

Distance LAB: International Multidisciplinary Living Labs Network



The International Multidisciplinary Living Labs Network”: Living Labs Network is a space where different organisations from the Baltic Sea Region and beyond meet to solve relevant problems together. This network provides opportunities for individuals and organisations interested in connecting with other entities such as businesses, universities, governmental and non-governmental institutions, and experts for international collaboration in various areas.

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

by University of Latvia



Development of the Living Labs Network

1

Methodology Creation

Development of LL methodology including co-creation methods and user-driven approaches with Quadruple Helix stakeholder engagement.

2

Virtual & onsite Co-creation

Monthly online meetings, virtual co-creation sessions and face-to-face workshop in Riga workshop in Riga to initiate the LL creation process and extend stakeholder networks.

3

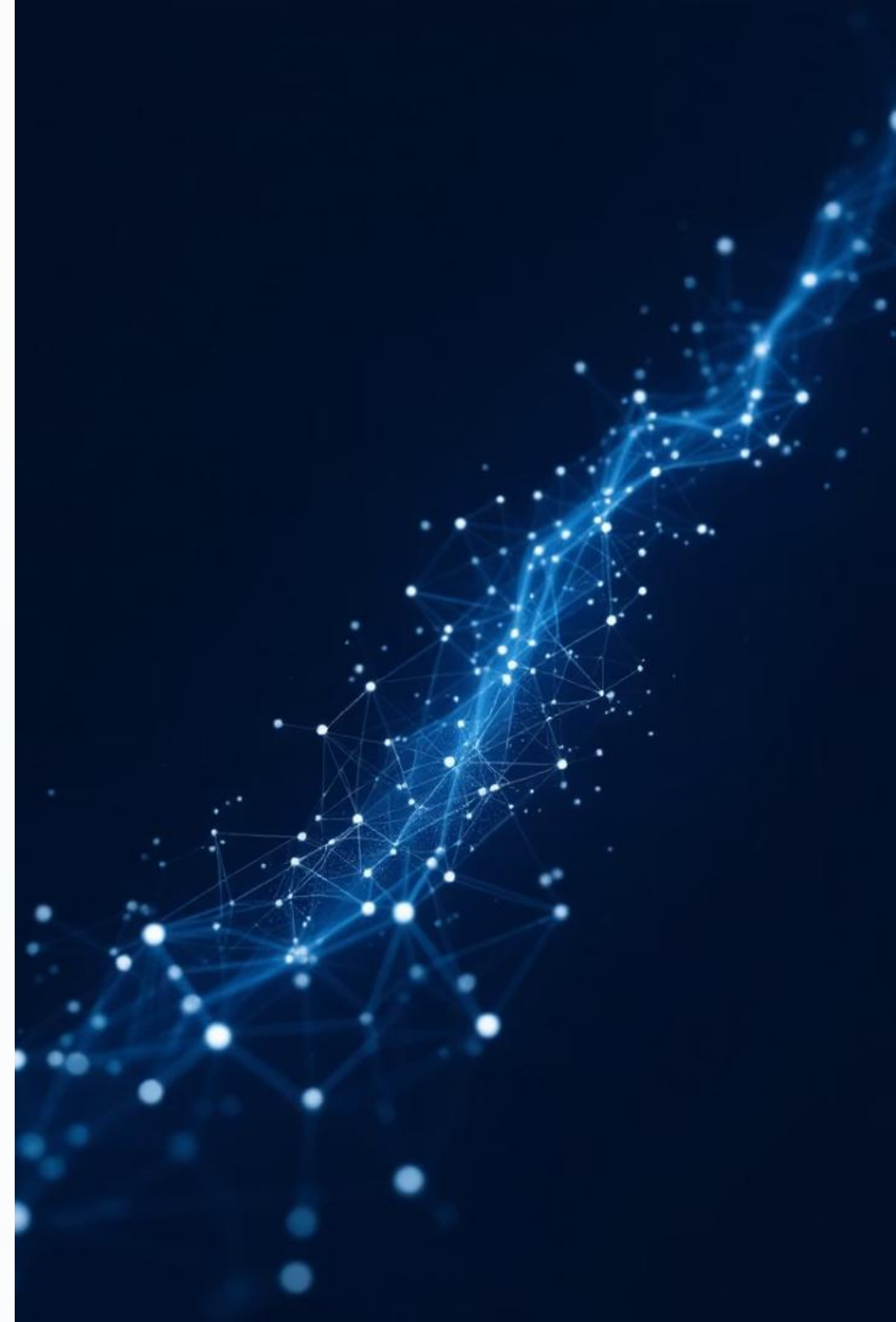
Prototyping Phase

Prototyping of Living Labs began in fall 2024 with most strategies formulated by year-end. by year-end.

