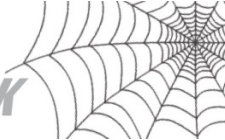




ACTIVE TRAVEL
NETWORK



Connecting cities
Building successes



Report on the Training Session on Health and Mobility:

The ½ day training session on Health and Mobility which was carried out during the partners meeting of the Active Travel Network project in September 2011 in Skanderborg, Denmark, followed the same structure as the other training sessions in the meetings before.

Additional to the training session a site visit to a school nearby has been organised to see the children on their home-to school trip on bikes and on foot. This site visit was additional to the general one in the City of Skanderborg.

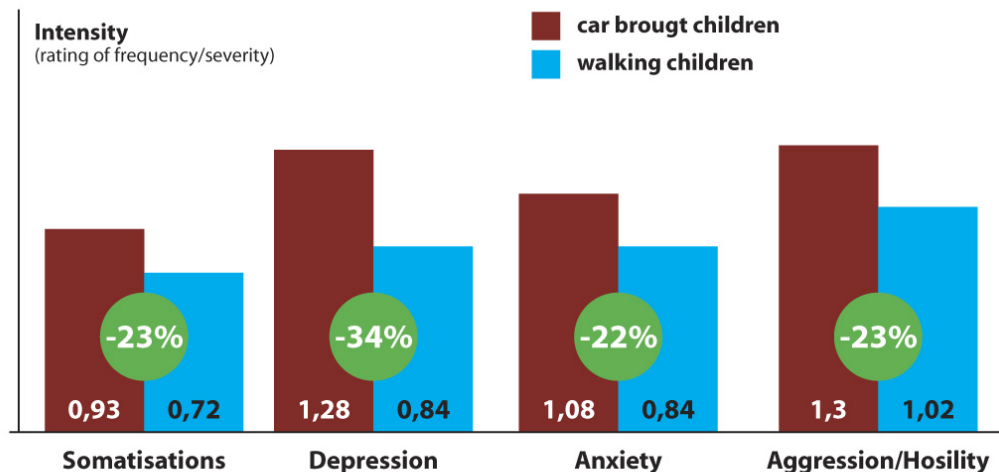
The training started with a presentation of the Lead Expert Robert Pressl and the Thematic Expert Karl Reiter, both Austrian Mobility Research FGM-AMOR. As always the presentation was not a pure ex-cathedra presentation but included an invitation for the audience to discussions.

The presentation was designed in form of PPT Slides – as always one catchy picture and / or diagram with explanations and discussion points.

It contained the following aspects.

- Emissions and noise
- Aspects on physical (in)activities and possibilities to connect this topic with transport and mobility
- Socialisation of children and impacts of lack of physical activities on skills and intellectual abilities
- Social inclusion vs. separation
- Safety and security
- Presentation of a campaign to transfer more physical activities into every days routine (which was carried out in Weiz and Graz)

Difference in well being between car brought children and walking children



Quelle: CEHAPE – Gesunde Umwelt für unsere Kinder, 2005
Grafik: FGM

Example of one of the presented slides:

They also presented a book that they published on health and Mobility with chapters from health and mobility actors from all over Europe on different aspects. An abstract has been contributed by Herbert Brüning, ATN partner from the City of Norderstedt, Germany on noise and transport.

In another presentation Martin Gertz, a member of the Urban Local Support Group of Skanderborg presented his approach to motivate children to more exercise. He is employed by the Municipality of Skanderborg to visit all schools with the aim to motivate and empower teachers to take up more physical exercise in schools and on the way to / from school. His very convincing and authentic presentation was liven up by small exercises. He motivated the audience to stand up and carry out some physical exercises on concentration, balance and skills.

His main statements were:

Parents, children and teachers see the books and pencils as their responsibilities when going / sending their children to school. Why not the bicycles (for the way to school)?

We have already lost the generation between 25 and 55 years. Let us concentrate on future generations.

We need to change the game settings [frame conditions for learning]

You do the infrastructure (incl. safety stuff) while I do the fun, promotion and skills work [when talking to planners, politicians etc.]

It is important to set the standards higher.

One is prepared to be active (in school), when one is active already at the start (e.g. when cycling to school).

Let me see you 1 hour playing and I know you. Let me talk to you for days and I don't know you well.

I sell changes – this makes teachers sometimes opponents.

Martin Gertz presented also a video that showed lessons in the classroom but also outside of the school that includes physical exercises. It has been proven that only sitting on a chair for learning is less successful than combining physical exercise and mental training. E.g. reading and sitting vs. reading while lying on the floor with the legs up. Or e.g. a mathematic lesson in the schoolyard combined with jumping activities.



Martin Gertz in Action

The question for discussion in smaller groups was:
Municipalities what can they do to enhance physical activities of their citizens in combination with non-motorised transport

Summary on results:

- A.) they can organize events to motivate people to be more physical active like seasonal bike starting event (in spring)
- B.) they can prepare the infrastructure and organisation of the city so that it can be seen as a training instrument (for walking / cycling)
- C.) they can start a program for their citizens to promote every day walking (the example was a project of the Municipality of Weiz: programme with doctors who motivate people to be more active and at the same time shift car trips towards cycling / walking: people are measured at beginning and at end of a 12-week programme regarding body fat, cholesterols, fitness index etc. People use a special developed mobility / physical exercise diary for self-observation and for controlling.

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<http://urbact.eu/en/projects/low-carbon-urban-environments/active-travel-network/homepage/>