeling comes to you, such as the body heat, thirst, stuffiness, dry eyes, headache, weakness of the limbs, uncomfortable in body joints and the like, it can be equal to the nectar if you have a few swallows of tea. Drinking tea is like eating ginseng with considering the disadvantages. The best ginseng grows in Shangdang, the secondary quality of ginseng is in Baiji and Xinluo, the less one grows in Gaoli. Tea which grows in Zezhou, yizhou, Youzhou, Tanzhou is the worst in quality. It has no effect for medicinal purposes, let alone other even worse tea. If people mistake Qini as ginseng, the disease shall not be cured, the same is true for tea.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TEA CLASSIFICATION BY FERMENTATION DEGREE



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

I started with learning basic knowledge. Green tea is non-fermented tea, the number of its varieties ranks the highest of China's six basic teas. The quality of green tea is influenced not only by tea varieties and environmental impact, but also by tea processing. The different varieties are slightly different in the early manufacturing process, but in overall, the steps to make green tea include fixation, rolling, drying. Since green tea is unfermented, so it is very fresh. It acquires to control water temperature, infusion method, and brewing time; otherwise tea leaves maybe burnt and lead to the "cooked liquid" with the loss of tea taste. Usually we use glass, porcelain kettle to brewing green tea. Black tea is fully-fermented. In China there are four types, 17 varieties. The main production processes are composed of four stages, namely: withering, rolling, fermentation, and drying. Oolong tea is also known as Cyan tea and semi-fermented tea; Oolong tea possesses sweet alcohol like black tea and fragrance like green tea. Yellow tea generally is made after fixation, pile-fermentation, and drying. White tea is a Chinese special treasure. It's slightly fermented in a degree of 10%.

## GREEN TEA

NON-FERMENTED



## WOO LONG TEA

SEMI-FERMENTED



## BLACK TEA

FULLY-FERMENTED



## YELLOW TEA

SLIGHTLY-FERMENTED





# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

We use different tools and ways to drink tea according to the type of tea. Green tea is unfermented, it is tender and fresh. It acquires to control water temperature, brewing time, and tea set material. Usually we use slightly higher temperature, normally about 85 degree water. Glass and porcelain cup are always using for brewing green tea. Oolong tea uses the most artistic infusion techniques, and has the most grand brewing process. It uses boiling water over 95 degree. Purple sand teapot or porcelain cups are usually use to brewing Oolong tea. Black tea is more moderate, loved by women for its warm and red color as well as mild characteristics. Black tea can be drunk in more ways than other teas. It is purely brewed or mixed. ( Hold a cup of tea in your hand and take quite sips, you may be carried away by its taste, spontaneously filled with a happy, excited, and comfortable feeling, just as Su Dongpo describing “ Good tea as pretty lady.” ) The simply way to brewing black tea is using about 95 degree boiling water, the tea and water ratio is 1:50 for brewing in a porcelain pot or cup. Black tea needs to be moistened. Pour water just over tea and be fast.

# RESEARCH

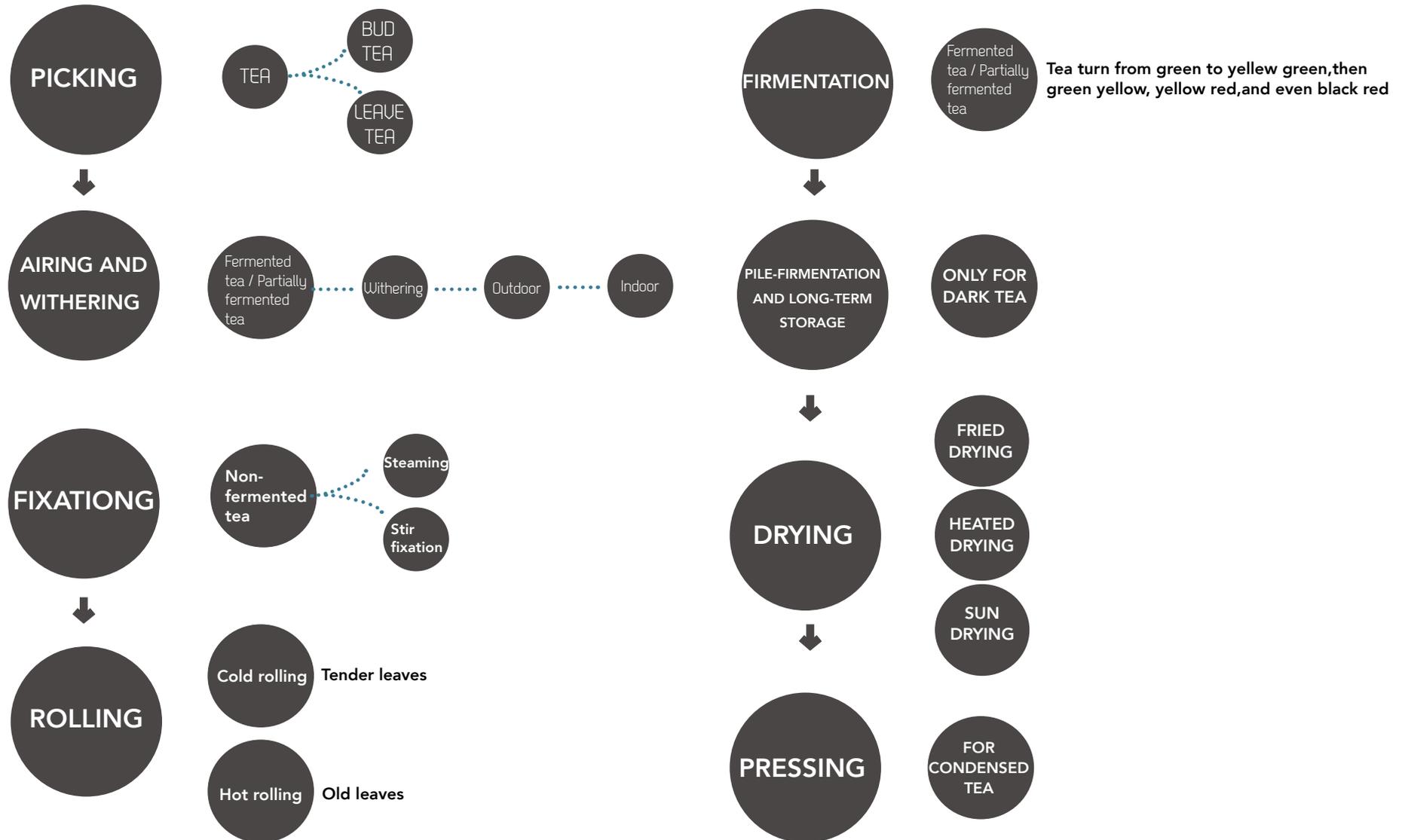
BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

Tea drinking is linked with virtue and the culture of tea is highly valued. Tea culture, cultivated on such a basis, is more profound, involving tea lovers, tea things, tea ceremony, tea poetry and tea art. Talking about Chinese tea, it is both material and spiritual. Tea is parallel with music, chess, essay, painting, poem, and wine. It is not only a cultural symbol, but also a spiritual cleaner. From tea drinking, Confucian are learnt to be honest, Taoist are learnt to keep quiet, and Buddhists are learnt to be desireless .

