



# Healthy Cities.

From planning to action

## INTEGRATED ACTION PLAN LOULÉ

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## PART 1: PRESENTATION OF CONTEXT AND PROCESS

### CITY CONTEXT AND DEFINITION OF THE INITIAL PROBLEM/POLICY CHALLENGE

#### OVERVIEW OF LOULÉ (MUNICIPALITY)

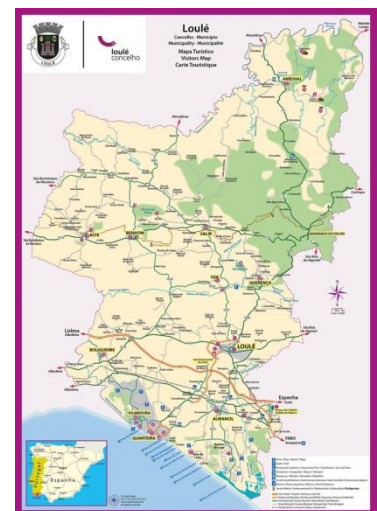
The municipality of LOULÉ is very diverse. It is the most extensive and populous Algarve municipality, with 763,67 km<sup>2</sup>, around 75.000 inhabitants, 2 cities (Loulé and Quarteira) and 9 parishes. It is divided into 3 areas: Sierra; “Barrocal” and Coastal. Has the benefit of geographical centrality in the Algarve region (south of Portugal).

Strongly invests in tourism, sport and the increase of quality of life in a sustainable way.

The municipality of Loulé considers climate change to be one of the most important challenges of the 21st century.

At the same moment we care and fight the climate changes want to improve an health city, improving active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, an active aging, etc...

The municipality of Loulé, in terms of mobility planning, in a sustainable perspective is trying to create opportunities for territorial organization and transport systems to improve the urban environment and security, relevant factors for the tourist, tertiary and residential attractiveness.



#### Key characteristics and priority topics

<b>Population</b>	75.000
<b>Density</b>	92,4/km <sup>2</sup>
<b>Population Variation</b> (in % since 1981)	+ 51,6%
<b>Aging Index</b>	132,5
Population with Higher Education (%)	12,1%
<b>Family Friendly Accommodations</b>	2,3%
<b>Illiteracy rate (%)</b>	4,8%



*Municipality of Loulé*

## OVERVIEW OF THE 3 TARGETED AREAS

The planned interventions are on 3 targeted areas:

*(We chose these 3 areas, because they are urban areas with size, characteristics and needs common to any small or medium sized European city).*

- 1 – LOULÉ (City with 2 parishes: S. Clemente and S. Sebastião)
- 2 - QUARTEIRA (City and parish of Quarteira)
- 3 – ALMANCIL (parish of Almancil)

### 1 – Loulé City

The city of Loulé is the seat of the municipality with the same name – Loulé. It has about 20.000 inhabitants. The main activity is the tertiary sector, mainly services and tourism. The foundation of Loulé is uncertain and distant in time. There are traces of settlement from the Neolithic period. When the Moors arrived, an important village already existed.

In recent years, an enormous effort has been made in order to harmonize the highest cultural and historical values of the “*Medieval Village*” with the values of the “*current city*”. This “**harmonization**” also involves achieving the objectives of this URBACT project.



### 2 – Quarteira City

For centuries Quarteira was a modest fishing village, situated on the edge of a 3 km long beach surrounded by pine forests. The settlement of the Quarteira area dates back to the pre-Roman period (Phoenician, Carthaginian).

Is a Portuguese parish in the municipality of Loulé, with 37.78 km<sup>2</sup> in area and 21.798 inhabitants (2011). Density: 577 inhabitants / km<sup>2</sup>. It was raised to city in 1999.

The main economic activity focuses on tourism. It has the largest private tourist resort in Europe: Vilamoura.



### 3 – Almancil

The parish of Almancil has 62,2995 km<sup>2</sup> and 10.677 inhabitants (2011).

It has a 9 km long coastline with 5 blue flag beaches - Quinta do Lago, Ancão, Garrão, Dunas Douradas and Vale do Lobo.

The main economic activities are tourism and services.

## AMBITION AND VISION

Create, develop, or improve the existing programs and projects in areas, such as:

- Care and fight the climate changes to have a health city;
- The promotion of a health city, improving active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, an active aging, reduce the use of vehicles in urban spaces, fight for the decarbonisation, fight the climate changes, etc...;
- New and better mobility plans.

The specific challenge and focus of the IAP, will be, in view of this context, mainly, a new fundamental approach to change the existing paradigm: Instead of inactive citizens moving to sports facilities, the space itself must be transformed into a place that coincides and allows physical activity without barriers that limit and inhibit people. It is vital to create enabling opportunities for physical activity, opportunities close to where people live, safe, clean, ecological and barrier-free environments such as opening and closing times.

Loulé, in terms of mobility planning, in a sustainable perspective is trying to create opportunities for territorial organization and transport systems to improve the urban environment and security, relevant factors for the tourist, tertiary and residential attractiveness.

## SWOT ANALYSIS

Strengths	Weaknesses
<ul style="list-style-type: none"> <li>Political commitment</li> <li>Interest in improving the living conditions in the cities</li> <li>Implement “active aging” policies</li> <li>Activity of local associations (sportive and social clubs)</li> <li>Activity of private and public social departments or organizations</li> <li>The offer of new recreational, sports and living areas</li> </ul>	<ul style="list-style-type: none"> <li>Sceptical attitude of the locals to local policies or activities</li> <li>High percentage of people unemployed or in post-working age, aging community</li> <li>Insufficient, or inappropriate, number of sports grounds and playgrounds for children and youth</li> <li>Low educational level of young people</li> </ul>
Opportunities	Threats
<ul style="list-style-type: none"> <li>Improve the quality of life</li> <li>Improve the sports and healthy lifestyle habits in the population</li> <li>Improve accessibility, habits and mentalities of the population and other urban users</li> <li>Improve habits and attitudes that are ecological and friendly to the environment</li> </ul>	<ul style="list-style-type: none"> <li>Non-active aging</li> <li>Social discrimination</li> <li>Young people not prepared for current labour market needs</li> <li>Progressive degradation and difficulties of everyday life</li> <li>Degradation of public space and residential environment</li> <li>No participation from inhabitants in municipal activities (cultural, recreational or sportive)</li> </ul>



