

Healthy Cities.

From planning to action

INTEGRATED ACTION PLAN ANYKŠČIAI

Authored by: Jolanta Jucevičienė,
Daiva Gasiūnienė



TABLE OF CONTENTS

PART 1: PRESENTATION OF CONTEXT AND PROCESS.....	3
CITY CONTEXT AND DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE	3
SETTING OF FOCUS AND OBJECTIVES	4
<i>Focus of IAP.....</i>	4
<i>Summary of main aspirations and objectives for the IAP</i>	4
<i>Summary of how it links to the URBACT network as a whole and how learning from transnational exchange has informed the choice of focus.....</i>	5
<i>Presentation of strategic goal and vision.....</i>	6
DESCRIPTION OF THE PROCESS.....	6
<i>Composition and role of URBACT Local Group.....</i>	6
<i>Role/impact of transnational exchange and learning.....</i>	7
PART 2 - ACTION PLAN	10
ANALYSIS OF PLANNED ACTIONS	10
SMALL SCALE ACTION.....	17
ANNEX	20
HEALTH IMPACT ASSESSMNET.....	20
<i>Screening & Scoping.....</i>	21
<i>Assessment & Recommendations</i>	22
<i>Reporting & Monitoring and Evaluating.....</i>	24

PART 1: PRESENTATION OF CONTEXT AND PROCESS

CITY CONTEXT AND DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

OVERVIEW OF THE CITY

The green town of Anykščiai is located in the north-eastern part of Lithuania, in the county of Utena. The district is one of the largest in the Republic of Lithuania, with an area of 1765 square metres and a population of 26.000 (9.000 citizens live in the town). The favourable geographical position of Anykščiai indicates potential for economic, entertainment and tourism development. Anykščiai is a Lithuanian cultural site, that has been home to unique examples of nature, history, culture and art for two centuries.

The Anykščiai district is listed as one of the most attractive places in Lithuania and is considered to be an important tourism area of national significance. In 2007, Anykščiai was granted the status of resort territory that led to the development of recreation, wellness and tourism services in the area. The landscape and natural monuments, historical and cultural sites, creative industries and a large choice of both indoor and outdoor activities are the main tourism resources in Anykščiai.

KEY CHARACTERISTICS AND PRIORITY TOPICS

Population	26.213
Density	14,58/km ²
Demographic profile	Age 0-17: 14% Age 18-64: 59% Age 65+: 27%
Life expectancy (country)	Male: 69,7 Female: 80,2
Overweight (country)	59,6%
Mental Health	4,7%
Physical Inactivity	66,30%



AMBITION AND VISION

HEALTHY CITIES will contribute to the achievement of Anykščiai city's strategic development goals such as to become a resort city and to create an environmentally friendly, unique and original infrastructure based on culture, literature and nature.

Meanwhile, Lithuanians pay little attention to spiritual health associated to personal reflection, calmness, meditation and do not consider it as an important component of a healthy lifestyle. It is likely that such an assessment of respondents can be explained by the fact that the concept of diverse health, its policy of preservation and strengthening in Lithuania is a rather new phenomenon. At the moment it is perceived that Anykščiai's population suffers from anxiety, negativity, anger and they provide many negative comments to any new projects, initiatives. We aim to change that. And we see that Anykščiai citizens have a lot potential to improve their mental health. To start with, we organise the first Forest festival in Lithuania, ecological forums and festivals, and being visited by a lot of experts in non-traditional medicine.

Infrastructure can improve people's physical and mental health, promote creativity and encourage the industry of creative and health-enhancing experiences. Participating in the HEALTHY CITIES network is a significant step towards improving the health of the Anykščiai citizens and guests. It is an



opportunity to plan long-term activities and outline a vision for the city that lasts beyond a single political season. Anykščiai is a city with the ambition to become a hub for quality and professionalism, reducing stress and increasing creative power, and learning to overcome the fear of change, which in this case puts people in an unhealthy and unsatisfying environment.

DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

Change people's lives through architecture and urban planning will make people healthy and happy, will make them to be proud of the city and become ambassadors of such change.

Our challenges: Provide attractive and suitable architecture/urban planning, correct the urban fabric and make connection with the surrounding green, exclusive parks (social disconnection), unattractive objects to be converted for cultural functions, small business oriented to ecology and urbanism. We need/are working on object transformation guidelines (design the city guides).

SETTING OF FOCUS AND OBJECTIVES

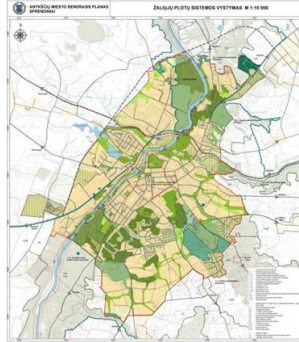
Focus of IAP

Anykščiai's specific challenges are to change people's lifestyles to make them healthier and happier, and to make a city they are proud to be ambassadors of.

The Integrated Action Plan (IAP) focuses on creating an environmentally friendly, unique and original infrastructure based on culture and literature. Such infrastructure would improve people's physical and mental health, promote creativity and encourage the industry of creative and health-enhancing experiences. Public health is usually associated with the building of infrastructure for physical activity and relaxation, the development of green areas and the reduction of environmental pollution. But cities must not forget the huge influence of the spiritual well-being of a person on their overall health. It is why the IAP will focus on improving the urban environment to help the community grow spiritually and become more involved with culture and heritage. For example, the historic part of the city will display artisan work and innovative businesses, the central city park will have a cafe and aromatherapy installations, the riverbank will be improved, bridges will be greened. The overarching goal of these aesthetic objectives is for the city to achieve Resort Status. Anykščiai is a member of the Lifestyle group (Deep Dives), focusing on the citizens as the central point of their quest for a healthier city. The potential for change is high as physical investments (along the river, in the main park and main square) will be combined with social programs.

Summary of main aspirations and objectives for the IAP

The IAP will focus on creating an environmentally friendly, unique and original infrastructure based on culture and literature. Such infrastructure aims to improve people's physical and mental health, promote creativity and encourage the industry of creative and health-enhancing experiences. Public health is usually associated with the building of infrastructure for physical activity and relaxation, the development of green areas and the reduction of environmental pollution. But cities must not forget the huge influence of the spiritual well-being of a person on their overall health. This is why the IAP will focus on improving the urban environment (space -Anykščiai's small promenade along the river Šventoji, 1,5 km long and surrounding area / streets in the center of the city) to help the community grow spiritually and improve their cultural awareness.



