S.M.ALL

https://urbact.eu/networks/small

The S.M.ALL network addresses urban challenges by promoting and implementing sustainable mobility solutions for all, including safe home-to-school journeys, accessible routes, and tailored sustainable urban mobility plans, implementing targeted action plans for vulnerable groups. Using a transnational approach to reduce urban inequalities, harmonise sustainable mobility practices and increase inclusivity, the S.M.ALL consortium brings together different experiences and expertise in sustainable urban mobility to promote significant changes in urban spaces, making them more inclusive and accessible for all.

THE SECOND QUARTERLY REPORT: UNDERSTANDING INCLUSIVE AND SUSTAINABLE MOBILITY

Edited by the lead expert:
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VISITING QUADRILATERO, APRIL 2024:
Barcelos,Braga,Famalicão and Guimarães

EDUCABICLA

https://www.educabicla.pt/

EducaBicla in schools includes the theme of cycling mobility in the school curriculum, combining theory with the art of know-how and enabling contact with the bicycle.

EducaBicla a Pedalar pelos Municípios holds sessions open to the whole community in public spaces. Everyone is invited to learn how to cycle from Cicloficina EducaBicla to European Mobility Week and much more.

EducaBicla, cycling to and from work, inserts this transport into company policy, demonstrating the organisations' greater social, financial, and corporate responsibility.

EDUCABICLA IN GUIMARAES

SCHOOL

COMMUNITY

ENTERPRISE

Educabicla, Egas Moniz School. The activity demonstrated the Educabicla cycling program at Egas Moniz School. This initiative, which is now being implemented in all schools in Guimarães, has three main educational objectives: understanding traffic rules, signs, and infrastructure; practical bicycle riding; and learning bicycle maintenance skills. During the practical sessions, the children take on different roles, such as cyclist, pedestrian, and police officer, allowing them to experience these activities from different perspectives. At the end of the full course, participants receive a cycling license. The overall aim is to educate the younger generation about sustainable mobility, with a special focus on cycling. The project also extends its reach beyond schools to the wider community, offering adults the opportunity to learn to ride a bike. The aim is to increase the daily use of bicycles among adults, thereby promoting sustainable transport habits among all age groups.

THE *METROMINUTO* PROJECT IN GUIMARAES

ESSENTIALS OF *METROMINUTO*: Encouraging pedestrian mobility in urban areas and helping to reduce commuting using polluting vehicles. This is the main aim of the Guimarães Metrominuto, which was presented on 25 November by Laboratório da Paisagem and

Guimarães City Council. This is one of the initiatives of the Limp.Ar project, financed by the Environmental Fund of the Ministry of the Environment and Climate Action, allows locals and visitors to check the time it takes to walk around more than half a hundred places of interest in Guimarães, including green areas, tourist attractions, and services. Metrominuto, created in 2011 in Pontevedra (Spain), aims to eliminate excessive car traffic in city centres and encourage walking, thus improving the city's air quality and, inherently, quality of life. It should be noted that the Guimarães Metrominuto has the particularity of being inclusive, as it incorporates the 'ColorAdd' colour identification system for the colour blind. The Metrominuto thus becomes another useful 'tool' available to visitors, which not only highlights the importance of sustainability and greener tourism in the Guimarães destination but also complements the tourist map already available, as it gives them an accurate perception of the traveling time between the city's main points of interest.

During the transnational meeting in QUADRILATERO, one of the activities was a guided walk along a designated route mapped out by the Metrominute project. This initiative, inspired by key cases experienced in Spain in 2013, aims to create a comprehensive map linking key points of interest in the city. Designed in collaboration with local schoolchildren, the main aim is to encourage walking and reduce car dependency. This is achieved through a visually appealing map that illustrates the time it takes to walk between different landmarks in the city centre. Designed with inclusivity in mind, the map uses colour-blind friendly palettes to ensure accessibility for all. Ultimately, the project aims to promote more sustainable mobility practices, thereby reducing air pollution and improving overall quality of life. However, monitoring the results of the project has proved challenging, as data collection and obtaining permission to install monitoring cameras have been obstacles. To address these issues, measures have been taken, including a mobility matrix for Guimaraes to collect relevant data. In addition, solar-powered cameras have been installed at bus stops in the Quadrilátero cities, 25 in total, to effectively monitor bus usage patterns.

STAYING IN KOMOTINI – JUNE2024

GET IT REALLY ACCESSIBLE

In 2002 Komotini was a city without any facilities or forecasting for disabled people. With interference of the association PERPATO since 2002 and the help of local authorities, our city is accessible and friendly towards disabled people. Komotini was awarder an honorary distinction from the European Access City Awards 2021.

https://perpato.gr

Alexander Helmut Taxildaris, a Paralympic champion and rehabilitation specialist, is president of PERPATO, an association that supports people with mobility problems. Founded in 2002, PERPATO is an example of community-NGO-municipal cooperation. The association's founders, all with disabilities, wanted to promote inclusion for all. Its main mission is to provide physical, professional, and socio-economic rehabilitation while advocating for the rights of people with disabilities. PERPATO has played a key role in making Komotini over 85% accessible, leading to its designation as a European Access City in 2021. IRODIKOS Sports Club, another key organisation, facilitates sports for people with disabilities and promotes international participation. PERPATO also works with the Centre for Training on Autonomy of Disabled People (KEADA), founded in 2011, which equips individuals for independent living. In addition, KAHO, a PERPATO day care centre, helps beneficiaries participate in daily life according to their abilities. Together, these initiatives make PERPATO a vital force locally and internationally.