## SETTING OF FOCUS AND OBJECTIVES

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### FOCUS OF IAP

#### **HEALTHY CITIES Project brings new challenges to the city and to ULG:**

- Increase the interaction between the municipality, population and Local Partners (*This type of Projects reinforces the idea that any project will only be successful if society, its inhabitants and existing institutions are involved*).
- Increase the spirit of the Healthy Cities Project in existing and/or new projects, activities and events. Means, Improve active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, an active aging, etc...
- Combining these principles with care and fight the climate changes (*low carbon economy, energy efficiency, renewable energies, internationalization, valorisation of endogenous resources*) and new and better mobility plans, to have a health city.

#### **The starting point of our focus will be the heart of the city of Loulé: the "Municipal Park":**

- Renovate and update the existing space and equipment;
- Double the green leisure area and sports equipment or sports area.
- Increase the number of practitioners and users of the "Municipal Park"



#### **Posteriorly:**

- Create a new "Strategic Plan" for the municipality;
- Develop projects, events and activities, through the city and the rest of the municipality, related with the spirit of Healthy Cities Project above identified;
- Reorganize and/or update the residential areas (*structural and functional interventions*);
- Reorganize and/or update the urban mobility plans;
- Change the mentalities and practices of municipality officials and employees, the inhabitants and/or users and visitors of the municipality's urban spaces.

#### **With the goal:**

- Better cities
- Better environment
- Healthy lifestyle

## SUMMARY OF MAIN ASPIRATIONS AND OBJECTIVES FOR THE IAP

Our IAP is a dynamic and interactive document to be used by the municipality (*city council, councilmen, technicians...*) and local partners (*parish, institutional and sport clubs*). The goal is: Promotion of an health city; Improve active and healthy lifestyles; Fight against the sedentary lifestyle; Foment of the social cohesion; Active aging; Reduce the use of vehicles in urban spaces; Fight for the decarbonisation; Fight the climate changes, etc...

The focus of the IAP, is, in view of this context, mainly, a new fundamental approach to change the existing paradigm: Instead of inactive citizens moving to sports facilities, the space itself must be transformed into a place that coincides and allows physical activity without barriers that limit and inhibit people. It is vital to create enabling opportunities for physical activity, opportunities close to where people live, safe, clean, ecological and barrier-free environments such as opening and closing times.

The **strategic starting point** will be our “Municipal Park” in Loulé.

We can classify our Action Plan goals into **7 categories**:

### STRATEGY

- Conjunction with the "Strategic Plan" and municipal policies of Loulé
- Involvement of all partners/stakeholders

### GREEN AREAS, VEGETATION, BIODIVERSITY

- Protect/increase the quality of the environment
- Increase the green and leisure areas (parks and residential areas)
- Protection of autoctone vegetation
- Trees and vegetation

### CONNECTIVITY AND MOBILITY

- Improve quality of the park
- Improve quality and quantity of facilities, programs, activities, etc...

### ACCESSIBILITY

- Physical disability
- Mental disability

### ACTIVITIES AND LIFESTYLE

- Promote physical activity, active aging, social cohesion, fight sedentary lifestyle,
- Promote healthy lifestyle
- Support therapeutic activities linked to health care programs
- Cultural, recreational, sporting, school and family activities

### COMMUNICATION

- Increase the number of park users (sportspeople, families, social and sports clubs), etc ...
- Social prescribing and sport prescribing

### 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

If we use a word to define URBACT Projects, will be **NETWORK**.

*"The URBACT Healthy Cities network aims to identify/analyse/deepen the different factors in the urban environment that have an impact on health, in order to use urban planning as a tool to improve people's health".*

The pandemic caused by COVID-19 brought us "States of Emergency", "Confinements", etc... Which limited a whole strategy of planning contacts, personal interactions, visits, etc...

Transnational exchanges, Deep-Dive meetings, etc... **ONLINE**, seriously affected the creation of a real network. "City 2 City" brought us a new window of opportunities, through which we can try to recover what was initially established as **"Learning needs and contribution to the network"**:

	Needs	Contributions
Landscape & Greening	How to use urban areas in a more interactive and dynamic way, with new methodologies, perspectives, etc ...	Projects and activities we have in that area. As well as what "good results" we have achieved (green areas, garden areas, interactive use of public spaces for sports, recreational and educational activities, whether municipal or society (formal and informal groups).
Connectivity & Mobility	<ul style="list-style-type: none"> <li>- The creation of new roads /access roads in a sustainable way and better suited to the development of a "healthy city".</li> <li>- How to adapt existing roads to the needs of healthy and environmentally friendly use.</li> </ul>	Projects and activities we have in that area.
Land Use Mix & Density	How to motivate and bring local partners and population to municipal projects / activities.	<ul style="list-style-type: none"> <li>- Projects and activities we have in that area.</li> <li>- How we connect municipal projects and activities with the existing structure of our society.</li> <li>- How sports clubs, social clubs and other institutions (Local Partners) collaborate with the municipality on a regular and almost permanent basis in the development of projects / activities.</li> </ul>
Traffic	<ul style="list-style-type: none"> <li>- How to manage such different traffic routes (we have about 763 km<sup>2</sup>) with very different areas.</li> </ul> <p>Examples: historical urban area with very narrow roads, with several centuries old; A large rural area in need of new access; Maritime area in nature reserve; maritime area completely focused on tourism; Etc..</p>	Projects and activities we have in that area.



Lifestyle	What are the "good practices" and "good and innovative results" that other partners have in this area.	<ul style="list-style-type: none"> <li>- Projects and activities we have in that area.</li> <li>- The focus on how to have a "Healthy City" through sport and physical activity.</li> <li>- The connection and collaboration between the municipality and the approximately 70 existing sports clubs.</li> </ul>
Social & Green Prescribing	<ul style="list-style-type: none"> <li>- What are the "good practices" and "good and innovative results" that other partners have in this area.</li> <li>- Projects, activities, working methods and other ideas to improve active and healthy lifestyles, combat physical inactivity, foster social cohesion, actively aging, etc.</li> </ul>	Projects and activities we have in that area.
Monitoring	Projects and activities other partners have in this area.	
Assessment & Valuation	Projects, activities, working methods and other ideas that other partners have.	We are still in an early stage of that "Assessment and Valuation".

## OUR VISION OF AN INTEGRATED ACTION PLAN

### What is an Action Plan

An **Action Plan** is a succinct document defining actions to be implemented, covering the planned timings, implementation responsibilities, costings, funding sources, monitoring indicators and risk assessment of the actions.

With this **IAP** – Integrated Action Plan, we want to draw up a “**LAP**” (Local Action Plan). It will be a dynamic and interactive document to be used by the municipality (city council, councilmen, technicians...) and local partners (parish, institutional and sport clubs).

Not being a binding document, should be considered as a planning tool, a guiding tool, which allows to clearly and practically identify the necessary issues.

It is our intention to reanalyse the “LAP” every year, and “rewrite” it if necessary, with all parts involved (city council and local partners).

## DESCRIPTION OF THE PROCESS

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### GOALS OF THE URBACT LOCAL GROUP (ULG)

The main goal of the URBACT Local Groups (ULGs) is 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 to be 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, from 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. ULG 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.

### ROLE OF THE ULG

The ULG ensures the viability and the feasibility of the Integrated Action Plans (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 these groups 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:**

- Analysing 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 organised at national and European levels by the URBACT Programme, thereby developing the capacities of local stakeholders

## COMPOSITION OF THE URBACT LOCAL GROUP

Entity	Participants
Equip coordinator LOULÉ Municipality)	<b>Tiago Guadalupe</b> Arlene Fernandes Rita Pina
URBACT Group Local (ULG)	
ULG coordinator	<b>Luís Vicente Correia</b>
Clube Ténis de Loulé	João Brito
Let's Go Run	Rui Costa
Associação de Atletismo do Algarve	Rui Costa
Junta de Freguesia de Quarteira	Telmo Pinto
Junta de Freguesia de São Clemente	Carlos Filipe
Junta de Freguesia de São Sebastião	Manuel Guerreiro
Junta de Freguesia de Almancil	Joaquim Pinto
Ginásio Arbody	Marlene Brito
Cool Runners	João Serafim

### URBACT LOCAL GROUP (are involved):

1 - City council; Several Municipal Departments – “councilman” involved (Sport, Education, Social Assistance, Urbanism Department...); Employees and technicians...

2 - Local Partners. The Local Partners can be divided in:

2a) Local Partners – Parish: 4 parishes of Loulé Council with urban areas (“S. Clemente” and “S. Sebastião in Loulé; Almancil and “Quarteira”).

2b) Institutional Local Partners - IPSS (PSSI - Private Social Solidarity Institutions) such as: “UALG” (University of Algarve); “ASMAL” (mental health association of Algarve); “Existir” (association that develop activities within the framework of intervention of disabled and disadvantaged populations); “Centro de Saúde de Loulé” (public health center of Loulé); “Unidade Operacional de Gestão de Habitação Social” (Municipal Unit that manage the social habitation in Loulé); “IPDJ” (Portuguese Institute for Sport and Youth);

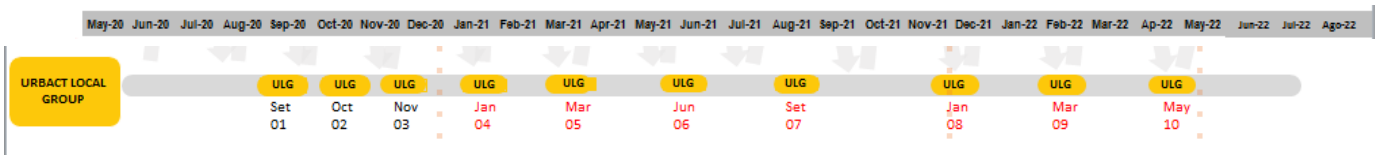
2c) Local Partners – Sport Clubs (formal and informal clubs): “CTL –Ténis Club of Loulé”; “Clube BTT Terra de Loulé” ; “Clube de Basket de Quarteira”; “Let’s Go Run”; “Cool Runners”; “Passadeira Vermelha”; “Corridas à Sexta”; “Quarteira Beach Sports”, etc...