Strategy

- Coordination with Municipal Spatial planning documents
- Coordination with Anykščiai District Municipality Strategic Action Plan for 2022-2024
- Coordination with Anykščiai district municipality Strategic Development Plan for 2019-2025
- Coordination with stakeholders

Green Areas, Vegetation and Biodiversity

- Improve attractiveness and liveability of the city center
- Humanization of concrete infrastructure
- Protect the quality of the environment

Connectivity and mobility

- Green space connections (connect green areas)
- Sustainable mobility
- Vilnius street and A. Baranauskas square make safer, greener and reduce speed/traffic (that are narrow with green spaces)
- River Šventoji slopes renaturalization and creation of Multi-modal centre in right side of river connected with the marina.

Accessibility

- Physical disability
- Mental disability

Activities and Lifestyle

- Promote activities according to the area (related to natural environment)
- Promote healthy lifestyle
- Promote non-traditional health activities such as forest therapy
- Promote physical and mental activity

Communication

- Social prescribing and sport prescribing
- Encouragement to spend time outdoors
- Healthy urbanism

Health Impact Assessment

- Data
- Impact on health (physical and mental)
- Environment quality



Summary of how it links to the URBACT network as a whole and how learning from transnational exchange has informed the choice of focus

It is important to find conventions and norms that we can all adopt. All to share not only experiences but also the course of the future. Rules will be created that will be the basis for prosperity and creation. We believe that we will be able to learn to leave behind our private interests and subjective hobbies in order to reach a consensus that builds a common foundation reflecting who we are and what we do. The most important thing is to get qualitative assessments, identify problems, their degree of spread/impact, model spatially concepts to increase understanding of connections between urbanization and nature.

Transnational exchanges via Deep Dives, City-to-City meetings in Lifestyle & Greening group (Anykščiai, Farkadona, Alphen an den Rijn) provided an opportunity to observe/analyse/deepen our problems and ideas for greening from another angle and gave a lot of positive ideas for activities in our city such as green spaces (design, management, etc.) or the relationship of the urban environment with lifestyles (quality of public spaces, sustainable movement, etc.). Those insights were useful for the completion of the IAP.

Presentation of strategic goal and vision

The interaction between the urban environment and health is wide and diverse, with many possible approaches and opportunities. The subject is so broad that requires an integrated and multidisciplinary overview, always keeping the focus on the urban planning as the main tool to bring together all the decisions on the different issues that affect the city.

We should take into account the health impact of the urban decisions. All actions mentioned in IAP developed under the health perspective are included to Anykščiai district Municipality strategic action plan and Master plan.

Thanks to URBACT program structure and ideas got from the project partners, we strengthen our aim and vision to become a resort city, establishing it with the document "Resorting program" that was created during project "Healthy Cities" period. This will be implemented in the near future depending on human and financing resources.

We foresee that will have an impact on physical activity, mental health, overweight and quality of life indicators. But we need to develop a tailor-made health impact assessment to make it visible.

In Spring 2022, Anykščiai district Municipality was involved to project "Health tourism" with the Anykščiai District local action group. This project aims to make wellness package and make tourists / clients to travel (to not stay in one place or city). Municipality has a lot of wellness places, services and opportunities to make attractive wellness packages with regional cities. This is very complementary to the core of the Healthy Cities for improvement of mental health and overall wellbeing.

DESCRIPTION OF THE PROCESS

Composition and role of URBACT Local Group

The main goal of the URBACT Local Groups (ULGs) was to use the URBACT framework and methods to design Integrated Action Plans on local level for sustainable urban development and to strengthen the capacity of local stakeholders to develop efficient policies. This was done by establishing a durable cooperation of the stakeholders, using the URBACT method. The URBACT method is based on a holistic approach, that takes into consideration the physical, economic and social dimensions of urban development, form a sustainable perspective. The participative approach – the development of strong partnerships between public bodies, the private sector and civil society (including citizens and inhabitants) – is recognized as a cornerstone of efficient urban development policies. ULGs translate these principles into concrete local dynamics that aim to foster shared ownership of the urban planning



process. A key element of the process is to nurture the talent of city stakeholders and build their capacities, so they can actively get involved in delivering participative policy making and co-creation of Integrated Action Plans on local level.

To set up the new group, all key stakeholders have been identified and contacted. The ULG will be composed of representatives from the municipality administration, Anykščiai District Municipality public health bureau, the municipality's hospital; small business and members of community.

Organisation	Name
Coordinating Team	Jolanta Jucevičienė Daiva Gasiūnienė
URBACT LOCAL GROUP MEMBERS	
Anykščiai District Municipality administration	Daiva Gasiūnienė (architect)
	Monika Bužinskienė (culture)
Anykščiai District Municipal Hospital	Dalis Vaiginas (director)
Anykščiai District Municipality public health bureau	Lina Pagalienė (director)
Architects	Martynas Marozas, Audrys Karalius
Cultural scientist	Vytautas Balčiūnas,
Small business representatives	Giedrė Leitonė (restaurant, Anykščiai influencer)
	Renata Špilevskė (health through nature, educational programs)
Community	Simona Vaitkutė
	Simona Ševčenkaitė
	Kristina Jakubauskaitė
	Kristina Kiaušaitė

Following to the pandemic situation, our ULG split to pieces, because the majority of our members were from health system. After the City-to-City meeting we decided that we need to renew our ULG with new members such as architects, urbanists, strategists, etc.

ROLE/IMPACT OF TRANSNATIONAL EXCHANGE AND LEARNING

We planned to organize 12 ULG meetings during the lifetime of the project. ULG meetings were planned to be organized before and after the transnational meetings (TM).



Before the TM: The ULG has discussed the agenda of the meeting, identify any questions that the ULG expects to be answered and identify any thematic input that the ULG could channel to the meeting.

After the TM: The delegated participants should transfer the answers to the questions of the ULG and the lessons learned from the meeting.