4

Network Launch

From early 2025 until June, the Living Labs Network was created and became operational operational with 7 living labs included by mid-2025.





Living Labs Network Partners

Partner	Title of living lab	Area of activity
Centria RDI	Centria Makerspace	Service Desing, Business Development
LAB University	Where to go Living Lab	Research, education and innovation
Lithuanian Innovation Centre	Sustainable Digital Futures	AgriFood innovations
Tech-Park Kaunas	Innovation Bridge LAB	Research and Innovation
Rzeszow Regional Development Agency	Living Lab of Entrepreneurship	Regional Economic Development
Møre and Romsdal County Council	Citizens Lab in Kristiansund	City development/Social sustainable cities
IUC NORR	Circular economy	Circular manufacturing
Centria RDI	Outdoor Innovation Space	Research, innovation and education

Key Principles



Openness

Gathering diverse stakeholders from target groups with various expertise and competence.



Continuity

Establishing trustful long-lasting relations between stakeholders.



Empowerment

Enabling users to actively engage in the innovation process.



Realism

Involving real users in real-life settings during innovation development.



Living Lab Profile Structure



Basic Information

Title, organization, contact details, and location



Mission and Vision

Core purpose and future aspirations



Focus areas and Working groups

Specialization of each Living Lab and area of activities & cooperation with stakeholders and external parties



Stakeholder Network

Quadruple Helix stakeholders: public institutions, industry, academia, civil society society



Resources and Connections

Relevant networks and contact information

Benefits of Joining the Network

Knowledge Exchange

Access to expertise, methodologies, and best practices from diverse living labs across the Baltic Sea the Baltic Sea Region.

Collaboration Opportunities

Connect with potential partners for joint projects, funding applications, and innovation initiatives. innovation initiatives.

International Visibility

Showcase your organization's capabilities and achievements to a broader international audience. audience.

Resource Access

Utilize shared tools, methodologies, and the co-creation toolbox developed through the Distance the Distance LAB project.



Applicat forms



Your application
with application orction



Your application
applicand inrraction



When your operty and
application onwnes



Membership Application Process

H



Complete Application

Fill out the appropriate questionnaire for established living labs or organizations interested in building one

Evaluation

Application reviewed by Distance LAB project representatives

Discussion

Online meeting to discuss any unclear issues if necessary

Approval

Successful applicants welcomed as welcomed as members of the Distance LAB Living Labs Network Network

Resources and Future Development

Co-creation Toolbox

The LLN Co-creation Toolbox provides instruments for co-creation creation sessions in living labs, with with instructions for both online and and onsite settings. Templates can be be downloaded as PDF documents or or used as Google Slides online.

Knowledge Resources

Materials and publications produced produced through the Distance Lab Lab project, plus useful links to resources like the European Network of Network of Living Labs (ENoLL) and and other relevant sources.

Events Calendar

Comprehensive view of upcoming activities, workshops, and collaboration collaboration opportunities across the the network, ensuring all members stay stay informed about relevant events. events.

International Multidisciplinary Living Labs Network

<https://distancelab.eu/livinglabs/>

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Innovation Bridge LAB @Tech-Park Kaunas (Lithuania): **Connecting Academia, Business & Society**

Our Mission

We bridge academia, business and society through user-centric co-creation activities.

Based in Tech-Park Kaunas, Lithuania, we enhance market readiness of innovations.



Innovators' breakfast

Matchmaking breakfast for innovators to connect.

Events for research and development collaboration.

R&D Meet-up



Training programmes

Organised training programs for skill development.

Support before business acceleration phase begins.