SCENARIO PLANNING FOR MORE INCLUSIVE AND ACCESSIBLE CITIES: THE POWER OF LOCAL COMMUNITIES AND STORYTELLING!

The presentation **"Community Ownership of Urban Planning Solutions: From Challenges to Sustainable Narratives"** begins with an introduction to urban planning concepts and explains the development of the URBACT methodology for creating sustainable, community-driven urban plans. Historically, urban participation and governance have evolved from ancient Greek and Roman cities through the Middle Ages and the Renaissance. The presentation highlights that community ownership is essential for long-term sustainability. Pietro Elisei stresses that URBACT emphasises listening to and involving communities in the planning process. Jane Jacobs' pioneering ideas on urban planning, which focused on community participation, have significantly shaped this approach. The URBACT methodology includes defining problems with community input, setting goals, and implementing solutions with local groups. Elisei introduces scenario matrices, a tool for planning future developments by considering technology, policy, and key objectives. This tool helps to develop practical steps for engaging communities and co-designing solutions. Finally, Elisei encourages project partners to use these methods together to achieve their goals.
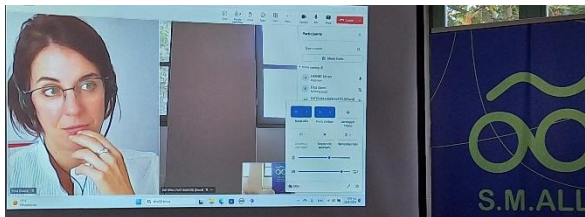
FROM PROBLEMS TO NARRATIVE:

CRAFTING SUSTAINABLE DEVELOPMENT PATHWAYS IN AN INTEGRATED URBAN PLAN

Io Chatzivarytis explored how a compelling mobility narrative can shape a shared vision where everyone has equitable transport access. Io Chatzivarytis highlighted that creating an effective Integrated Action Plan (IAP) starts with 'put in act' methodologies, which guide the transition from identifying urban mobility issues to establishing realistic future scenarios. The URBACT methodology includes tools like stakeholder consultation and the problem tree exercise to uncover critical mobility challenges. Further, tools such as the problems and solutions table, objectives table, and storytelling case studies help analyse these issues deeply. Once problems are identified, measurable targets should be set, incorporating all stakeholders' aspirations, and emphasising inclusivity. The focus should remain on two or three key objectives to ensure clarity. Finally, Chatzivarytis stressed that storytelling, framed from the beneficiaries' perspective, is crucial for demonstrating real impact and fostering community support.

TAKEAWAYS TO BETTER PLAN FOR INCLUSIVITY, SUSTAINABILITY AND ACCESSIBILITY

Several lessons can be drawn from these two transnational meetings (QUADRILATERO and KOMOTINI) to improve urban planning for inclusivity, sustainability and accessibility:

1. **Community involvement:** Involving local communities in urban planning from the beginning is essential. Tools such as stakeholder consultations and scenario matrices ensure that the needs and aspirations of all are taken into account and promote inclusivity.

2. **Focus on accessibility:** Initiatives such as the S.M.ALL network and PERPATO demonstrate the importance of accessible urban spaces, which are key to creating cities that serve everyone, especially those with disabilities.

3. **Sustainable mobility solutions:** Projects such as Educabicla and Metrominuto highlight the role of sustainable transport systems, such as cycling and walking, in reducing urban pollution and improving health.

4. **Storytelling as a tool:** Storytelling, especially from the perspective of beneficiaries, is crucial to building community support and illustrating the real impact of urban plans.

5. **Measurable targets:** Setting clear, achievable goals helps to maintain focus and ensure that urban projects lead to practical, sustainable outcomes.

6. **Cross-sector collaboration:** Collaboration between NGOs, municipalities, and communities, as exemplified by PERPATO, is essential to making urban spaces more inclusive and accessible.

7. **Education and awareness raising:** Educating children and adults about sustainable mobility, as seen in Educabicla, helps to embed green habits in society.

8. **Equity in urban planning:** Ensuring that transport and mobility solutions are equitable and accessible to all, regardless of ability, promotes equity in urban development.

9. **Technological integration:** The use of tools such as mobility matrices and solar-powered monitoring can help track progress and adapt strategies to improve accessibility and sustainability.

10. **Long-term vision:** Community ownership and long-term planning with a focus on inclusivity and sustainability are key to creating resilient urban spaces.

11. **Adaptive planning:** Tools such as scenario matrices are effective for planning for future challenges, ensuring that cities remain adaptable and inclusive as they evolve.