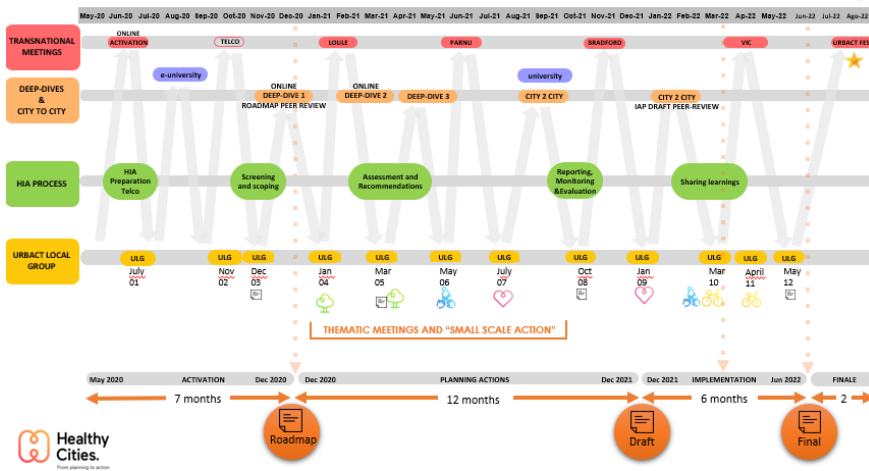
Role/impact of transnational exchange and learning

The ULG ensures the viability and the feasibility of the IAPs at local level and the Group will be the token of sustainability of results in the long term, after the end of the project. The responsibility of this group is to ensure that the impact of the transnational exchange of practical experience between the cities is spread to the largest possible extent. The main task of the ULG is to gather all stakeholders who can actively contribute to the elaboration of the IAPs and involve them in the activities of the network.

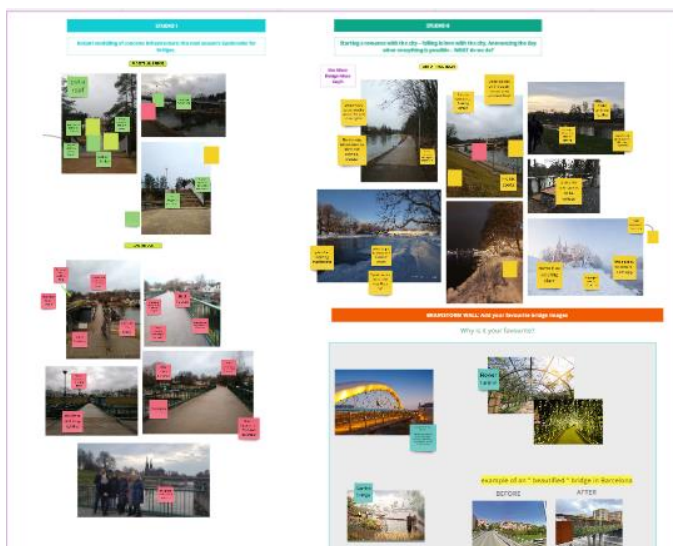
URBACT Local Group activities include:

- Analyzing local challenges, seeking solutions and ultimately developing Integrated Action Plans to address these challenges
- Embedding the learning from transnational exchange (practical knowledge, good practices, peer review, etc. from other cities in the network and beyond) in to the local policy-making process
- Contributing to the transnational exchange and learning process taking place at transnational level
- Communicating results at local level, and disseminating lessons learnt to the wider community
- Taking part in the URBACT training schemes organized at national and European levels by the URBACT Program, thereby developing the capacities of local stakeholders.

The first 2 meetings of the Local Group focused on setting the challenges and agreeing on the objectives for the action plan. After the 2nd Deep Dive Anykščiai it was discussed ideas were given during Deep Dive from project partners and their ULG.



The following three meetings were thematic meetings, in which aspects related to history, the natural environment, health and mental health. There were also two visits to the small promenade. Part of the meetings have had an online format. The learning from the transnational meetings has been transferred to the local group meetings. In fact, the thematic areas have run in parallel, so that knowledge has been built up jointly. Examples of online digital meetings (MIRO platform) information that have been used during ULG meetings:





PART 2 - ACTION PLAN

Analysis of Planned Actions

Anykščiai plans to make the following actions on the local level to meet the objectives of our city:

ACTIONS
Greening public spaces
Educational activities
Attractive pedestrian bridges in small promenade
Anykščiai district renovation
Renaturalisation of the river Šventoji slopes

The **5 action sheets** are included below.

Some of these actions are specifically about urban planning and design, so we have applied the health impact assessment tool "**Healthy Cities Generator**" to identify the health indicators that will be most impacted by each action.

The health impact assessment graphs are included in each action sheet, and show the health indicators that will benefit most from the action.

A small spider diagram is also included in the action sheets. This diagram identifies the urban determinants of health (i.e. those aspects of the urban environment that are related to health) that will be influenced by each Action.

For those actions not related to urban planning (e.g. programming of activities, or communication campaigns), we have included a qualitative analysis of the impact on health.

ACTION Title: Greening public spaces

Typology of Action: Physical health, Social health, Environmental health, Global health
 2019-2025 strategic development plan, Coordination with stakeholders, stimulate biodiversity, improve attractiveness and liveability of the city, increase awareness about benefits of green

Short Description We want to make concrete bridges more green and attractive. We need renaturalization, make bigger greenness index of bridges and city center, vegetation coverage through all year round. We wish that people stay longer outside, communicate, see and feel nature everywhere they go, even when they pass the bridge. We plan to hang spices pots on Gastro pedestrian bridge and flowers pots on Pedestrian bridge. It would be great that after greening we could rename it to Green bridge. Already on Gastro bridge nearest gastrobar "Basi basi" there are flowers pots that make bridge alive and more aesthetic. Looking further it would be great to have medical plants garden in City park, where people could come, smell and feel good. Pharmacy plant park near GASTRO bridge. It's obvious that psychologically puts a person to live in as neutral a city as possible from pollution being in green environment.	Action Owner Daiva Gasūnienė	Finance / Resources Municipality budget, private / business fondse
	Stakeholders The Council of the Municipality, Project manager of the Municipality, internal and external advisors, local citizens	Risks No risks yet for planned activity. Elections on 2023 could make changes

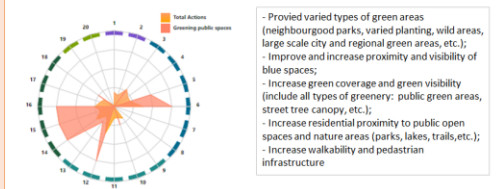
CATEGORY OF THE ACTION

GREENING / LANDSCAPE	X
VEGETATION/BIODIVERSITY	X
CONNECTIVITY / MOBILITY	
ACCESSIBILITY	
ACTIVITIES AND LIFESTYLE	
COMMUNICATION	X
HEALTH IMPACT ASSESSMENT	X
OTHER	X