Pre-acceleration



Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Living Lab of Entrepreneurship

- RRDA | part of the Distance LAB project & IMLLN
- Mission: To support innovative entrepreneurship in the region through collaboration, education, and development.
- Key Activities:
 - workshops, mentoring, and consulting for SMEs
 - co-creating solutions with local partners
 - strengthening the innovation ecosystem
- Partners: Public institutions, universities, businesses, NGOs
- Goal: Retain talent, connect the region to global markets, and foster local innovation
- 📍 Rzeszów
- 📧 livinglab@rarr.rzeszow.pl
- 🌐 distancelab.eu/living-lab-of-entrepreneurship



Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB



Where to go Living LAB

LAB University of Applied Sciences' "Where to go" Living Lab is an invitation to co-create in initiatives for developing business and societal good!

Our mission is to support innovation environment for public, private and third sector organizations solving societal and environmental challenges and driving sustainable growth.

WE INVITE YOU —whether you're a regional developer, researcher, entrepreneur or expert—to plan and run joint research, development and innovation projects with us.

- Interested in social innovations in terms of research, development or innovation?
- Want to test a new product or service with real users and utilize research in developing something?
- Need a partner for a digital, green, or wellbeing-oriented pilot?
- Curious for collaborating in locally embedded research, development and innovation projects?

What our living lab offers:

- Expertise in international project planning when the project aims meet our goals.
- Access to challenge-based research and development collaboration, facilities
- Help designing experiments and user involvement, feedback and development
- Matchmaking
- Possibility to be involved in co-creation in large inter-regional initiatives
- Platform for positive impact

Connect, Create, and Grow – Together

Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Centria Makerspace

DISCOVER

DEFINE

DEVELOP

DELIVER

Make ideas &
experiences
into reality!



Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB



Campus
Kristiansund

Ecosystem for education,
research and innovation

Photo credits:
Studio400

- Quadruple helix approach to creating new knowledge
- Campus opened in November 2024 – still early phase
- Tests on using AI, digital twins to mobilize citizen engagement
- Tests with co-creational tools – joint development



Møre og Romsdal
fylkeskommune



Kristiansund kommune
I medvind uansett vær



VINDEL and other partners



INTERNATIONAL
MULTIDISCIPLINARY
LIVING LABS
NETWORK
-IMLLN

Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Sustainable Digital Futures for AgriFood Sector Living Lab

Mission

To provide tailor made innovation support services and co-create solutions for Agrifood sector companies in building sustainable digital future of food systems.

Vision

Sustainable Digital Futures – a regional hotspot for co-creating innovative and sustainable Agrifood sector solutions.

Focus Area:

- Sustainable Agrifood Innovations
- Co-creation & Multi-Stakeholder Collaboration
- Innovation Opportunities Scouting & Tailored Support Services



Activities:

- Matchmaking events
- Innovator's breakfast
- Hackathons
- R&D Meet-up
- Trainings
- Pre-acceleration programs

Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Circular Business Lab

Taking a leadership role in driving the industry's development toward a sustainable future



- Who are we?
- Collaborating for a Greener Economy
- Ten Steps to Innovation
- Shaping Industry with Long-Term Vision

Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Outdoor Innovation Space

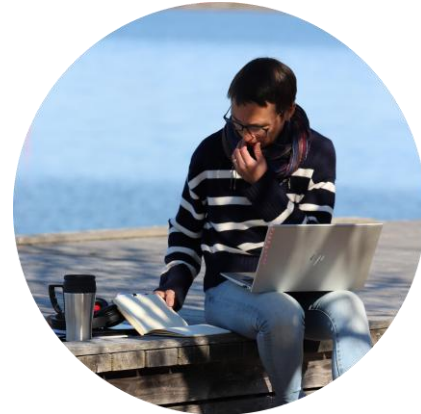
- **Mission:** Promote creativity and innovation through outdoor office activities. Co-create outdoor office solutions with stakeholders in the region.
- **Vision:** Thriving businesses and work communities that use the surrounding environment to come up with brilliant ideas for tomorrow's challenges

Based on a scientific foundation

Innovative aspect: not tied to a certain physical space

2024-2026 Funding through European Social Fund  Co-funded by the European Union

2027 - Upheld by Centria UAS



Living Labs in the Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB