

作品名稱

インタラクティブな共感現実

# 互動同理實境

Interactive Empathy Reality

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## 內容簡介

「互動同理實境」是一項結合虛擬實境和生成式 AI 的技術。使用者可以在虛擬實境中體會「另一個人」與他人的互動情境，達成同理彼此的目的。

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例如，一位男生可透過此技術體驗女生的生活，實際感受「如果我是女生，別人會怎麼對我？和我說的話、對我的表情或動作有什麼不同？」

虛擬世界中的角色是透過 AI 從巨量文字與非語言資料生成，能和使用者的自然互動。

AI 會參照使用者現實生活，以及目標同理對象特質，客製化出最能讓人感同身受的互動情境。

## Brief Introduction

“Interactive Empathy Reality” (IER) is a technology that combines Virtual Reality and generative AI. Users can immerse themselves in a VR environment to experience interactions with "another person" and achieve the goal of mutual empathy.

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For example, a man can use this technology to step into the shoes of a woman and gain a real sense of, "If I were a woman, how would others treat me? How would their words, expressions, or actions differ towards me?"

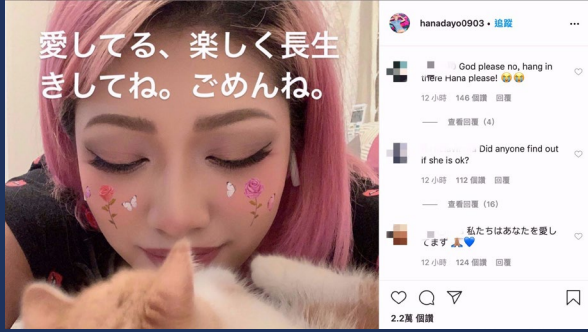
The characters in the virtual world are generated by AI using vast amounts of text and non-verbal data, allowing for natural interactions with users. The AI takes into account the user's real-life experiences and the characteristics of the target empathy subject, customizing interaction scenarios that are most relatable.



# 1 概念發想背景

Ideation background





日本演員木村花因網路霸凌自殺

In Japan, actress Hana Kimura Commits Suicide Due to Online Bullying



韓國明星雪莉因網路霸凌輕生

In South Korea, Star Sulli Takes Her Own Life Amidst Online Bullying

# 科技，讓人們越來越靠近，卻也與越來越疏遠？ Technology: Bring people closer, yet also Driving Them Apart?

- 推 tottoko0908: 幹0糧母豬滾啦幹
- 推 c7683fh6: 幹0糧桶三小喇幹 還我村
- 推 xz45: Hate版召換 ob\_\_ov
- 推 Chieen: 哈特利裡面有母豬夢子，美
- 推 se7enteen: 母豬母豬 夜裡哭哭XD
- 推 [unclear]: 母豬騎士來喔~

台灣 PTT 出現「母豬教」厭女社群

In Taiwan, there has emerged a misandrist online community called the "Female Pig Cult" on the PTT forum.



台灣婚姻平權公投引發網路上正反兩派彼此汙衊

The Taiwan Marriage Equality Referendum has sparked online mudslinging between opposing factions.

可見，從電話、網路、社群網路到 5G …  
這些科技打破了人們之間物理上的距離、時間上的屏障  
但卻還沒能打破人與人之間那一道

## 心的牆壁 / 心の壁

Clearly, from telephones, the internet, social media, to 5G technology, although they have broken down the physical distances and time barriers between people, they have not yet been able to break down the "Empathy Wall" between individuals.




難道，人與人之間就是無法互相同理的嗎？

這不是我們要的未來。

Is it that people simply cannot understand each other?

This is not the future we desire.



2040 年，我們需要一個 同理心的科技。  
來突破人與人之間的心牆。

In 2040, we will need a "technology of empathy"  
to break through the emotional barriers between people.



而追根究柢，暴力、歧視與難以同理，往往來自

**「你無法感受我所經歷過的」**

尤其是與他人互動的情境

Digging deeper, much of the violence and difficulties in empathizing often stem from "you can't feel what I've been through," especially in situations where we interact with others.



但是透過 VR 和生成式 AI，未來這個障礙可能被打破

人們能在「互動同理實境」中成為他人，親自在對方處境中與人互動

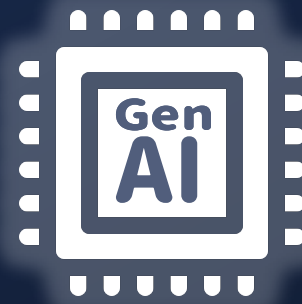
However, through VR and generative AI, this barrier may be broken in the future.

People could become someone else in the “Interactive Empathy Reality” (IER) and personally interact with others in their shoes, experiencing their circumstances firsthand.



VR 提供彷彿真實世界的沉浸體驗。但過去研究發現，若只是單方面體驗他人生活但沒有互動和反思，那幾乎無法促進同理心。但這個困境未來將被生成式 AI 所解決.....