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Communication with Management of the Administration about greening	Q4 2021	Presented ideas and plans	SSA	
Production of pots	Q4 2021	Produced 3 big and 4 small pots	SSA	
Plan what spices / flowers will be in pots on bridges	Q1/2 2022	made plan	Health Impact Assessment	
Planting of flowers / spices and it's maintenance	Q2-Q4 2022	Planted spices and flowers		
Involve medical plants garden to Greenery planning document (Green infrastructure demand map) / City Park technical document and find fond or Municipality	Q3/Q4 2024	Involved documents		Political decision making, Sufficient financial recourses

Impact on Urban Determinants of Health



Estimated impact on Health Indicators



Qualitative Assessment. Certainty of occurrence. Description of Impact. Recommendations

We will try to build bridges between people and stimulate them to work together. Public open spaces will become more attractive. Increasing the green areas will have a positive impact on biodiversity, social cohesion and mental health. We plan to assess the health impact of the greened areas by interviewing the local residents and passers-by once a year in the coming three years. As the health generator indicates, greening of public space will have a lot of positive impact on physical activity, quality of life and happiness.

ACTION Title: Attractive pedestrian bridges in small promenade

Typology of Action: Physical health, Social health, Environmental health, Global health
Involve to activity and development plans small architecture elements. Improve attractiveness of the city, improve biodiversity, improve interaction between urban furniture and green space, attractive walking routes, wellbeing and Quality of life, socialization

Link to strategy / Subobjectives:

CATEGORY OF THE ACTION

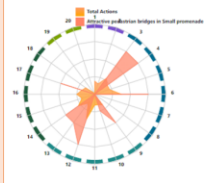
GREENING / LANDSCAPE	
VEGETATION/BIODIVERSITY	X
CONNECTIVITY / MOBILITY	X
ACCESSIBILITY	X
ACTIVITIES AND LIFESTYLE	X
COMMUNICATION	
HEALTH IMPACT ASSESSMENT	
OTHER	X

Short Description Existing small promenade will be supplemented by mobile sitting / lying places on Gastro bridge and tables plus single / double chairs on other pedestrian bridge. There people could not only pass the bridge, but also meet each other, socialize, observe nature, river, birds, relax and have educational benefit. In the future we would like to make more small architecture elements: painting on bridges floor, renew colour of bridges partitions, make mini beach near river under the pedestrian bridge, put more swings under pedestrian bridge, make more educational places (playground game hopping or jumping "Hopscoch", places to count or read some interesting information about birds and plants that are in nearest places). Implement other, already done Anykščiai projects to URBACT activities, for example Tilto street conversion. In nearest future it's planned to do City balcony in left side of river (part of small promenade). Electricity transformer of silicate bricks, located next to the center of social community Tilto street and Gastro bridge – it is planned to allow for communities to do installations, friendly to nature, to see various art and art techniques. It is also aesthetics and the promotion of community. The pedestrian bridge - a place of escapism - is a place of escape from the metropolitan movement, a fashionable meeting place. We plan to instal picnic places for the convenience of residents, families, office workers, so that we have a meeting place and lunch outside.	Action Owner Daiva Gasiūnienė	Finance / Resources Municipality budget, investments by property owners.
	Stakeholders The Council and Administration of the Municipality, Project manager of the Municipality, local residents and property owners	Risks Not enough funding

ACTIVITIES

ACTIVITY	Dates	Output	Related ACTIVITIES	BLOCKERS / Concerns
Producing of sitting/lying places	Q3 2021	produced small architecture elements: 3 mobile sitting/lying places, 3 mobile tables and 2 single, 1 double chair	SSA	
Involve to strategic plan small architecture elements and try to find foundation for it	Q1 2022	Activities involved to strategic plan		Political decision making, external resistance, funding
Planning and technical documents to City Balcony	Q4 2022	More people rest and sport in small promenade		Political decision making, funding
Join activities with other already done projects	Q2/Q4- 2022	1-2 common activities		Funding
Electricity transformer activity - art installations	Q2/Q3 2023	Decorated walk of electricity transformer by communities in nature friendly methods		Funding, politics decisions

Impact on Urban Determinants of Health



- Increase residential proximity to public open spaces and nature areas (parks, lakes, trails, etc.);
- Improve the food environment (reducing the density of fast food sites and increasing proximity to grocery stores);
- Increase green coverage and green visibility (include all types of greenery: public green areas, street tree canopy, etc.);
- Improve connection to relevant places (facilities, green areas, other transport networks);
- Increase street connectivity and intersection density;
- Increase residential proximity to diverse social services and facilities (healthcare, education, cultural and community centers, etc.)

Estimated impact on Health Indicators



Qualitative Assessment. Certainty of occurrence. Description of impact. Recommendations

We know that making small promenade more attractive will stimulate to be citizens outside, to walk, to communicate, to meet, to create, what is good for their mental and physical health. Also that collaboration and activities with other projects will attract more tourists, what is good for business health. Implemented picnic places for the convenience of the inhabitants, families, office employees to have meeting place and lunch in the air place. The best impact could be that we could change sedentary behavior of many Anykščiai people



ACTION Title: Anykščiai district / quarter renovation

Typology of Action: Physical health, Social health, Environmental health, Global health

Link to strategy / Subobjectives: Improve attractiveness of the city, improve biodiversity, improve interaction between urban furniture and green space, attractive walking routes, wellbeing and Quality of life, socialization, accessibility

CATEGORY OF THE ACTION

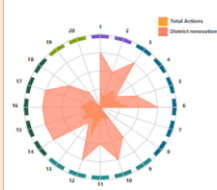
GREENING / LANDSCAPE	X
VEGETATION/BIODIVERSITY	X
CONNECTIVITY / MOBILITY	X
ACCESSIBILITY	X
ACTIVITIES AND LIFESTYLE	X
COMMUNICATION	X
HEALTH IMPACT ASSESSMENT	X
OTHER	X