## ROLE/IMPACT OF TRANSNATIONAL EXCHANGE AND LEARNING

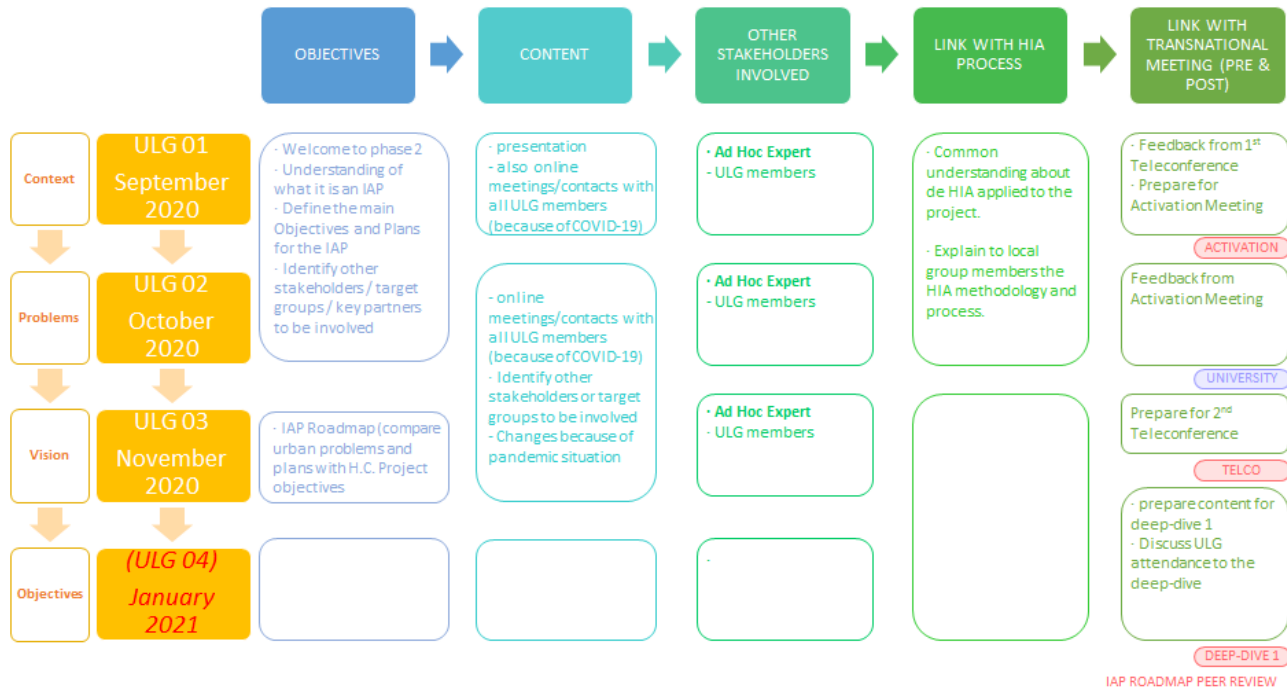
### Meetings:

OBS.: Due to this COVID-19 calamity and all the inherent restrictions and conditions, we had to rethink the planned meetings (methods and structures). We switched from face-to-face meetings to online meetings and, whenever possible, face-to-face meetings, but with a reduced number of participants. By e-mail, or by phone, we are having regular contact between ULG members.

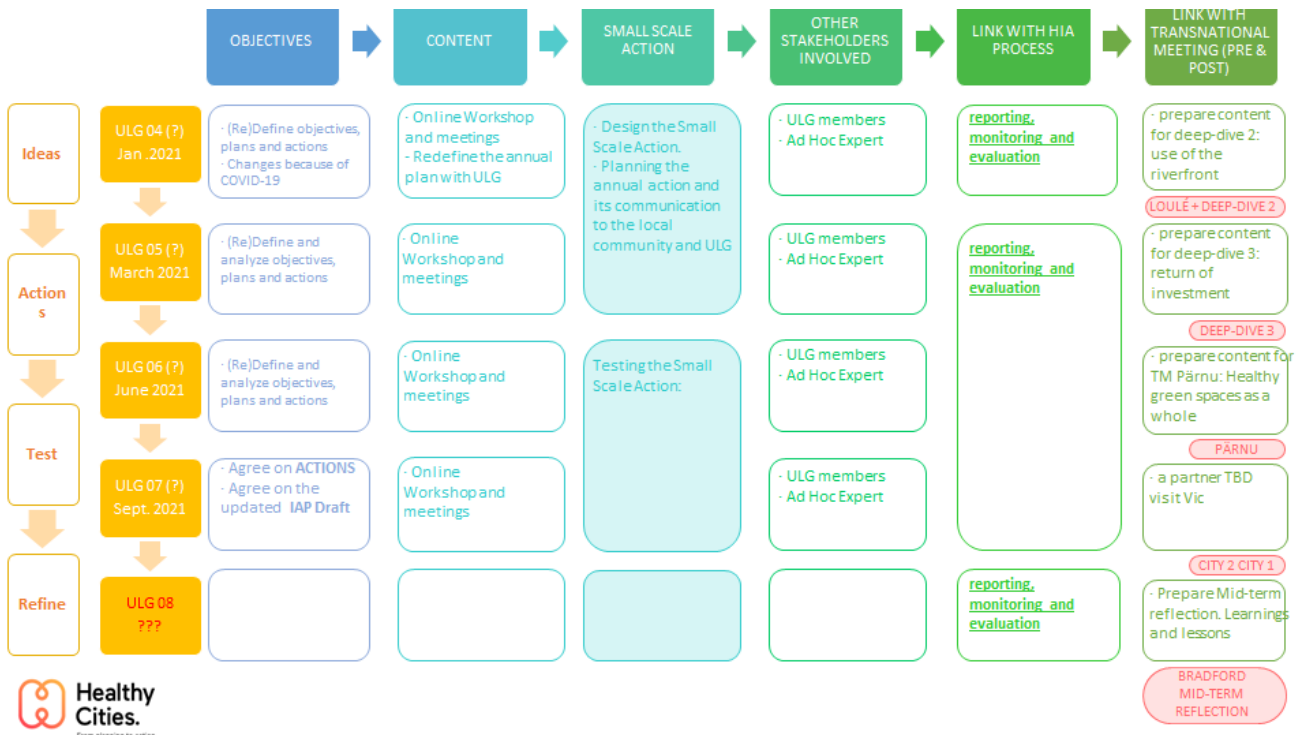
## Planned Meetings (of the Loulé ULG in connection with the network's Workplan):



