

OUR HEALTH, OUR CITY

Participatory Citizens Workshop




Background information: The workshop format was developed in Munich in 2024 as part of the public participation for updating the city's health guideline. It was tested in four districts from June to November 2024 with around 200 participants. The format is now being refined to better reflect the holistic One Health approach.

Target Group: It invites citizens, professional stakeholders, and local politicians to share their perspectives as experts on their own city/neighbourhood.

Objective: The initiative aimed to strengthen community involvement, encourage open dialogue, and gather diverse perspectives and needs. The format is now being refined to raise awareness of the One Health approach and collect holistic needs and ideas.



Structure: The workshop is designed as an open, hands-on format. There is no fixed schedule: participants can join at any time and move through the stations at their own pace. Most complete the workshop within 15–25 minutes. Two experts should be present to guide participants through the stations, offer support, and stimulate dialogue.



Station 1: Basic participant data is collected. On a city map, participants mark where they live, and on a second poster they provide information on gender, age, and self-assessed health status.

Station 2: Prompted by “How do you use your neighbourhood/city for your health?”, participants map a 24-hour day — noting what they do to stay healthy and how the city supports them. Thematic stickers can be customised, gradually forming a colourful, collective picture.

Station 3: Finally, participants are asked what they feel is missing to live healthier in the city. They can mark pre-printed terms on a sheet and add their own needs.