Short Description	Action Owner	Finance / Resources
<p>We plan to make more green and alive not only public places, but also living places (Pusynas and Ramybe micro district of Anykščiai). The prepared project with the humane concept of public spaces in Anykščiai will encourage to look at the district renovation of apartment buildings from a different angle: the needs of communities, the importance of the image of the environment for the life of an individual, his feelings. We are convinced that the catastrophic wear and tear of small architecture directly harms human health. We don't have backyards, we have gaps between houses where people don't feel like hosts. Therefore, this project was thinking about the needs of the population communities and only according to this planned recreation areas, games, sports grounds, other spaces. In preparing the concept of public spaces for these blocks, we made an unconventional decision on small architecture: we decided that the specific activities of the population should be taken into account, so we paid more attention not only to the construction of trash cans, but also to the practices currently prevailing – residents' gardens near the apartment building, paths where they are mentioned, highlighting the unique and infinitely beautiful terrain we have paid special attention to greenery and, most importantly, connections, green joints to encourage and activate the familiarity and health of the people living there, spending more time in the fresh air. Another one project connected to renovation item - Color renovation in main Anykščiai centre street - J. Biliūno street. Plan is to do building not only warmer, eco, but also with social function, on the sides with patios on the first floors, to form a lively street, identity. Complex renovation will be done in stages. I stage - when the house wants to renovate. II stage - socialization. Viewing the entire territory from the Soviet urban image to the possessive, so that a person is the master even in an apartment building. Creating life along the street.</p>	<p>Stakeholders The Council and Administration of the Municipality, Project manager of the Municipality</p>	<p>Risks Not enough funding, works done not on time, long term of equipment supply, not qualified supplier of works</p>

ACTIVITIES

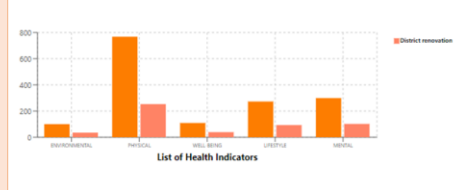
ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Public procurement procedures	Q1/Q2 2022	Agreement with contractor		
Renovation works	Q2/Q4 2022: Q1 2023	Made recreation areas, games, sports grounds, other spaces, residents' gardens, paths, trash bins, benches		pandemic / critical situation in world economics because of war actions / increased prices of materials and works
Maintenance of made public / living spaces	Q1 2023	Green, clean, active, attractive space	Planned budget for maintenance	
Colour renovation (by stages) concept-technical documentation-public procurement procedures-contract work	Q4 2025	Green, attractive, alive, socialized space in J. Biliūnas Street, Anykščiai		Funding, politics decisions

Impact on Urban Determinants of Health



- Increase residential proximity to public open spaces and nature areas (parks, lakes, trails, etc.);
- Increase residential proximity to physical and sport infrastructure and facilities;
- Increase green coverage and green visibility (include all types of greenery: public green areas, street tree canopy, etc.);
- Improve and increase proximity and visibility of blue spaces;
- Provide varied types of green areas (neighbourhood parks, varied planting, wild areas, large scale city and regional green areas, etc.);
- Improve the continuity of green infrastructure;
- Increase population and residential density;

Estimated Impact on Health Indicators



Qualitative Assessment, Certainty of occurrence, Description of impact, Recommendations

Planned activities, works will make Anykščiai district more attractive, alive, green, sustainable. Citizens would access city institutions, shops, parks more easily. Quality of life will increase. Residents' gardens near the apartment building is perfect social activity where seniors can be active, communicate, share their ideas and the way of life.

ACTION Title: Renaturalization of river Šventoji slopes

Typology of Action: Physical health, Social health, Environmental health

Link to strategy / Subobjectives: Improve attractiveness of the city, improve biodiversity, improve interaction between urban furniture and green space, attractive walking routes, accessibility

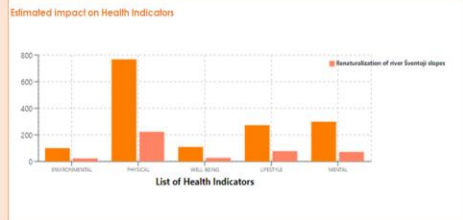
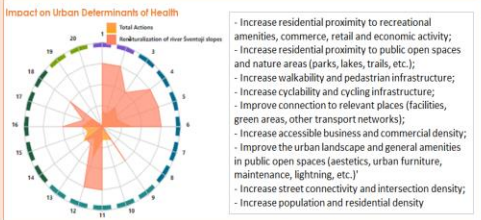
CATEGORY OF THE ACTION

GREENING / LANDSCAPE	<input type="checkbox"/>
VEGETATION/BIODIVERSITY	<input type="checkbox"/>
CONNECTIVITY / MOBILITY	<input checked="" type="checkbox"/>
ACCESSIBILITY	<input checked="" type="checkbox"/>
ACTIVITIES AND LIFESTYLE	<input checked="" type="checkbox"/>
COMMUNICATION	<input checked="" type="checkbox"/>
HEALTH IMPACT ASSESSMENT	<input type="checkbox"/>
OTHER	<input checked="" type="checkbox"/>

Short Description Trail on the slopes of the river as zigzags – renaturalization of the river slopes, in coordination with the city balcony. On the right side of the river where the bus station is converted into a multi-modal center together with the right side of the river Šventoji, with a marina for boats (electro or ordinary), and other friendly for nature transport to the Tree top pathway (about 7 kilometers). That mean better conditions for bicycles drivers, new opportunities for families to travel by water.	Action Owner Daiva Gasiūnienė	Finance / Resources Municipality budget, EU funding
	Stakeholders The Council and Administration of the Municipality, Project manager of the Municipality	Risks Not enough funding, works done not on time, long term of equipment supply, not qualified supplier of works

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
Activity plan how to create slopes renaturalization	Q4 2024	Done activity plan	Multi-modal centre	Funding, politics decisions
Technical plans of spaces and marine	Q2 2025	Made technical plan	Multi-modal centre	
Public procurement procedures	Q4 2025	Done public procurement procedures, made agreement	Multi-modal centre	
Communication campaign	Q4 2024 / Q4 2025		Communication with citizens, politicians	
Multi-modal centre planning	Q4 2025	Done searches, meetings with environment specialists,engineers, community, etc.		Funding, politics decisions



Qualitative Assessment, Certainty of occurrence, Description of impact, Recommendations

Planned river Šventoji renaturalization activities, works will make river slopes and surrounding area in small promenade more attractive to pedestrian and cyclists. Space will become more alive and sustainable. Citizens would access parks, leisure places more easily.

ACTION Title: Educational activities

Typology of Action: Social health, Global health
 Link to strategy / Subobjectives: Improve educational points in public places, wellbeing and Quality of life, socialization

CATEGORY OF THE ACTION

- GREENING / LANDSCAPE
- VEGETATION/BIODIVERSITY
- CONNECTIVITY / MOBILITY
- ACCESSIBILITY
- ACTIVITIES AND LIFESTYLE
- COMMUNICATION
- HEALTH IMPACT ASSESSMENT

Short Description Existing small promenade will be supplemented by small architecture elements, but only infrastructure is not enough. We need activities and actions to attract people of different age. There people could not only pass the bridge, but also meet each other, socialize, observe nature, river, birds, relax and have educational benefit, that are: public reading of poetry, small musical / theatre/ dance performances of schoolchildren's and professional artists. Near small promenade on hill there is history small manor, which activities are highly connected to children activities, education and intellect health. The concept of resorting is almost developed, which, with the development of the projection of Urbact, created the need - The Festival of Slow Architecture and Slow Art in Anykščiai - from the Manor of Stories to the auto bridge (city balcony) offers for space. Absolutely eco-friendly festival, botanical city. Toss the fortified area of the city with green areas, which would become a belvedere (beautiful view) background. Dedicated to be proud of your city. You can get the rhythm of the city. Treatment with a view while on the balcony. Landscaped city-garden. Application of the principles of a slow city, implementation of nutritional principles, implementation of principles of slow architecture. These things intertwine. To strengthen live and instil co-working community and engagement. Trinare's vision - "Resort -A" - is based on the coils of life, consular activities, architectural, urban logic, increasing the power of the city and long-term benefits.	Action Owner Daiva Gaižiūnienė / NGO's / Art school	Finance / Resources Municipality budget, investments by property owners
	Stakeholders The Council and Administration of the Municipality, Project manager of the Municipality, local residents and property owners	Risks Not enough funding

OTHER

ACTIVITIES

ACTIVITY	Dates	Outputs	Related ACTIVITIES	BLOCKERS / Concerns
The concept of resorting: final version, presentation to Tourism commission	Q1 2022	Created and introduced Concept	The Festival of Slow Architecture and Slow Art in Anykščiai	-
Application of project "The Festival of Slow Architecture and Slow Art in Anykščiai"	Q1/ Q2 2022	Approved application and it activities and got funding	Concept of resorting	Funding
Educational events:	Q2-Q3 2022/2023	Green dinner, poetry, etc.	SSA	Pandemic
Presentation of the final works of Anykščiai Art School students	Q3 2022	Done musical presentation	SSA	
Theatre / dance performances with local and quests	Q3 2022	Done theatre, dance presentations (2)		
Join activities with other already done projects (for example Tilta street conversion - opening of Culinary heritage cousin)	Q2-Q4- 2022	1-2 common activities		Funding

Qualitative Assessment, Certainty of occurrence, Description of impact, Recommendations

Activities, lifestyle and communication are the main issues and targets for this action. Certainty of action will depend of citizens' wish to be involved. Impact of these actions - people healthy of culture. Recommendations - to involve more NGO's and other organizations to open space activities and planning of these actions.

TIMING CHART

ACTION	Activities	Q3/21	Q4/21	Q1/22	Q2/22	Q3/22	Q4/22	Q1/23	Q2/23	Q3/23	Q4/23	Q1/24	Q2/24	Q3/24	Q4/24	Q1/25	Q2/25	Q3/25	Q4/25
GREENING PUBLIC SPACE																			
Physical health, Social health, Environmental health, Global health	Communication with Management of the Administration about greening																		
	Production of pots																		
	Plan what spices / flowers will be in pots on bridges																		
	Planting of flowers / spices and it's maintenance																		
	Involve medical plants garden to Greenery planning document (Green infrastructure demand map) / City Park technical document and find fond or Municipality budget possibilities to implement it																		
ATTRACTIVE PEDASTRIAN BRIDGES IN SMALL PROMENADE																			
Physical health, Social health, Environmental health, Global health	Producing of sitting/laying places																		
	Involve to strategic plan small architecture elements and try to find foundation for it																		
	Planning and technical documents to City Balcony																		
	Join activities with other already done projects																		
	Electricity transformer activity - art installations																		
ANYKŠČIAI DISTRICT / QUARTER RENOVATION																			
Physical health, Social health, Environmental health, Global health	Public procurement procedures																		
	Communication campaign																		
	Renovation works																		
	Maintenance of made public / living spaces																		
	Colour renovation (by stages) concept-technical documentation-public procurement procedures-contract work																		
RENATURALIZATION OF RIVER SVENTOJI SLOPES																			
Physical health, Social health, Environmental health	Activity plan how to create slopes renaturalization																		
	Technical plans of spaces and marine																		
	Communication campaign																		
	Public procurement procedures																		
	Multi-modal centre planning																		
EDUCATIONAL ACTIVITIES																			
Social health, Global health	The concept of resorting: final version, presentation to Tourism																		
	Application of project "The Festival of Slow Architecture and Slow Art in Anykščiai "																		
	Presentation of the final works of Anykščiai Art School students																		
	Theatre / dance performances with local and quests																		
	Join activities with other already done projects (for example Tiltas street conversion - opening of Culinary heritage cousin)																		

SMALL SCALE ACTION

"Anykščiai Small Scale Action "Pedestrian bridges - alive places"

In case of Anykščiai, after the transnational meeting in Alphen aan den Rijn on 2020 February we had the idea to make activities on the small promenade with educational scope, physical activities (as per experience of Loulé (Portugal)) and actions related to mental health for our Small-Scale Action (SSA). The pandemic situation changed our plans and we couldn't organize public big events. And ideas changed completely. Finally, the SSA focused on the following:

General objectives of SSA:

- Raise awareness and promote people to communicate, to walk more;
- To make bridges more lively;
- That citizens / guests of the city not only pass the bridges, but also stay there to rest, to connect and socialize;
- Cozy places to sit / to lay;
- Greening of bridges: on one bridge – flowers pots, on the other, called "Gastro bridge" – spices pots.

The following mobile small architecture elements are acquired:

- 3 sitting / laying places;
- 3 tables and 4 chairs (2 of them – single, and 2- double).

According to cold weather and late 2022 spring flowers pots on one pedestrian bridge, and spices pots on the other, called "Gastro bridge" will be plant when weather will be appropriate.