# RESEARCH

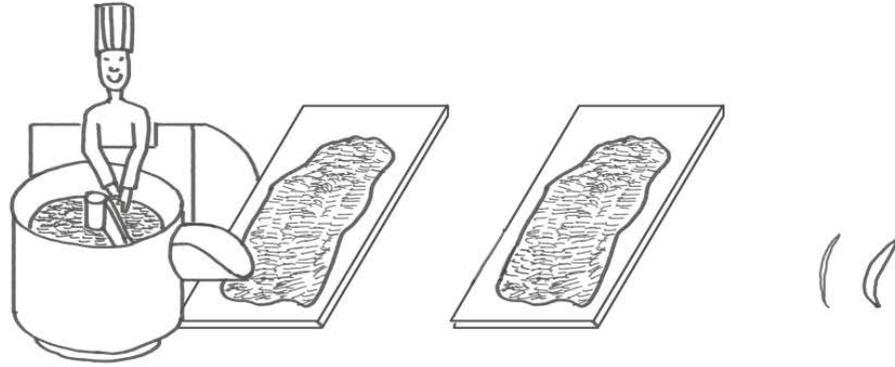
BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TEA PRODUCING PROCESS



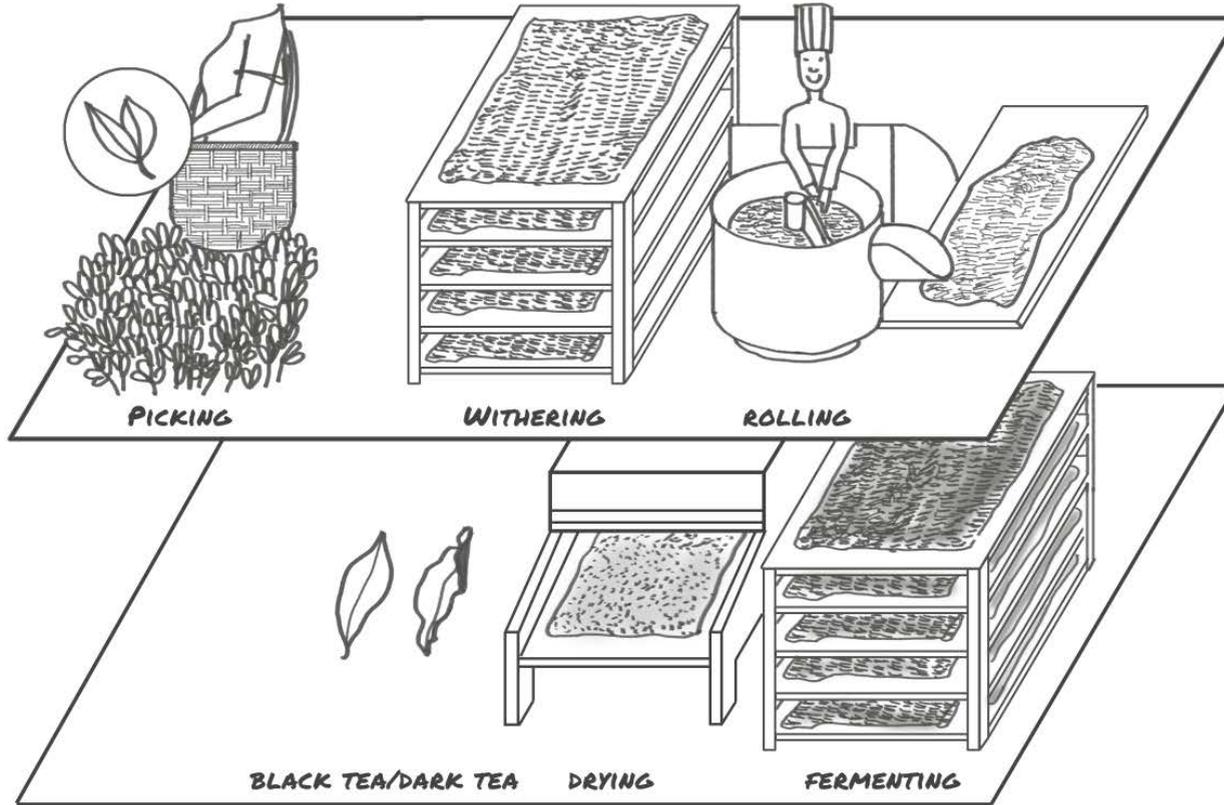
# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



FIXATION + ROLLING

DRYING GREEN TEA/YELLOW TEA



PICKING

WITHERING

ROLLING

BLACK TEA/DARK TEA

DRYING

FERMENTING

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## Tea set component

It is used to place tea cup.



Coaster

Taste tea soup.  
Choose the tea cups according to the principle: "small, shallow, white, thin"



Tea cup

Filter is used to filter tea leaves.



Filter

Fair cup is to hold the brewed tea, divide tea into each cup. The size of the fair cup should match the teapot.



Fair cup

Used to place the lid and keep it clean, to reduce the lid's friction



Lid set

Teapot is mainly used to make tea and hold tea, but a small teapot sometimes is directly used to make tea and drink from it.



Teapot

For holding the cold tea, waste water and tea dregs.



Tea basin

It is a boil water device. It is a commonly used to infuse water into teapot or pouring water to the pot surface.



Electric teapot



Tea tray

Tea tray is mainly used to place the teapot, cup and so on. If it is double-deck, it can be used to contain the tea soup or waste water.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## BREWING TEA

Different kinds of tea needs different tea set and different way to brewing tea.

Green tea : brewing method with glass



Oolong tea : brewing method " Kungfu tea "



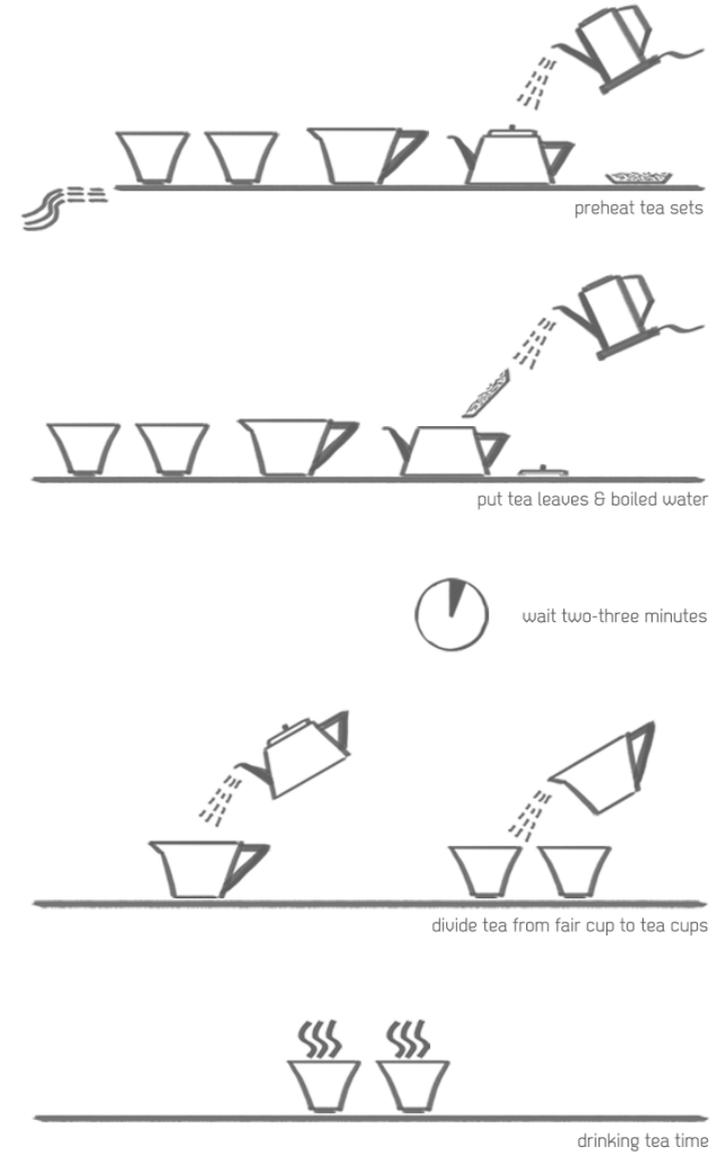
Black tea : ceramic pot



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## In general , tea making process