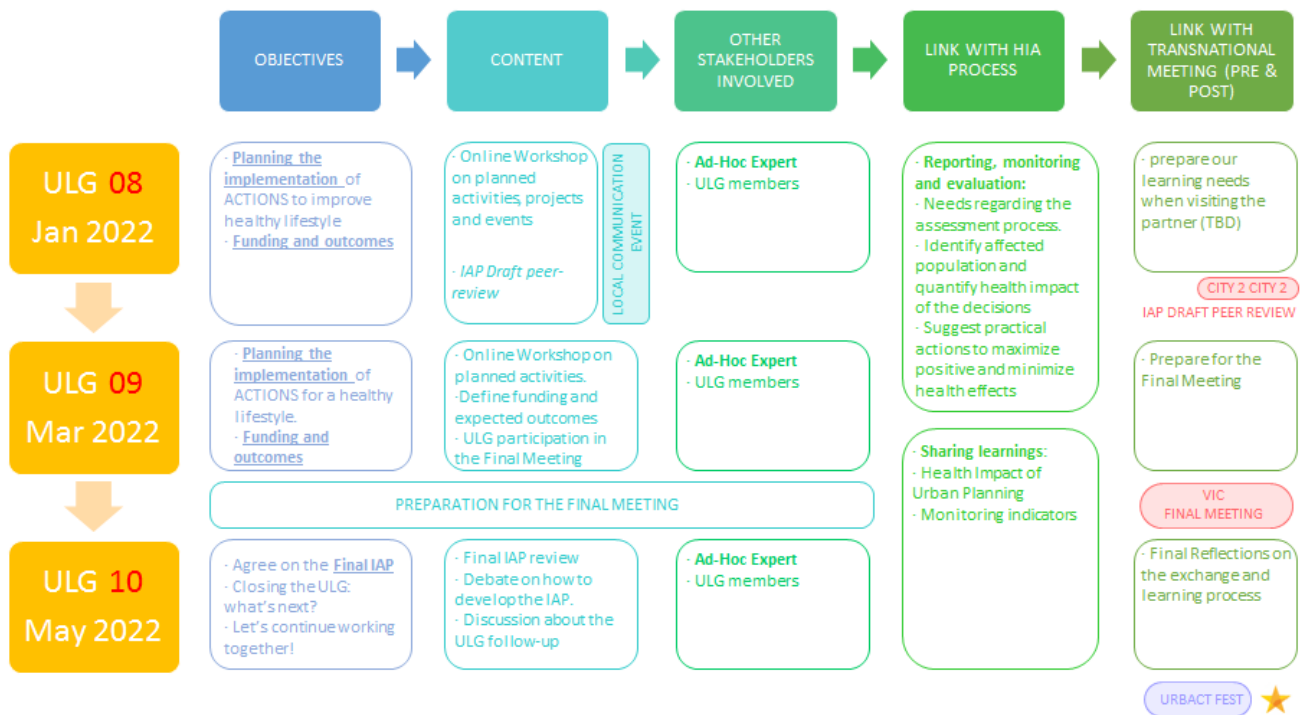
## Activation Stage (May 2020-Dec 2020)



## Planning Actions Stage (Jan 2021-Dec 2021)



## Implementation Stage (Jan 2022-June 2022)





## PART 2 - ACTION PLAN

### ANALYSIS OF PLANNED ACTIONS

As explained on page 6 ("Focus of IAP"), our **"Starting Point"** was the **"heart of the city of Loulé: The Municipal Park"**. The projects/activities were developed/carried out with this orientation.

#### Summary table of main actions:

OBS.:

*With the necessary adaptations to the restrictions caused by COVID-19, the Municipality of Loulé developed and/or adapted several activities/actions framed in the spirit and objectives of the Healthy Cities Project.*

*Because this is a preliminary version of the IAP of Loulé, this is the list only with the main activities/actions. The complete list will be presented/integrated in the final IAP later, with the necessary analyzes and other items foreseen.*

Action nr. 1	"CÁSSIMA" CAR PARK
Typology of Action:	New Infrastructure
Short description:	Construction of a Car Park in "Cássima" (area near the Municipal Park)
Link to strategy / Subobjectives: Traffic, Connectivity, mobility and accessibility	
Action Owner:	Local Council
Risk:	Effective use by the population / users of public spaces and services
Activity:	
<p>Construction of an infrastructure that includes 200 free parking spaces and that responds to several problems in the city of Loulé: Accessibility to the Municipal Park (200, from the Park); School; Municipal complex of swimming pools and tennis courts; Public Services and city center (5mn).</p> <p>On the land where for years there was an improvised dirt park, there is now a space «with all the comfort and safety conditions for the parking of light vehicles, spaces for people with reduced mobility and a parking area for motorcycles and bicycles».</p> <p>The project includes the implementation of «environmentally friendly» public lighting and was carried out with the use of differentiating pavement in recycled and permeable material, not contributing to the waterproofing of the soil.</p> <p>The goal is to reduce car traffic in the urban core, promote smooth mobility modes such as walking or cycling, «and thus making the city more environmentally friendly, with increasingly «reduced CO2 emissions».</p> <p>The cost was approx. 435.000,00€.</p> <p>Concluded. Opening in March 2021</p>	

Action nr. 2	"CIRCULAR NORTH" (HIGHWAY) OF THE CITY OF LOULÉ
<b>Typology of Action:</b>	New Infrastructure
<b>Short description:</b>	Construction of a free highway in the north of Loulé
<b>Link to strategy / Subobjectives:</b> Connectivity, mobility and accessibility	
<b>Action Owner:</b>	Local Council
<b>Risk:</b>	Costs and acquisition of private lands (more than 50 private owners)
<b>Activity:</b>	
<p>In July 2021, began the procedure for the work of the 2nd phase of the "Circular of Loulé" (external highway of Loulé). It will have an extension of 1.772 meters.</p> <p>In January 2022 began the acquisition of several private lands for the work of "Circular Norte" of Loulé.</p> <p>This "Circular" will make it possible to remove, from the city centre, passing traffic, in particular heavy vehicles. As such, it will be a decisive work to improve the safety conditions of road and pedestrian traffic and create privileged access to "Via do Infante" (main highway of Algarve region).</p> <p>This work is part of the city council policy (and the Healthy City project) of fighting for the decarbonisation and reduction of vehicles in the city center.</p> <p>Will Create a direct connection from the Municipal Park to the "Circular of Loulé" (external highway).</p> <p>The cost will be approx. 3.867.000,00€.</p>	