1 picture. Small scale action elements.



When elements will be on bridge, we will have public event – Green dinner (warm season time) with local citizens and guests from other URBACT projects in Lithuania, for example Kairos (Ukmergė), to talk how connect architecture, people, greening of the city and create new traditions.

The existing small promenade will be supplemented by small architecture elements, but infrastructure only is not enough. We need activities and actions to attract people of different ages. There people could not only pass the bridge, but also meet each other, socialize, observe nature, the river, the

birds, relax and have educational benefits, that may include: public reading of poetry, small musical / theatre/ dance performances of schoolchildren's and professional artists. Near the small promenade on the hill there is The Manor of Stories, which activities are highly connected to children activities, education and mental health.

In strategic 2022-2024 action plan is planned on 2022 year to clean and paint Gastro bridge railings and will be modernized / refreshed fountain in river Šventoji.

From Municipality budget to this activity we will make also paintings on bridge floor on 2022/2023.



LESSONS LEARNED

Not all the actions carried out under the Small-Scale Action were assessed very positively by ULG.

Management opinion about our ideas were positive and were very happy that we plan such actions, very different from other projects.

Term of analysis, meetings, discussions takes a lot of time, so because public procurement procedures, actions started only to the end of summer and beginning of autumn.

Always need to have Plan B or even C, because situations, decisions, opinions can change drastically.



FRAMEWORK FOR DELIVERY

The IAP will be presented to politicians and to technical staff related to the topic that it is addressed. In this regard, further prioritization of the listed actions in the plan could be done as well as advances in relation to funding of the actions.

Also, the IAP could become a Gift book, when local and abroad entities want to donate for Anykščiai city some urbanistic elements, small architecture elements or activities. It's easy to pick up already discussed and approved activities and only implement them.

It is foreseen to use the ULG members to follow-up the implementation of the IAP (if we will succeed to renew our ULG).

RESOURCING AND FUNDING SCHEME

Options for financing the actions planned in the integrated action plan will be explored both at national and international level. On this regard, European funds will be examined in order to find suitable calls for proposals to finance the activities planned. When found, projects will be prepared together with the stakeholders involved.

STATE FUNDS AND LOCAL FUNDS

At the same time there would be options to finance some of the activities planned through resources that might come either from Utena region program or the other Governmental Ministries (such as Environment, Innovation and economy, et.). Besides, internal resources will also be deployed in terms of dedicated staff involved in the development of the action plan.

NEW EUROPEAN BAUHAUS

The New European Bauhaus is a creative and interdisciplinary initiative that connects the European Green Deal to our living spaces and experiences.

The New European Bauhaus initiative calls on all of us to imagine and build together a sustainable and inclusive future that is beautiful for our eyes, minds, and souls. Beautiful are the places, practices, and experiences that are:

- Enriching, inspired by art and culture, responding to needs beyond functionality.
- Sustainable, in harmony with nature, the environment, and our planet.
- Inclusive, encouraging a dialogue across cultures, disciplines, genders and ages.

INTERREG

ERDF also provides funding for several European territorial cooperation activities including the Interregional cooperation programs known as 'INTERREG'.

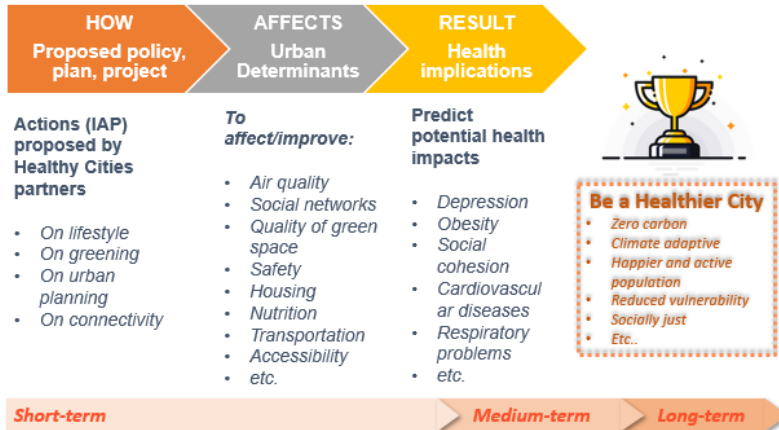
Interreg Europe has just launched the new program for interregional cooperation for the period 2021-2027.

In this new period, the program calls and projects are structured around those 6 main topics: Smart, Green, Connected, Social, Citizens and Governance. The actions foreseen in this Action Plan could easily match with the program topics and requirements. For Lithuania possible programs: Interreg Latvia-Lithuania and Interreg Baltic Sea Region.

ANNEX

Health Impact Assessment

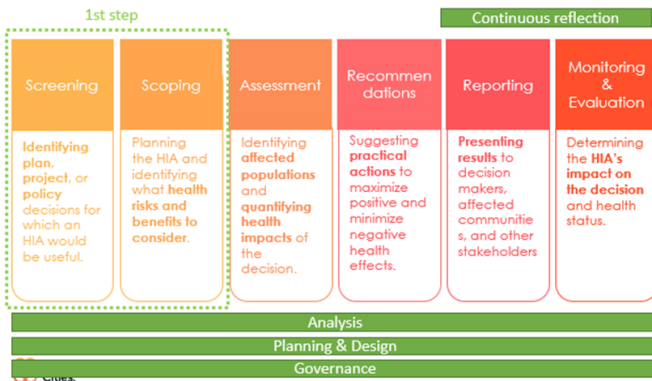
HIA discovers the health implications:



It's useful because, we

- Learn how to conduct a HIA
- Learn how urban planning impacts health
- Enhancement to the planning processes (EIA, etc.).
- Provide recommendations/use it for discussion with policy/decision makers.
- Improve all future strategies and plans to include Health in all Policies

We were analyzing HIA in traditional 6 steps:





SCREENING & SCOPING

Analysis

Anykščiai is a city with ambitions to become a hub for quality and professionalism, reducing stress and increasing creative power, and learning to overcome the fear of change, which in this case puts people in an unhealthy, unsatisfying environment.

The Integrated Action Plan will focus on creating an environmentally friendly, unique and original infrastructure based on culture and literature. Such infrastructure would improve people's physical and mental health, promote creativity and encourage the industry of creative and health-enhancing experiences.