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

**Research of existing tea store / tea package / tea house**



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TEA STORE CHINA



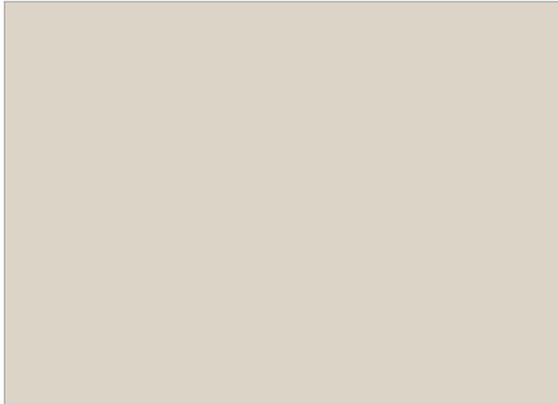
Some Chinese open tea market. Almost all the tea are sold in big plastic bags. People usually grab some tea to smell and see the shape of the tea leaves.



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TEA STORE OTHER COUNTRY



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY





# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



## TEA PACKAGEE

GREEN  
TEA

BLACK  
TEA

DARK  
TEA

FLOWER  
TEA

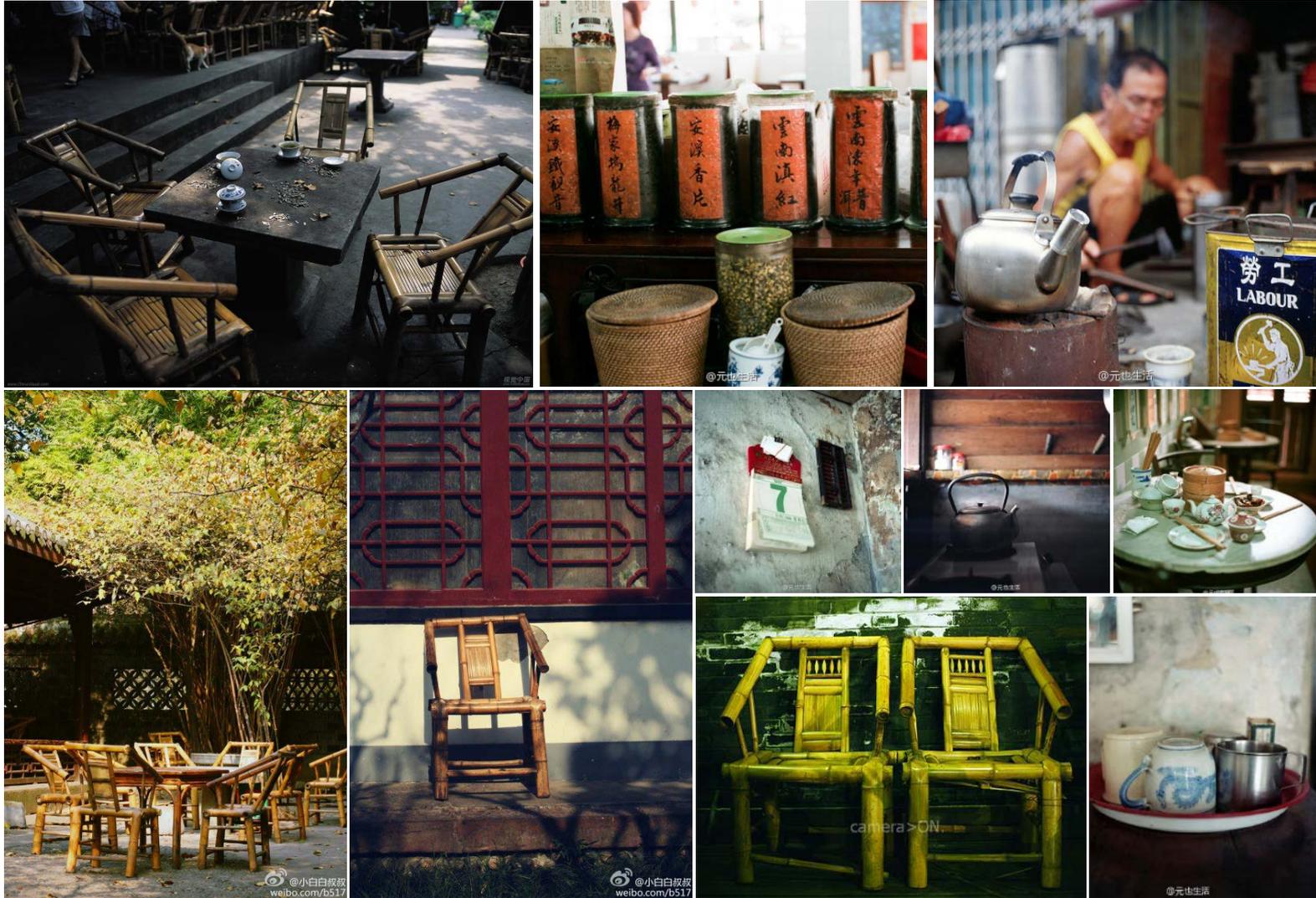


Compare the old tea packaging and the new british tea packaging, the british tea always catch people's eye. There brand imaging and colorful packaging can easily make people want to buy their product and understand what they are buying.

# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY

## TEA HOUSE CHINA



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



# RESEARCH

BACKGROUND  
ANALYSIS  
CONCEPT  
MODEL  
SUMMARY



Some tea lovers have a huge tea table at home for tea drinking. Normally they are almost the same size as dining table, but only for drinking tea. But for a family, it is really hard to find a space to put these kind of huge staff. Especially for young couples, these tea tables's design do not fit into mordern flat at all.



# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## ANALYSIS OF RELATIONSHIP BETWEEN TEA AND SLOW

# ANALYSIS

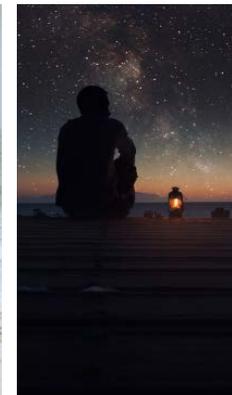
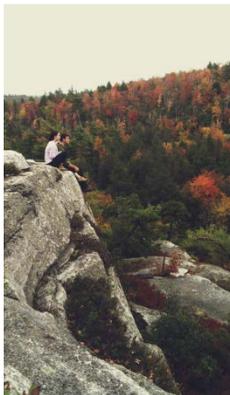
BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## SLOW & WHERE YOU SEAT

The place where people sit will effect people's feeling a lot. We can see from some examples. In ancient times, people had a lot of time to sit down having a cup of tea. They sit on the floor, face to the yard, with some music, some sounds of the birds and fountain... That scenario will let people forget the time and totally relax. All the nature element will easily bring us calm and peace.

