

Distance LAB: International Multidisciplinary Living Labs Network

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESILIENT ECONOMIES AND COMMUNITIES

Distance LAB

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.

by University of Latvia



INTERNATIONAL
MULTIDISCIPLINARY
LIVING LABS
NETWORK-
IMLLN



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 (08/05/2024) to initiate the LL creation process and extend stakeholder networks.

3

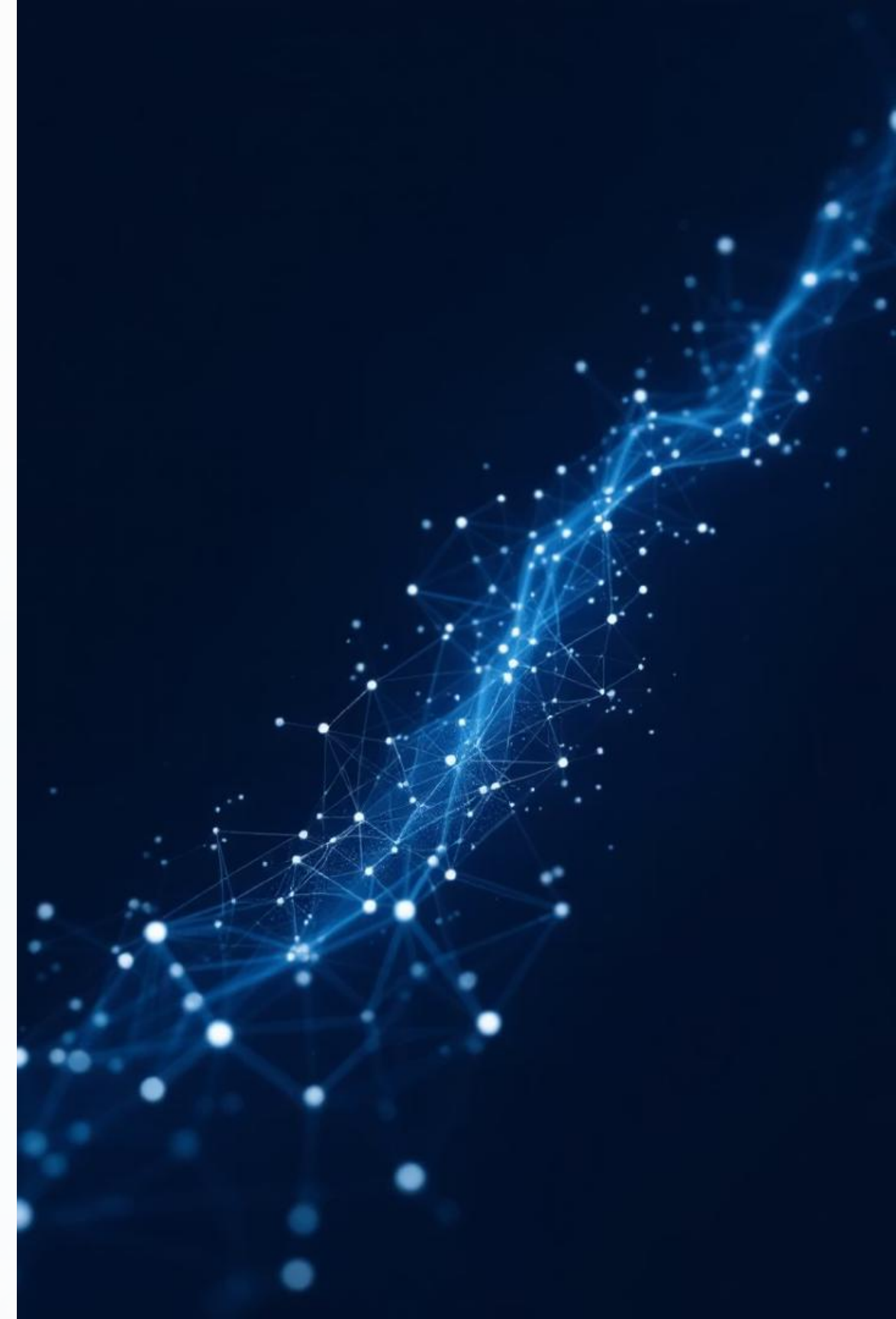
Prototyping Phase

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

4

Network Launch

From early 2025 until June, the Living Labs Network was created and became operational with 8 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



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 Region.

Collaboration Opportunities

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

International Visibility

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

Resource Access

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



Application
form



Application
evaluation



Additional
online meeting
(if necessary)



Approval

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 members of the Distance LAB Living Labs Network

Resources and Future Development

Co-creation Toolbox

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

Knowledge Resources

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

Events Calendar

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

The Living Labs Blueprint is a living document that will continue to evolve throughout the Distance LAB project lifetime. An updated version will be released at the end of 2025, incorporating lessons learned and new developments from the network's operation.