The purpose of the HIA is to know the main health impacts of the set of actions for the recovery of the small promenade. The health impacts of the project can be traced to the prevention and control. We still have to define the appropriate methods for analysing the indicators. Will be evaluated, seniors and children, and all citizens and tourists that will visit small promenade and activities and places in it.

Governance

STAKEHOLDERS INVOLVED are:

- ULG Group;
- Anykščiai District Municipality administration departments and mayor;
- Anykščiai district community health bureau;
- Anykščiai district local action group.

Planning to involve more architects, urban planners.

Planning and design

The primary objective is to give make small promenade pedestrian bridges more green, more active, more attractive and alive, with art, music "spices".

Some ideas and new activities that will take action to address the health issues are:

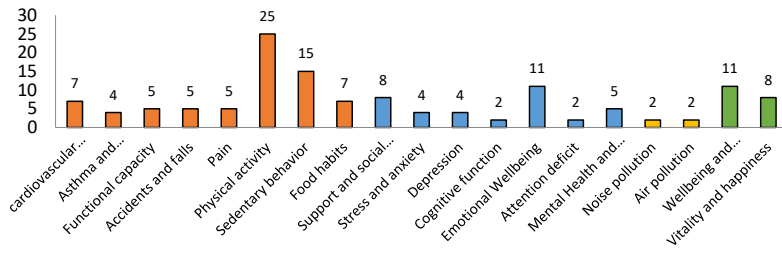
- make Balcony of Anykščiai river Šventoji, to attract people to the river and make different physical and mental activities (yoga, meditation);
- make small public beach under pedestrian bridge;
- create "green and educative places" related both to various activities and ways of use;
- maintain engagements;
- to make Healthy cities theme as priority for Participatory budget in Anykščiai district Municipality;
- make Forest therapy not only in district, in the woods but also in small promenade.

ASSESSMENT & RECOMMENDATIONS

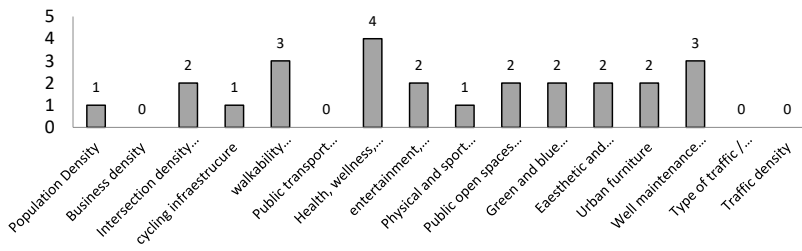
In order to identify the health indicators potentially most influenced by the actions planned, we used the health impact assessment support tool (healthy cities generator) developed within the project.

This tool is based on published scientific evidence linking attributes of the urban environment to health effects. Following a systematic review of the scientific literature published between 2015-2021, it has been possible to define which elements of the urban environment have an impact on health.

IMPACT ON HEALTH INDICATORS



IMPACT ON URBAN DETERMINANTS OF HEALTH



	D1	Increase population and residential density
	D2	Increase accessible business and commercial density
✓	M1	Increase street connectivity and intersection density
✓	M2	Improve connection to relevant places (facilities, green areas, other transport networks)
✓	M3	Increase cyclability and cycling infrastructure
✓	M4	Increase walkability and pedestrian infrastructure
✓	M5	Increase availability of public transport
✓	M6	Reduce the speed and/or volume of traffic
✓	P1	Increase residential proximity to diverse social services and facilities (Healthcare, education, cultural and community centres etc.)
✓	P2	Increase residential proximity to physical and sport infrastructure and facilities
	P3	Increase residential proximity to recreational amenities, commerce, retail, and economic activity
✓	P4	Increase residential proximity to public open spaces and nature areas (Parks, lakes, trails, etc.)
	P5	Improve the food environment (reducing the density of fast-food stores and increasing proximity to grocery stores)
✓	L1	Increase green coverage and green visibility (includes all types of greenery: public green areas, private green areas, street tree canopy, etc.)
✓	L2	Improve and increase proximity to and visibility of blue spaces
✓	L3	Provide varied types of green areas (neighbourhood parks, varied planting, wild areas, large-scale city and regional green areas etc.)
✓	L4	Improve continuity of the green infrastructure
✓	L5	Improve the urban landscape and general amenities in public open space (Aesthetics, urban furniture, maintenance, lighting, etc.)
	H1	Measures to improve the quality of housing
✓	H2	Measures to improve the energy efficiency

REPORTING & MONITORING AND EVALUATING.

Based on the above analysis, at this moment, the outcome of the Healthy Cities Generator, based on the actions we have included in the IAP, is as follows:

Commenté [SA1]: This is still incomplete

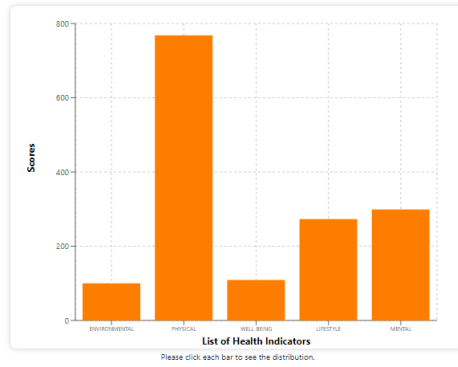
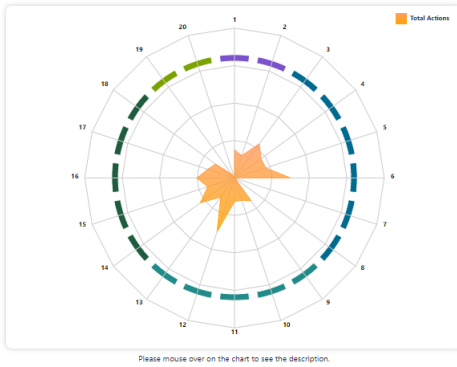


Anykščiai

7.5/10
Healthy Cities Score

[Back To Planning Page](#)

Final Results



We have established contacts with the Lithuanian Health Science University for a future opportunity to monitor the success and impact on health from our IAP actions. A few coming years we will use Anykščiai district Municipality health bureau investigation data to monitor the success.

The reporting refers to how will you disseminate the results of the HIA or in general the health impacts of your work. Campaigns in the city, online, publish any document. Of course to the level of your capacity and ambitions.

We will disseminate the results of the HIA and in general the health impacts of our work through campaigns in the city, online in web site of Municipality and in Facebook account.