Nowdays, people take vocation to leave their work and social life behind, do their favioult sports, look around the other countries, go to the nature... People are prefer to stay away from the big cities.

Expensive resturant wish to offer people high quality food and people can eat slow and stay a long time. They usually make peaceful decoration and quiet music. People feel private and comfortable seating there , they will eat slower and order even more food.



# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## SLOW & HOW YOU SEAT

How you sit will also affect your behaviour. Naturally in the fast food restaurant, there are more hard material chair even they only put a table without a chair, so people can eat fast and leave the restaurant. Also when you look at the ancient times, how people sit, they are sitting more on the floor or at low position, even sometimes lying down and lean on things beside.



# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## SLOW & SMALL

The relation between slow and small maybe sounds a bit special. Sometime when you hold small tea cups, your action become slower compare when you use the big mugs. I found it when i was doing all the experiments with different people holding different tea sets and my own experience.

It doesn't mean we can not use big tea cup to drink tea. My grandfather always takes a really huge tea mug and sits outside in the yard for the whole afternnon. Actually there are some old tea houses they offer one big tea cup and you can sit there for half day, they come to refill the water. It also became a culture, but the linking image to this kind of big cup it is old people or a tough guy. This impression for young generation is a little bit outdated. How to abandon their bad part and inheritance the nice old traditions?

Also the small tea set links to elegance and careful. When i provide small tea set for people to drink tea i noticed that people's acting natually became slower. And you will more focus on the smell and taste of tea when you take a sip.



# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## About inherit of the traditional tea culture

After all the research about traditional tea culture and analysis of the people's behaviour when drinking tea. I know it is a tough task and huge project to talk about inheritance of the tea culture. But i still find an interesting starting point and i think it has a lot of potential.

Generally, there are so many aspects we can make changes for the tea industry. For example, how to introduce tea knowlodge to people systematically also easy to accept ? For people who want to study tea, they don't need to buy a huge book from the book store or go to the tea class, maybe a new style of teahouse can be a good media where they can learn tea knowledge, or even a good designed packaging can give people a lot of information. Or even to design a nice tea book cause i haven't find any tea book on the market that really attracts me.

Through my research, we see there are some tea design doing really nice, you find them in precious hotel or chamber. When talking about making tea, they all ceremonious, with huge tea table, complicate decoration and so on. I think it should like coffee, you can have expensive and delicated coffee in a Cafe or a resturant, also you can have a simple espresso or normal coffee at home. Same as tea, when you drinking tea at home, still get a good quality tea, but less ceremonious. To make tea culture closer to people's life i think it is to make it simple and honest. People's career life it is so complicate, tea should use its honest and simplify to attract people to appreciate it. Especially when people staying at home, it should be something simple to fit into the furniture or part of the interior atmosphere but still keeps its own character.

I narrow down to a daily object lever and want to keep it in a small scenario like for a couple, one person or two close friends.

# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY

## ANALYSIS OF FORM THE IMAGE BETWEEN OLD AND NEW INSPIRATION



A lot of modern furniture got inspiration from Ming dynasty furniture. For Ming furniture, scholars' participation substantially influenced the development of furniture. The scholars' aesthetics helped Ming furniture follow an elegant and natural taste. The scholars grasped the essence of "less is more." Decoration for decoration's sake was a lowbrow skill. In quality furniture, the texture of wood was fully used to reveal natural beauty. Simple design had nothing to do with cheapness; red sandalwood and scented rosewood represented essential value. Scholars had their special interests and preferences. Small tables, vases, bibelots and incense burners created an elegant atmosphere. (<http://www.travelchinaguide.com/intro/furniture.htm>)

Ming furniture because of its elegant atmosphere, it is simple and sometimes even with really thin lines, looks fragile. So it is more like for people with a rich life. Not that intimacy to normal people. But modern furniture get inspiration from Ming furniture's proportion and texture and make it even more honest and functional. This is also a type of inheritance.

# ANALYSIS

BACKGROUND  
RESEARCH  
CONCEPT  
MODEL  
SUMMARY



When look at the furniture being used in the traditional tea house, they are all simple furniture you can find in a lot of families. Material come from local area, shape are simple but comfortable.

The picture on the right side is a bench if you look at 10 years ago, almost all the Chinese family has one at home, now you only find it in some local resturant or countryside. It is a really simple but an honest product. It is comfortable , easy to produce, easy to bring. I think it can even be elegance if in a right proportion, instead of only a "cheap" product.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY





# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY



Experiment 1  
Choosing tea leaves

10 different kinds of tea in 10 separated column containers.  
First let people see and smell 10 kinds of tea and choose which they want to drink.  
Second show all the instruction of the tea and see if people will change their choices.

The first experiment didn't get a good result, because the container has too strong smell, also because of the smelling of tea especially black tea and dark tea even couldn't smell at all.

So I was thinking maybe some visual information can help when buying tea.



Experiment 2  
Making tea

Using a cardboard mockup to try the liner way to put tea set.  
I used an existing Kongfu tea set which including one tea pot, one fair cup and six tea cups.



Experiment 3  
Making tea

Another possibility to put the cups. A separate cup holder from the tea table. Easy to serve to the people and can be taken to other places.

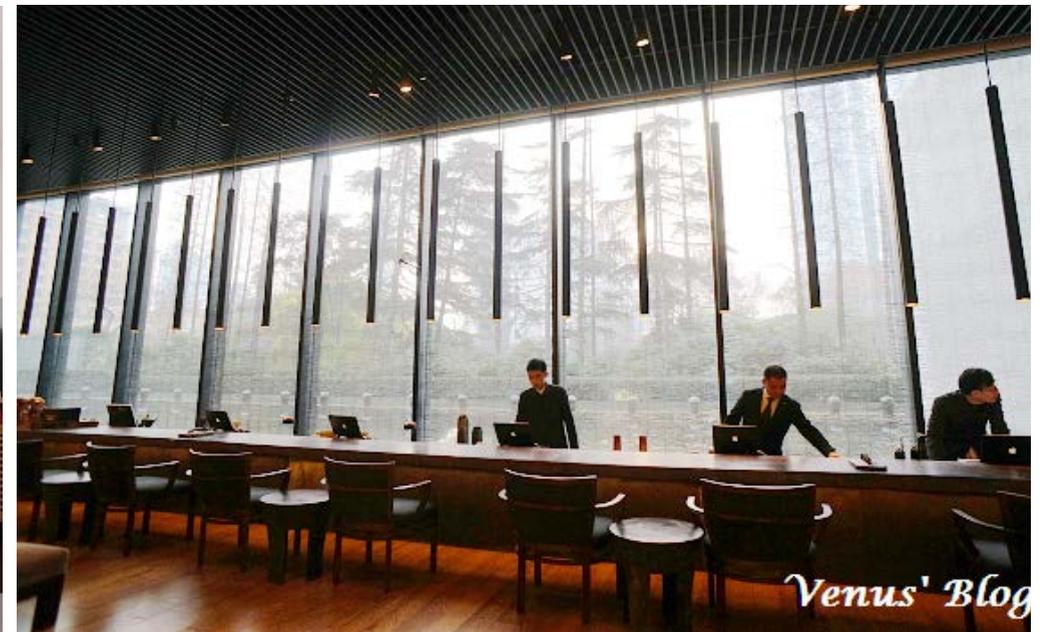
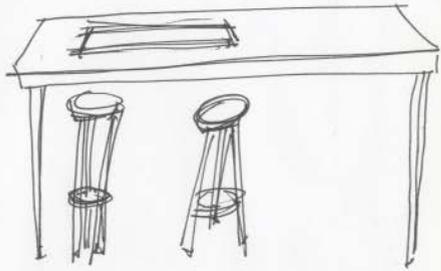
# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

Concept 1 inspired by traditional Chinese chair (sitting low)

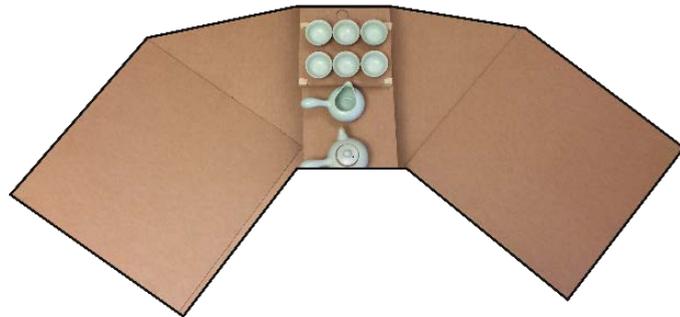
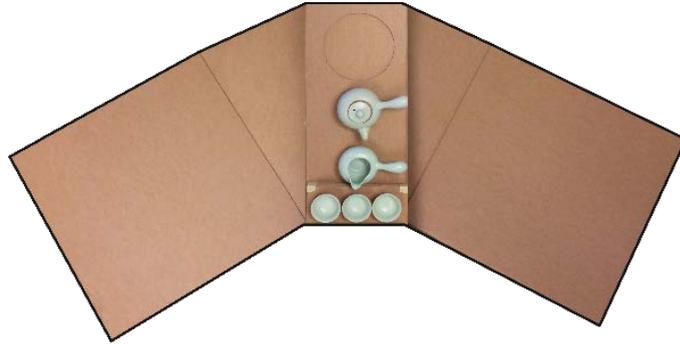


concept 2 like bar counter. (sitting HIGH)



# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY



# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

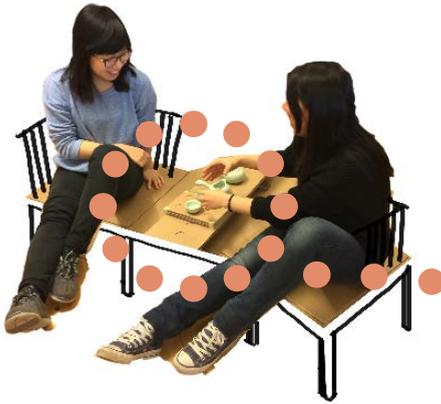


Tea tray cardboard mockups

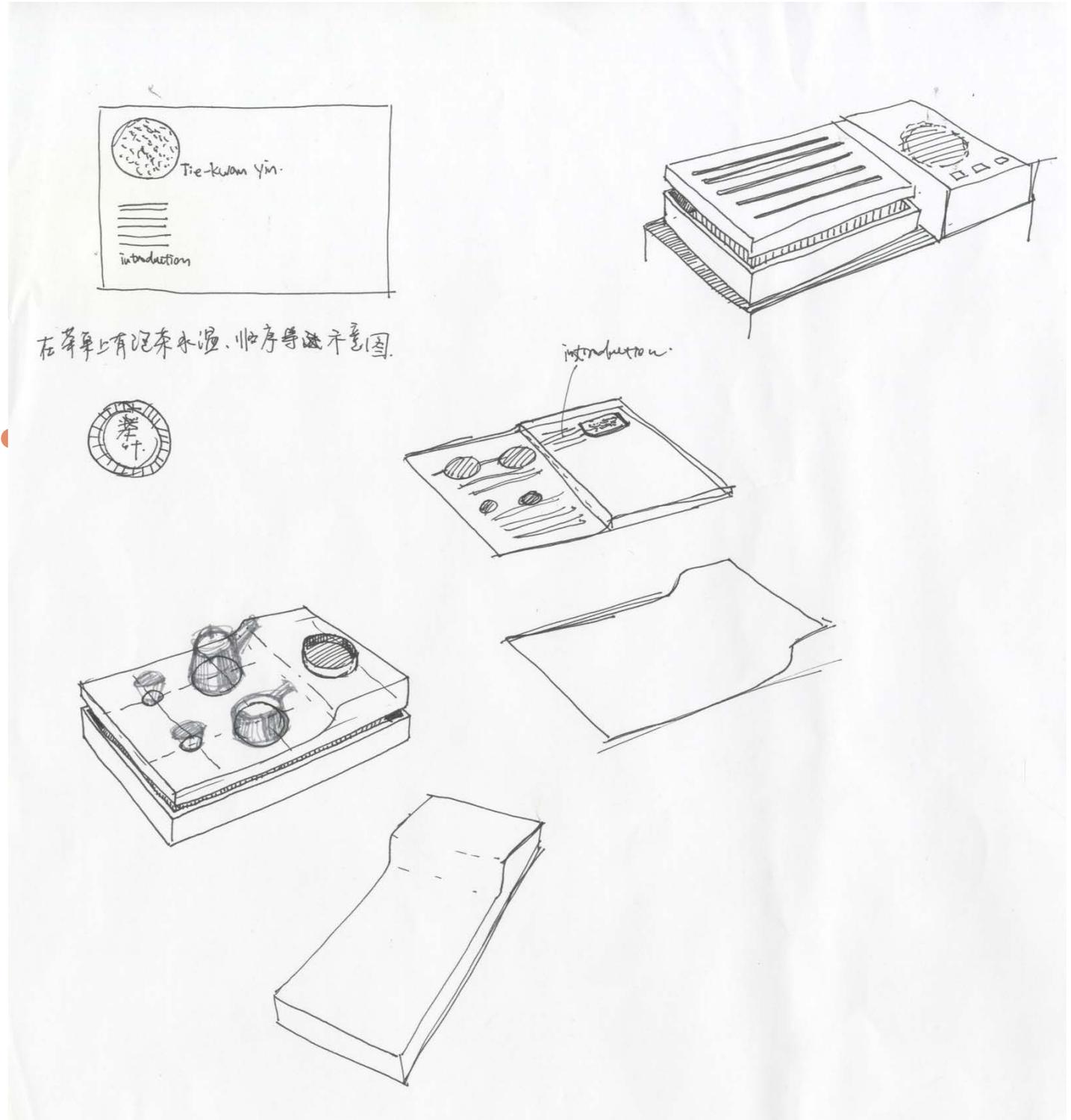
The different ways to pour the waste water into the underneath water container.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

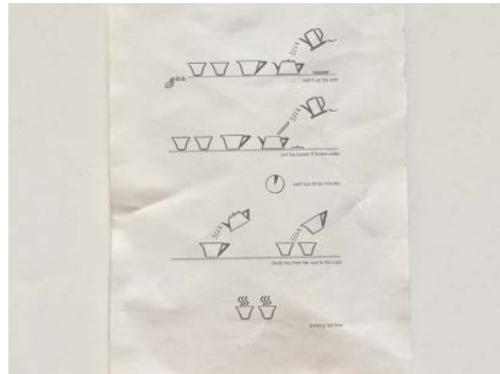
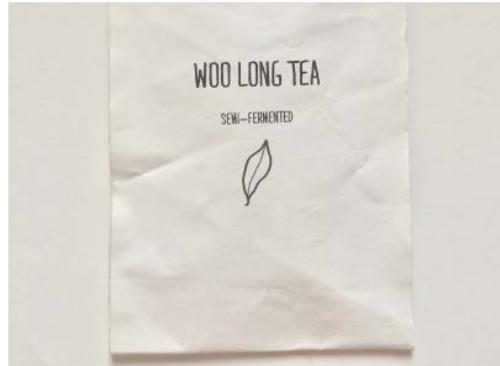


Even though in the beginning i had the idea to create a full tea table and chair , after i tried the space and proportion, i decided not to do it for this project which purpose it is for family use, smaller scale. The chair and table is nice to have for the tea house, but for daily life, it is still too big takes too much space.



# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY



## Tea tray mockup and experiment

Since the idea is to make tea in small scenario, i started with a classic tea tray shape, i made a MDF mockup to do the first test. The tea tray with a water containing space underneath, the top surface it is movable that easy to pour out waste water and clean the tray. The top surface fits one tea pot and a fair cup, with a pair of tea cup.

I invited some people in our studio to use this tea tray to make tea. They all didn't have so many experients of tea ceremony, usually only use a tea pot or a cup to make tea.

After observing they make tea, i found out that the fair cup make them comfused, even though i drew the tea making process on the back of the tea package to show how to make Chinese tea, still they didn't get the right order to use tea set.

Then i showed once how to make tea in right order. Especially what is the function of fair cup, they understand really fast. So it is a really fast learning process. Before i also thinking about if i should make some change on the tea set to let people see it and know how to use it, then i was thinking if it is such a easy learning process (only learn at the first time), then there is no necessary to make complicate change on the tea set.

Maybe it is better to improve the buying tea system, such as experince of tea store and tea house , not the tea set.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

After all the experiment of tea tray, i found out for people who doesn't know how to use tea set before, the problem for them it is the order to use tea set. So i was thinking how to make the tea table in an smart way, so people natually use the tea set in the right order.

Among all the types to place the tea set, linear is the most directionnality way, people can easily understand where is the staring point to the finish end. Also it is nice when people sitting opposite to each other, so they can talk, get eye contact. It is privides more private and closer space.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

From aesthetics aspect, i wanted to keep the shape simple and easy to fit into people's daily life. Chinese old bench is a very iconic shape for Chinese people. By looking through a lot of different benches i found the proportion of the bench it is the most important.





# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

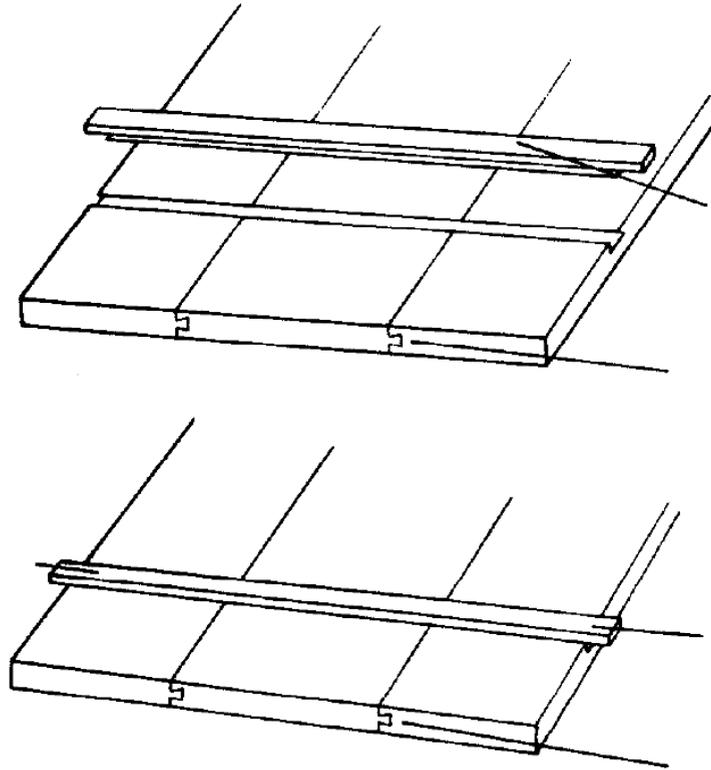


Getting inspiration from nature. Water is an essential part of tea activity. Ripple is an element makes people feel really calm but vividly. So i used ripple to show the position of where to put tea set. Also it is like when putting tea set on to a water surface, ripple appear.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY

structure



The tea table shape i get the inspiration from the old Chinese bench. But to make it flat pack, i used an old Chinese wood connecting method. It makes table easy to assembly and stable.

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY



The connection of the leg and the table it is an old way slide the leg into the board. People get it in flat pack, easily assemble themselves.

The table surface has the lowest part in the middle, so the water will follow the shape goes into the hole to the container. Together with the ripple, the waste water on the table become part of the scenario.

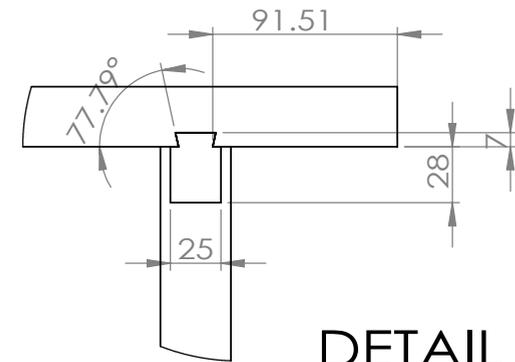
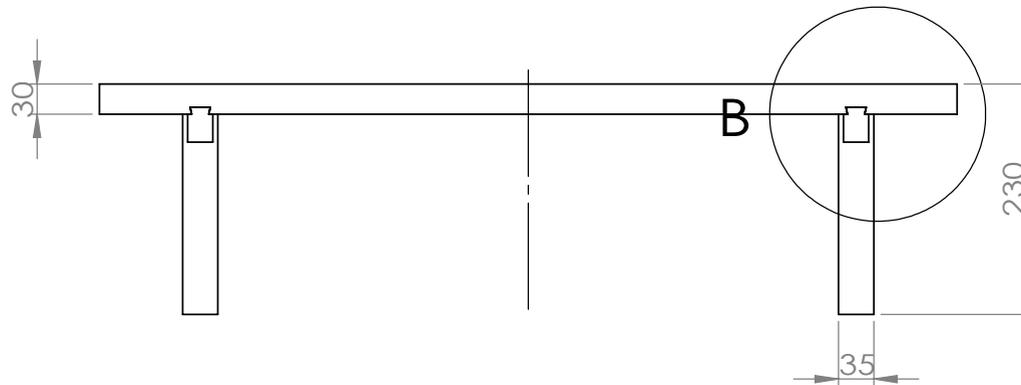
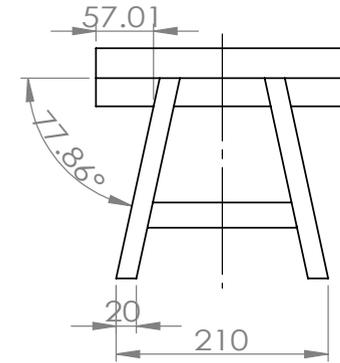
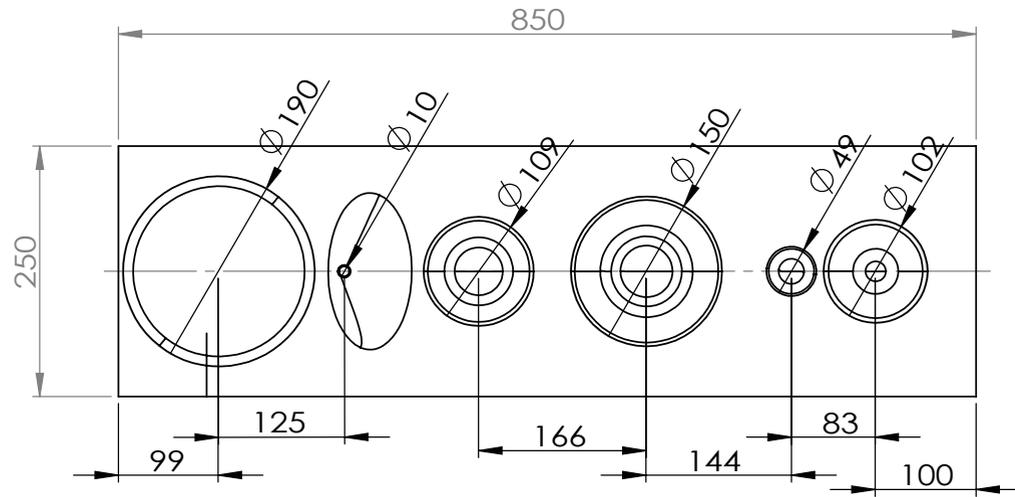