Action nr. 3	HEALTHY DAY by HEALTHY CITIES (MAR SHOPPING)
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	1 day with free sport inside the shopping
<b>Link to strategy / Subobjectives:</b> lifestyle	
<b>Action Owner:</b>	CTL (Tennis Club of Loulé) + several ULG members (sport clubs)
<b>Risk:</b>	Adherence of shopping mall users
<b>Activity:</b>	
<p>In January 2020.</p> <p>Demonstration/practice of several types of sport, inside the biggest shopping mall in Loulé ("Mar Shopping"), with the aim of: Promoting the "Healthy Cities" project; Publicize several partners (ULG) of the H.C. project (sports clubs); Promotion of active and healthy lifestyles; Fight against the sedentary lifestyle; Active aging...</p> <p>In 2021 this activity was suspended because of Covid-19.</p> <p>In 2022 this activity will be done again (and, if possible, in the following years).</p>	

Action nr. 4	"ONLINE TRAINING FOR SPORT MANAGERS"
Typology of Action:	Sport, lifestyle
Short description:	online seminar during 3 weeks for sport managers
Link to strategy / Subobjectives: Sport, lifestyle	
Action Owner:	Local Council
Risk:	Logistics. Online coordination of all participants
Activity:	
<p>From 26 of March 2021 until 16 of April 2021</p> <p>Seminar with 104 participants. All participants were presidents, coaches, or members from Sport Clubs/Associations from Loulé.</p> <p>The seminar consisted of technical and associative training, exchange of experiences, implementation of new methods, increasing the connection between the different clubs in Loulé.</p> <p>Several university professors, professional coaches, international champion athletes were invited as experts.</p>	

Action nr. 5	MOBILITY WEEK 2021
Typology of Action:	Seminars/Conferences
Short description:	1 week of seminars, conferences, debates with the theme: "Mobility Week"
Link to strategy / Subobjectives: Connectivity and Mobility, Traffic, Lifestyle	
Action Owner:	Local Council (with the collaboration of several ULG members)
Risk:	Effective application of results/conclusions
Activity:	
<p>From 16 to 22 September 2021.</p> <p>The City Council (with the collaboration of the parish of Loulé - ULG members) Organized (mostly online), several debates, conferences about the theme "MOBILITY". The main topics of this events were 4; "Mental health"; "Physical health"; "Security" and "Response to COVID-19".</p> <p>The aim was: Analyse and sensitize the population, private and public companies and ULG members to these 4 topics; What contributions can all the members of our society (individuals, companies, public and private institutes, ULG members...) make to this issue, and what better practices can we have/implement.</p> <p>"Mental Health" was the priority theme. The relationship between mental health and urban mobility was analyzed, and what changes/consequences caused by the pandemic.</p> <p>As for "Physical Health", the focus was on the impact of air and noise pollution and the benefit of active mobility.</p> <p>"Safety" focused on transport safety, the integration of people with reduced mobility and extensive road safety measures in the urban environment.</p> <p>Regarding the "Pandemic", the response of the local administration (and other elements of our society) to the pandemic caused by COVID-19 and what to do to improve the quality of life of the population was analysed.</p> <p>The goal is to do this "Mobility Week" every year, comparing results and improving plans/projects.</p>	

Action nr. 6	SENIORS WEEK
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	Free access for seniors to all sports facilities during the week
<b>Link to strategy / Subobjectives:</b> Lifestyle, active aging, social inclusion	
<b>Action Owner:</b>	Local Council and ULG members (sport clubs of Loulé)
<b>Risk:</b>	Effective participation of the senior population
<b>Activity:</b>	
<p>From 18 to 23 October 2021</p> <p>Free access for seniors to all sports facilities in Loulé (municipal or ULG member sports clubs).</p> <p>The goal was:</p> <ul style="list-style-type: none"> <li>a) Stimulate active aging, social inclusion, fight the sedentary lifestyle of the elderly through the creation of health, participation and security conditions, in order to reinforce the quality of life as people age;</li> <li>b) Prepare a social diagnosis in the municipality and implement an “action plan” to improve the quality of life for the elderly.</li> </ul>	

Summary of projects, programs and/or activities already prepared by the municipality of Loulé (framed in the spirit and objectives of the Healthy Cities project) but suspended/postponed due to restrictions caused by covid-19:

#### MAIN EXAMPLES:

Action nr. B-1	"ACTIVE SUMMER"
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	Free sport events to all population during summer (from July to September)
<b>Link to strategy / Subobjectives:</b> Lifestyle, active aging, social inclusion	
<b>Action Owner:</b>	Local Council and ULG members (sport clubs of Loulé)
<b>Activity:</b>	
<p>"ACTIVE SUMMER" will have more than 200 free sport events to all population, from July to September, with the participation of all parish and the sport clubs of Loulé (clubs will provide support material, technicians and facilities free of charge).</p> <p>The goal is:</p> <ul style="list-style-type: none"> <li>- Use of public spaces, in a more interactive way, for the informal practice of sport (squares, avenues, gardens, parks, etc..;</li> <li>- Increased the use of the sports clubs of Loulé</li> <li>- Implement the practice of sport; a healthier and more active life for the population, with the additional goals of active aging, social inclusion, fight the sedentary lifestyle</li> </ul> <p>Examples of activities: Clinic Pilates; Thai Chi; Zumba; Yoga; March; Running; Street Workout; Dance lessons (Fusion Afro Fit Dance, Hip-hop, kizomba, salsa, bachata, etc...); Tennis; Cycling...</p>	

Action nr. B-2	"ACTIVE EASTER"
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	Free sport events to all population during Easter holidays
<b>Link to strategy / Subobjectives:</b> Lifestyle, active aging, social inclusion	
<b>Action Owner:</b>	Local Council and ULG members (sport clubs of Loulé)
<b>Activity:</b>	
<p>Several free sport events to all population during the Easter period (2 weeks), with Medical Screening and Conferences.</p> <p>All ULG members will participate. Sport Clubs will provide support material, technicians and facilities free of charge.</p> <p>The goal is:</p> <ul style="list-style-type: none"> <li>- Use of public spaces, in a more interactive way, for the informal practice of sport (squares, avenues, gardens, parks, etc..;</li> <li>- Implement the practice of sport; a healthier and more active life for the population, with the additional goals of active aging, social inclusion, fight the sedentary lifestyle</li> </ul> <p>Examples of activities:</p> <p>Boxe; Hydrotherapy; Aquafitness; Hydro Deep; Clinic Pilates; Thai Chi; Zumba; Yoga; March; Running; Street Workout; Dance lessons; Tennis; Cycling...</p>	



<b>Action nr. B-3</b>	<b>"INDIVIDUALITIES IN SCHOOLS"</b>
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	Program that takes several national and international champions to schools
<b>Link to strategy / Subobjectives:</b> Lifestyle, social inclusion	
<b>Action Owner:</b>	Local Council
<b>Activity:</b>	
<p>"INDIVIDUALITIES IN SCHOOLS" it is a Program, which will run throughout the all year.</p> <p>This Program will take several national champions (National, European, Olympic... sport champions) to visit schools, play and speak with local students.</p> <p>The goal is:</p> <ul style="list-style-type: none"> <li>- Dissemination and increase of sports practice</li> <li>- Demonstrate that students can be good athletes and good students at the same time</li> </ul>	

<b>Action nr. B-4</b>	<b>"CLUBS IN SCHOOLS"</b>
<b>Typology of Action:</b>	Sport, lifestyle
<b>Short description:</b>	Program that takes several sportive clubs to schools
<b>Link to strategy / Subobjectives:</b> Lifestyle, social inclusion	
<b>Action Owner:</b>	Local Council and ULG members (sport clubs of Loulé)
<b>Activity:</b>	
<p>"CLUBS IN SCHOOLS" it is a Program, which will run throughout the all year.</p> <p>This Program will take several sportive clubs from Loulé (ULG members) to schools to present and promote sport.</p> <p>The goal is:</p> <ul style="list-style-type: none"> <li>- Dissemination and increase of sports practice</li> <li>- Publicize and promote sports clubs that exist in the municipality of Loulé</li> </ul>	

## PHOTO GALLERY (Examples of “Actions”)

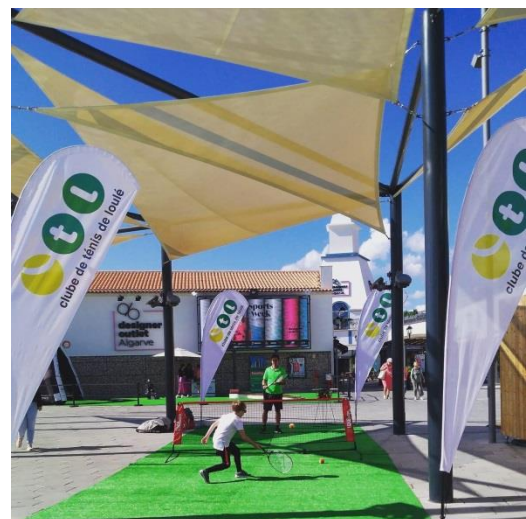
### “CÁSSIMA” CAR PARK



### “CIRCULAR NORTH” (HIGHWAY) OF THE CITY OF LOULÉ

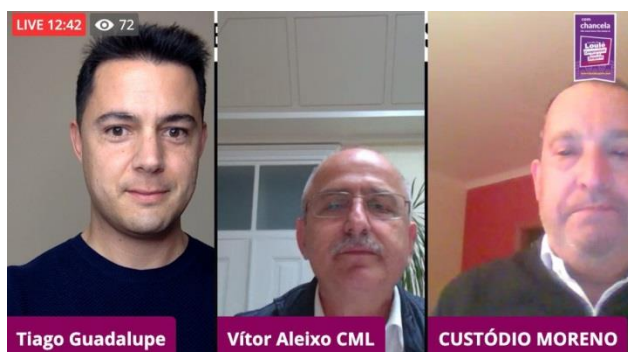


### HEALTHY DAY by HEALTHY CITIES (MAR SHOPPING) (January)





## “ONLINE TRAINING FOR SPORT MANAGERS” (104 participants)



## SENIORS WEEK (18 to 23 September 2021)



OUTUBRO 2021



**Loulé**  
Compromisso  
com o  
Desporto

**Dia Internacional  
da Pessoa Idosa**

Equipamentos Desportivos Abertos às Pessoas Idosas  
em regime livre de 18 a 23 de outubro de 2021

**Piscinas Municipais de Quarteira**  
2ª a 6ª feira das 07h00 às 14h00 e das 15h00 às 17h00.  
Sábado das 07h00 às 14h00 e das 15h00 às 19h00.

**Campos de Ténis de Quarteira**  
2ª feira das 15h00 às 17h00.  
3ª a 6ª feira das 08h00 às 17h00.

**Pista de Atletismo de Quarteira  
(para marcha e corrida)**  
2ª a 6ª feira das 08h00 às 17h00.

**Complexo de Piscinas Municipais de Loulé**  
2ª a 6ª feira das 07h00 às 14h00 e das 15h00 às 17h00.  
Sábado das 07h00 às 14h00.

**Campos de Ténis de Loulé**  
2ª a 6ª feira das 08h00 às 14h00 e das 15h00 às 17h00.  
Sábado das 08h00 às 19h00.

**Minigolfe**  
2ª a 6ª feira das 10h00 às 16h30.

**Ginásio do Pavilhão Desportivo Municipal de Loulé**  
2ª a 6ª feira das 08h00 às 17h00.

Saiba mais em: [www.louledesporto.com](http://www.louledesporto.com)

## SMALL SCALE ACTION

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### “Bicycles at School Project”

About 75% of children in Portugal with less 10 years, don't know how to ride a bike or have skills to ride. A problem felt also in Loulé. A problem that has an extension taking into account the vision of the municipality of creating bike paths in all the municipality in order to promote free mobility.

Bearing in mind this problem, the Municipality of Loulé has been making efforts to bring bicycles onto the street within the scope of the “Loulé Adapta Project” – Shared Bikes at School, Road Safety, Mechanic Bike SOS, Training courses for teachers, Bicycle Day, BiciBus and was part of the national “BTT Center” project launched by the Portuguese Cycling Federation.

Despite these efforts, all these projects have had a low impact, mainly due to restrictions caused by COVID-19. But we can't give up. It is considered that the easiest way to change mentalities and make the bicycle another element of the day-to-day life of today's children who will be the adults of tomorrow is to positively “infect” children through their direct contact with the bicycle. Take the bicycles to the school environment (pre-school and 1st cycle), that is, involve all children from schools in the municipality of Loulé aged between 3 and 10 years.

The project “**Bicycles at School**” has as its main objective going to schools in the Municipality of Loulé, teaching children to ride a bicycle, providing them the base skills, autonomy, a better integration with the environment and reducing their carbon footprint.

#### General objectives:

- Teach the basic techniques of "*riding a bicycle*"
- Provide young people with a series of practices for using a bicycle
- Raise awareness and promote the use of bicycles in the school context
- Raise awareness and promote cycling modes of mobility
- Adopt the bicycle as a privileged means of transport
- Promote physical activity independently
- Involve the different agents involved in cycling

With the funds available under the Healthy Cities project (**Small Scale Action**) the Municipality of Loulé will acquire Awareness Kits adapted to the ages of the children in question so that accredited teachers can travel to schools to teach children from 3 to 10 years riding a bike.

We hope that, in the future, we will have more people using bikes as the main means of transport, reducing the number of cars circulating in the urban areas of Loulé, thus fighting for a decarbonisation of our society.

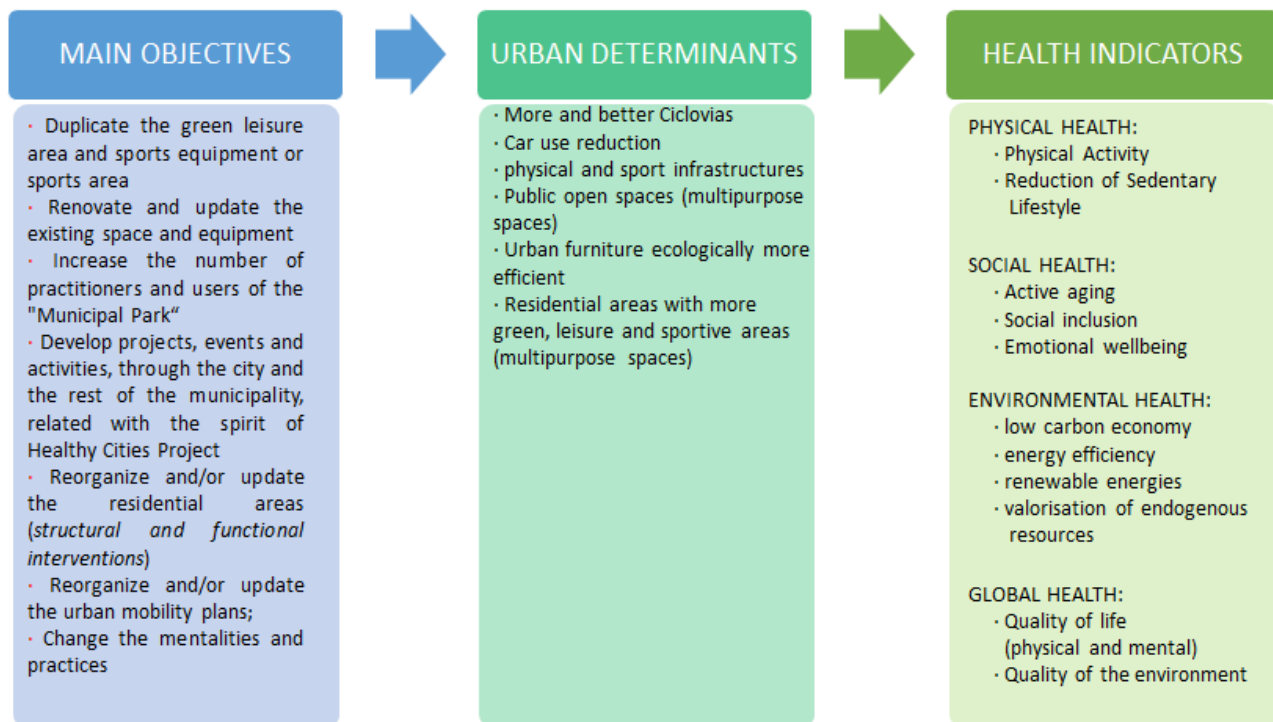
*OBS.: This Small Scale Action “**bicycles at school**” is still to be performed at the end of January/beginning of February.*

# ANNEX

## HEALTH IMPACT ASSESSMENT

### Screening & Scoping

#### Loulé – Scoping the Impact on Health



The last few years have shown that we can no longer focus only on physical problems, but also on mental problems. The last few years have shown that the traditional notion of "*quality of life*" has changed dramatically. We are living a new reality in which the problems that, until a few years ago, we thought "*were only for others*" or that "*would only happen in the future*", after all, are also "*ours*" and "*are already happening*".

Currently, problems such as pollution, climate change, an increasingly aging population, the elderly increasingly living alone, social exclusion, the "*new diseases of the century*" (such as stress and burnout), etc... lead us to have to analyse these same problems in a more assertive and effective way.

The municipality and all members of ULG involved in the "Healthy Cities" Project are working together. The synergies created during the "H.C. Project" mean that, even after the end of this Project, they will continue working together to achieve the proposed objectives.



Loulé done a protocol with the University of Algarve (also member of the ULG) to study, analyse and measure various aspects and indicators in the population. However, **due to the pandemic situation caused by COVID-19**, it was not possible to study and analyse the proposed parameters. Thus, even after the end of this Project, we will use the tools that the H.C. Project gave us and draft the HIA.

The HIA will be a useful tool to guide and improve the measures/policies/programs/activities that we are (and will continue) to implement to fight these problems, and, thus, have a sustainable healthy living environment, for the city and for the population, with the goals of HEALTHY CITIES PROJECT.