VR provides a lifelike immersive experience. However, past research shows that one-sidedly experiencing others' lives without interaction and reflection rarely enhances empathy. This challenge is expected to be addressed by generative AI in the future...



近年爆發成長的生成式 AI，已可透過文字資料做角色扮演、跟人對話。未來，在肢體動作、表情等資料都能被 AI 運用時，虛擬實境裡的其他角色，就能夠依照我們所選擇的不同身分、用不同的方式來與我們互動。

Recent advances in generative AI enable text-based role-playing and conversations. In the future, as AI incorporates physical movements and expressions, virtual reality characters can interact with us based on our chosen identities!

# 2 技術如何運作？

## How It Works?

假設一位男性使用者要體驗 23 歲女生的處境...

Suppose a male user wishes to experience the situation of a 23-year-old female.....

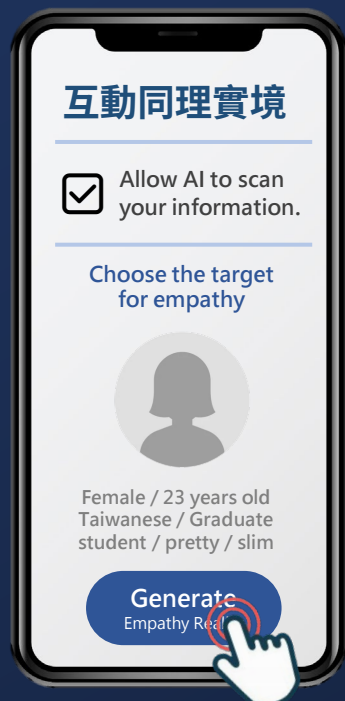


# Step 1

# 資料融合/生成 Data Fusion/Generation

首先，使用者將允許 AI 系統爬取使用者背景資料，包括人格測驗、講話方式或朋友圈狀況等等，融合生成出一個「23歲女性的他」的虛擬同理實境。

First, user will allow the IER AI system to gather his background information, including personality assessments, speech patterns, or social circle, among other factors, to create a virtual empathy scenario of "himself as a 23-year-old female."



## Step 2

# 進入同理實境 Immersion in IER

接著，使用者戴上 VR 裝置進入同理實境。在其中，身邊的人與現實相近，對使用者的個性也很了解，可以與他很自然地互動。只是在這裡，他們把他當成一個女生。

Next, the user dons a VR headset to enter the IER. Inside, the people around the user are similar to those in real life and are familiar with his personality, enabling natural interactions. However, in this environment, they perceive him as a female.



## Step 3

# 體驗深入互動 Engage in a deeper interaction

使用者在同理實境中，體驗不同的互動情境。例如被男性說教，或是被人隨意評判身材。使用者可以自由互動、反抗或爭執，體驗只有身為女性才會體會到的感受。

In IER, user can experience diverse interactions, such as being mansplained to or facing unsolicited body judgments. He can freely engage, resist, or argue, gaining insights into the unique experiences of being a female.



「要會投資啦~傻傻的」  
" You gotta know how to invest, little silly."

男性說教情境

The situation of mansplaining



「穿這樣引人犯罪喔!」  
" Hey! Sexy girl~"

被隨意評判身材的情境

The situation with casual body judgments



「老師抱一個嘛!」  
" Come on, a comforting hug."

「NO! 我不要!」

不經同意被肢體碰觸的情境

Situations with unwanted physical contact

當然，不只是不同性別  
「互動同理實境」能讓人體驗各種群體的處境  
在未來，這件事可能會越來越重要……

Of course, it's not just about different genders. IER allows people to experience the situations of various groups. In the future, this could become increasingly important...

# 3 未來影響

## Future Implications





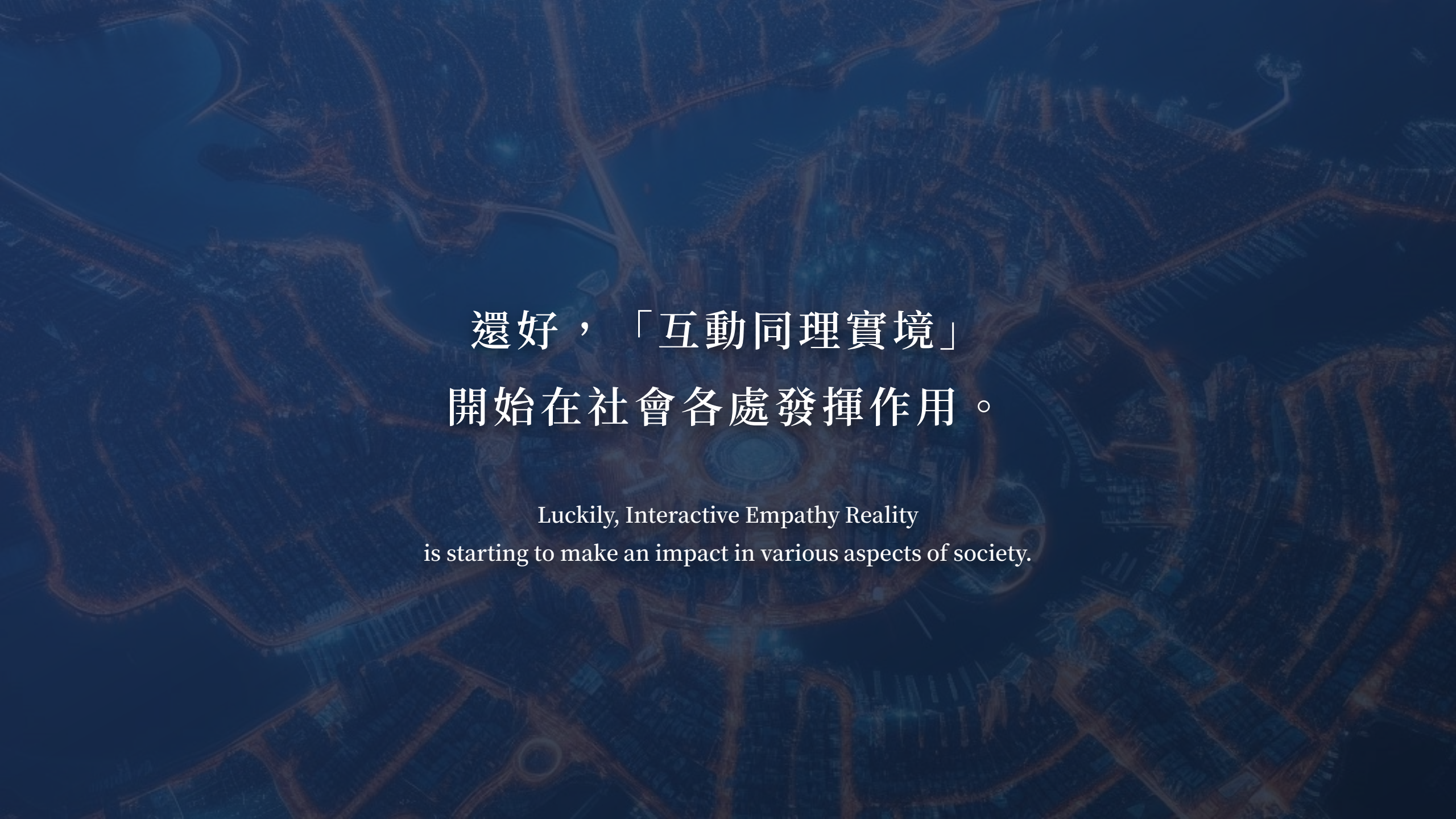
想像一下 2040 年的台灣。

少子化情形繼續惡化，而勞動需求依然不減，  
外籍移工大量湧入，不同族群間對立逐漸升高……

Picture Taiwan in 2040:

Worsening birth rate decline, persistent labor demand, and a large influx of foreign workers, all contributing to rising tensions among different ethnic groups...





還好，「互動同理實境」  
開始在社會各處發揮作用。

Luckily, Interactive Empathy Reality  
is starting to make an impact in various aspects of society.

**教育面**  
Education

## 共融教育的利器！ 國中小公民課，開始體驗新移民群體日常

A powerful tool for inclusive education! Starting from elementary school civic classes, students experience the daily lives of new immigrant communities.



從小開始，學生們就能在課堂上透過互動同理實境體驗不同族群、階級的生活，打造更包容的價值觀！

From a young age, students can use IER in class to experience diverse ethnic and class lifestyles, fostering greater inclusivity!

網路面  
Internet

# 社群平台推出「同理勾勾」！ 體驗過移工同理實境者，發言時能更被看見

Social media platforms introduce "Empathy Check Mark"! Those who have experienced the lives of migrant workers with IER are more visible when they comment.



只要利用「互動同理實境」累積 5 小時的移工處境體驗，就能獲得「同理勾勾」認證，在相關議題中被特別標註與推播。

Just spend 5 hours experiencing the lives of migrant workers through IER to earn the "Empathy Check mark", which will highlight and promote your contributions on related topics.

**法律面**  
legislation

# 立法院增設「互動同理室」 新移民法之立委，須先體驗一週移民處境！

The Legislative Yuan establishes an “IER Room”. Legislators responsible for new immigrant laws must first experience a week in the lives of immigrants!

## 互動同理室

Room for Interactive Empathy Reality

本次《移民新法》審議會期中，參與立委被規定必須至少體驗一週的新移民生活，才有資格進行法律的審訂和討論。

During the legislative session for the "New Immigration Act," participating legislators are required to experience at least one week of IER life as a new immigrant before they qualify for deliberating and discussing the law.





透過這些社會各個層面的融入

2040 年，「互動同理實境」將幫助打造一個更有同理心、更包容、也更溫柔的社會。

By integrating into various aspects of society, in 2040, "Interactive Empathy Reality" will help create a society that is more empathetic, inclusive, and compassionate.