Using the ripple on the surface to create a position to show where to put the tea set.



# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY



DETAIL B  
SCALE 2 : 7

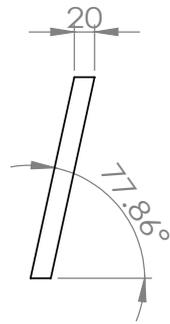
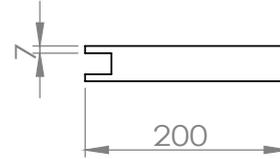
Tea table		
Material : Ash wood		
Tea table		
scale : 1:7		A4
Page 1 of 1		





# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY



	tea table leg		
Material : Ash wood		Tea table	
Amount : 4			
			A4
		scale : 1:7	Page 1 of 1

# CONCEPT

BACKGROUND  
RESEARCH  
ANALYSIS  
MODEL  
SUMMARY



## Tea set mockups

The purpose to make tea set mockup it is for better understanding the volume of the tea pot and cups. And feeling the size when you hold to drink tea .

After all the test, here i came the conclusion of my tea set.

This tea set is designed for two people, it contains one teapot, one fair cup and two tea cups. The volume of the teapot is considered the total volume of two tea cups. So when you pull the tea into two cups, there won't leave any tea in the teapot, as it is always good not to leave the tea leaves in the water for too long and the tea doesn't become cold.

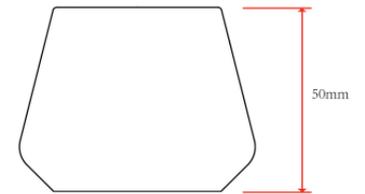
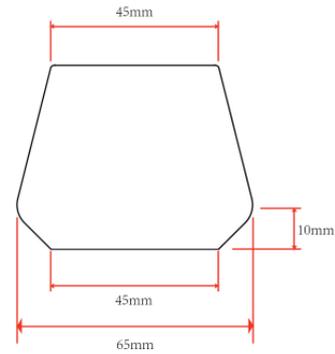
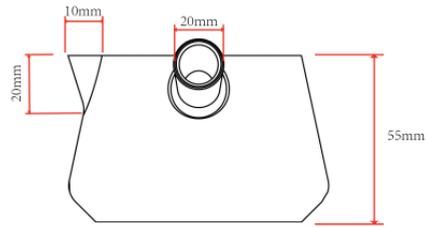
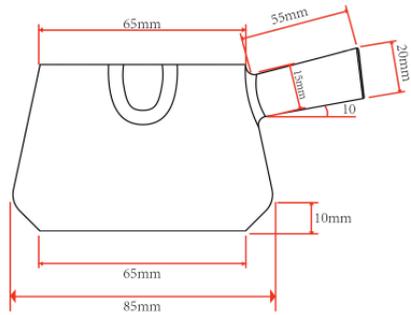
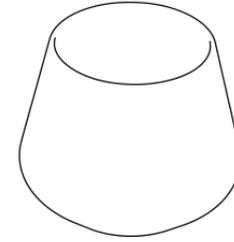
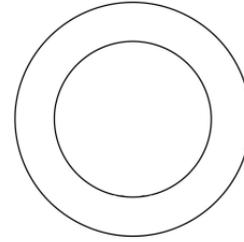
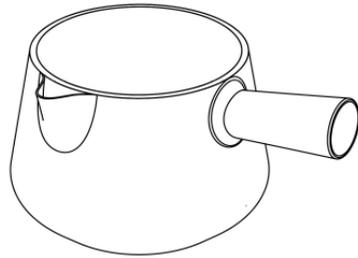
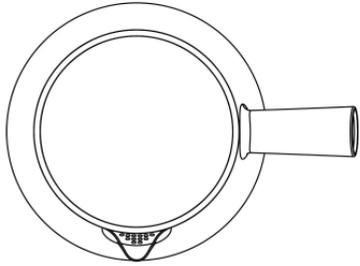
The shape of the tea set is bigger in the middle and smaller on the top and bottom. The reason to do this it is to keep the smell of the tea in the cup, narrow down on the top to gether the flavour to people's nose when they drink tea also helps keep the warmth of the tea.





# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY



One  
Tea pot: Volume 244ml

Two  
Tea cups: Volume 120ml / piece

# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY



# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY

## Making ceramic tea set



# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY



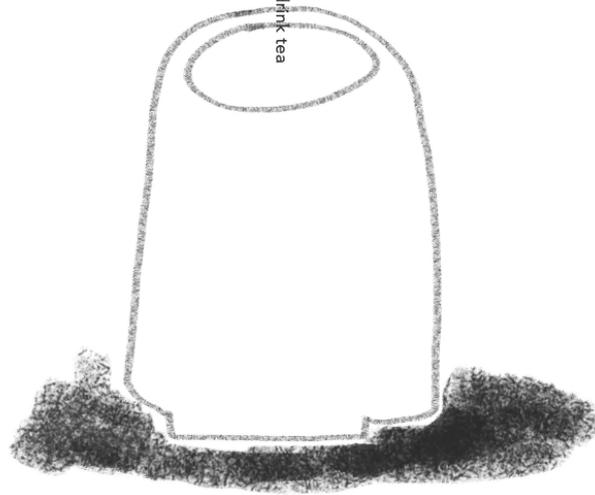
# MODEL

BACKGROUND  
RESEARCH  
ANALYSIS  
CONCEPT  
SUMMARY

**brochure of slow tea**

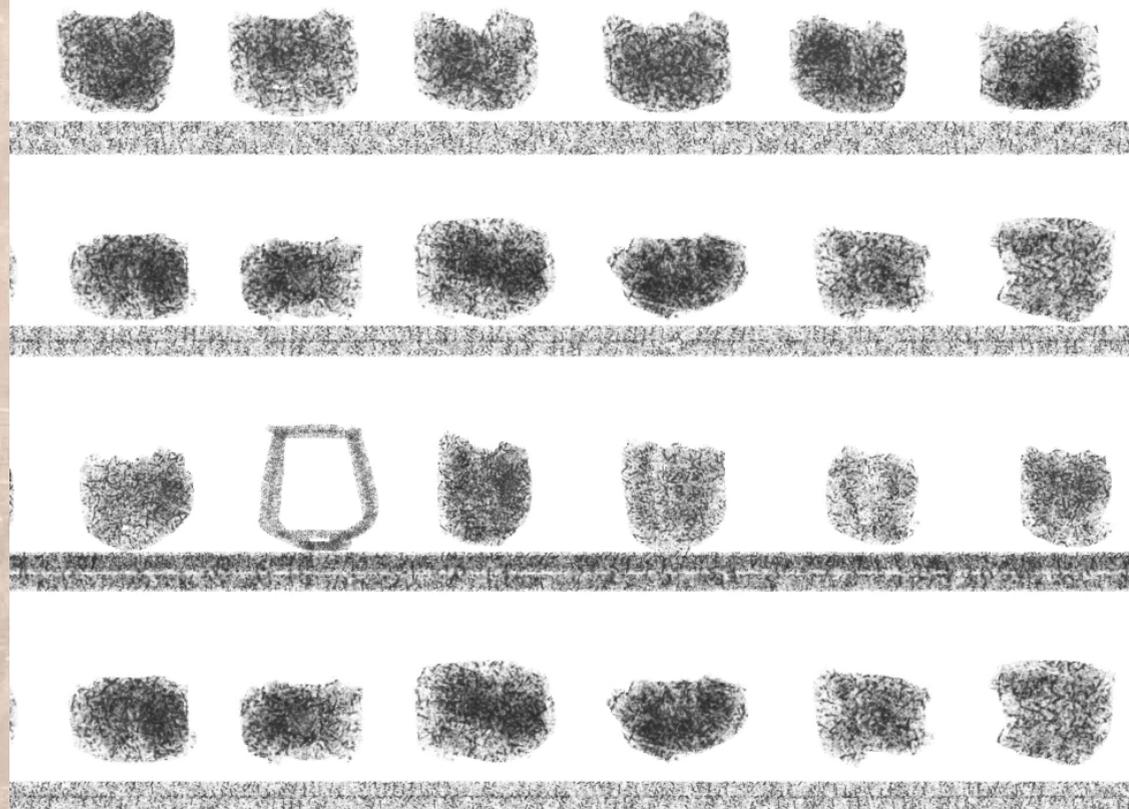
茶<sup>tea</sup>

sit down , drink tea

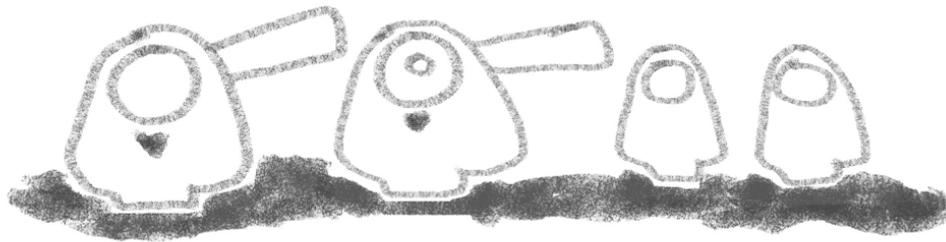


Tea, dating from China,  
has experienced several thousand years.

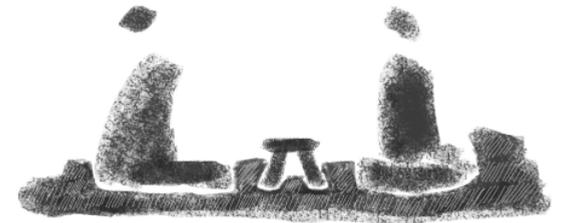
Tea for guests



choose a kind of tea

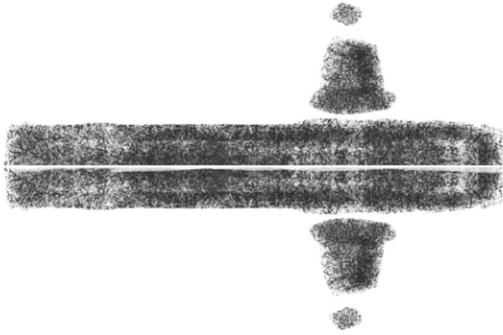


have a nice tea set

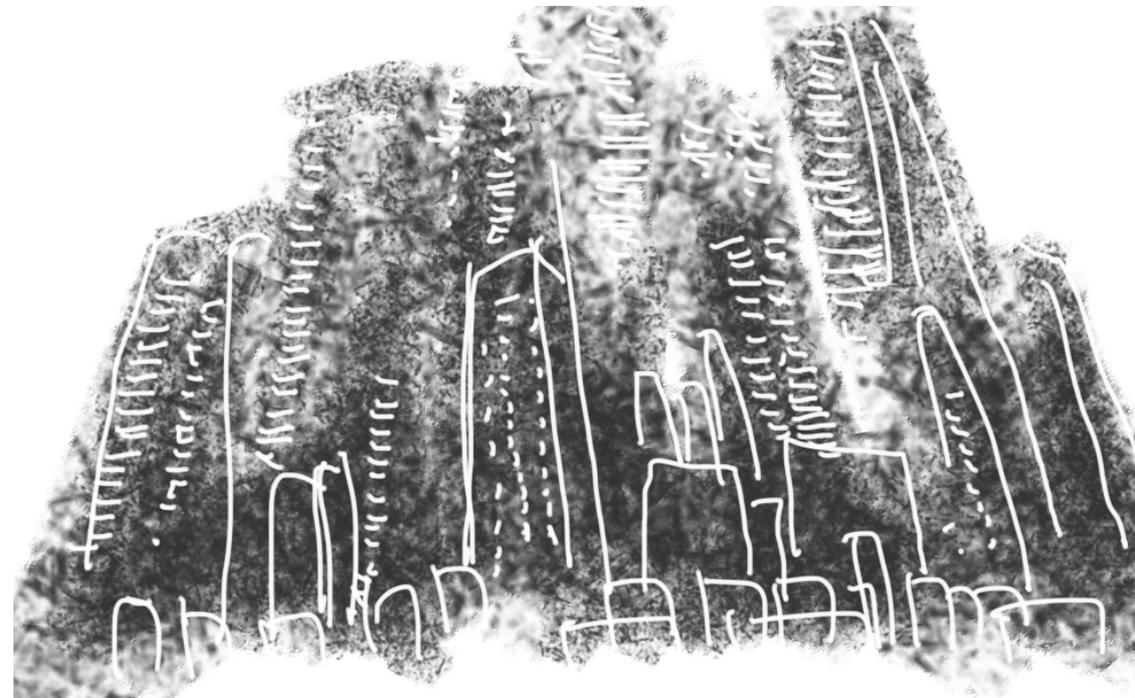


have a friend





choose a way to seat



sit down , enjoy your life

**Final photo shots**



Electric kettle /  
boiling water

Basin

Tea pot

Fair cup

Tea cup













