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SPORT, ACTIVE CITIES AND URBAN REGENERATION: SCIENTIFIC FOUNDATIONS FOR SPORT-BASED SOLUTIONS AND URBAN SPORT HUBS

The role of sport in contemporary urban policy has expanded considerably over the past two decades, supported by a growing body of evidence demonstrating its influence on public health, social cohesion and environmental resilience. International research converges on the understanding that sport is no longer a peripheral leisure activity but a mechanism capable of structuring everyday urban life in healthier and more inclusive ways. The World Health Organization's Global Action Plan on Physical Activity (2018) emphasises that enabling environments—those that make activity the default option in daily routines—constitute one of the most effective strategies for improving population health, particularly among adolescents. Complementary European frameworks such as HealthyLifestyle4All and the EU Youth Strategy reinforce the idea that active living must be embedded in territorial policies, mobility systems, education and the design of public spaces. Together, these perspectives assert that active cities emerge through deliberate and systemic planning decisions, not incidental behaviours.

Scientific literature across urban design, environmental psychology and public health demonstrates that movement and wellbeing are profoundly shaped by the qualities of public space. Researches show how microclimate, spatial configuration and perceived safety all influence whether people feel invited or deterred from engaging in physical activity. They demonstrate that walkability, multifunctional open spaces and access to informal play areas correlate with stronger community ties and improved mental health outcomes. Studies on adolescent development highlight that public spaces function as key environments for identity formation, autonomy, social learning and emotional regulation. For young people, sport represents a culturally resonant medium through which to negotiate belonging and self-expression, especially in settings where formal participation routes are limited.

The social and protective functions of sport emerge even more clearly in disadvantaged neighbourhoods, where poverty, weak social networks and spatial stigma exacerbate vulnerability. Literature in the field of Sport for Development and Peace demonstrates that inclusive sport practices foster trust-building, intercultural dialogue and collective efficacy. When situated within public space, visible and shared physical activities contribute to natural surveillance and positive territoriality, reducing fear and strengthening the informal governance of neighbourhoods. Sport thus operates not only as an individual behavioural influence but as a relational and spatial infrastructure capable of generating stability, routine and community belonging.

Urban regeneration research increasingly acknowledges this multidimensional potential. Vibrant streets depend on diverse, continuous activities; this aligns with contemporary findings showing that even minimal sport-based interventions—such as painted courts, temporary markings or lightweight equipment—can reorganise spatial flows, attract presence and reactivate neglected areas. Public space quality emerges from the interplay of functional diversity, environmental comfort and social animation, all elements that sport can activate. When combined with cultural components such as music, murals or creative practices, sport strengthens the symbolic dimension of place-making, enabling communities to produce shared narratives and reconfigure local identity.

Sport-Based Solutions (SBS) have emerged as a methodological innovation that uses sport to drive spatial, social and behavioural transformation. SBS differ from traditional sport infrastructure because they prioritise informality,

adaptability, low cost and youth co-creation. Rather than imposing fixed facilities, SBS rely on tactical and reversible interventions that test ideas in real contexts, generating empirical evidence to guide long-term decisions. Grounded in the principles of tactical urbanism, SBS respond particularly well to the dynamic and often unpredictable spatial practices of adolescents.

Urban Sport Hubs (USH) represent the consolidated spatial translation of these principles. USH function as multifunctional and inclusive environments that integrate street sport, creative expression, nature-based solutions and social interaction. Hybrid infrastructures promote intergenerational use, gender inclusion, mental wellbeing and ecological resilience. Their adaptability enables them to serve as everyday civic anchors where learning, culture, environment and community converge. This approach is consistent with the New European Bauhaus framework, which emphasises beauty, sustainability and inclusion as essential features of contemporary public space.

The relevance of SBS and USH becomes even more apparent when considering youth disadvantage. Adolescents in marginalised contexts often lack stable social systems, access to quality green spaces or opportunities for positive identity construction. When sport is embedded within safe, supportive and co-created spatial frameworks, it acts as a non-formal educational platform that strengthens resilience, supports coping mechanisms and reinforces relational wellbeing. Evidence from the UN Inter-Agency shows that sport-based interventions can improve school engagement, reduce anti-social behaviour and foster civic participation, especially when young people are involved as co-designers.

Taken together, this body of scientific and policy evidence demonstrates that sport is a multidimensional driver of urban health, social cohesion and regenerative capacity. Its effects extend far beyond physical activity to influence community dynamics, environmental performance, mental wellbeing and youth empowerment. Sport-Based Solutions and Urban Sport Hubs constitute a policy and design paradigm aligned with contemporary understandings of how cities can become healthier, more inclusive and more resilient. In an era characterised by inequality, weakened social networks, mental health pressures and spatial fragmentation, sport offers a unique combination of accessibility, cultural resonance and transformative potential. Its capacity to generate civic energy, reconfigure public space and support youth development makes it an essential component of future urban policy.



PURPOSE OF THE GUIDEBOOK

This guidebook provides cities with a scientifically grounded, operational framework for designing and implementing Sport-Based Solutions and Urban Sport Hubs. It translates the latest research, policy directions and practical insights into a structured methodology that supports evidence-based decision-making. Its purpose is to help municipalities, practitioners and community actors activate public spaces, engage adolescents meaningfully, and integrate sport into broader urban regeneration strategies.

WHY SPORT-BASED SOLUTIONS FOR CITIES

Cities face converging challenges related to sedentary lifestyles, youth disengagement, mental health pressures, public space degradation and social fragmentation. Sport-Based Solutions respond to these challenges in a way that is both pragmatic and transformative. They offer low-cost, adaptable tools that generate immediate impact while laying the foundations for long-term structural change. By embedding movement, creativity, safety and social interaction into everyday environments, SBS enable cities to become healthier, more inclusive and more resilient without relying on large capital investments.

KEY CONCEPTS AND INNOVATIONS

The central innovation presented in this guidebook lies in the combination of sport as an everyday practice with methodologies derived from tactical urbanism, co-creation and nature-based design. Sport-Based Solutions function as iterative prototypes that reveal real behavioural patterns and guide long-term planning. Urban Sport Hubs represent the spatial consolidation of these insights into multifunctional, youth-centred and ecologically integrated infrastructures. Together, SBS and USH reflect a shift from infrastructure-led to behaviour-led urban policy, where spatial decisions are shaped by evidence, participation and adaptability.

HOW TO USE THIS DOCUMENT

This guidebook is designed as both a conceptual reference and a practical toolkit. Cities can read it sequentially to understand the scientific and policy foundations of SBS, or they can use it modularly by applying specific tools—workshops, hackathons, tactical actions, monitoring frameworks—according to their needs. The annexed ATLAS of testing actions provides real examples from the Re-Gen network, illustrating how different contexts have adapted SBS to local conditions. Practitioners can use this document to plan new interventions, refine existing ones, support internal capacity-building or integrate sport into broader urban, youth and health policies.

WHAT WE MEAN BY SPORT-BASED SOLUTIONS FOR URBAN REGENERATION

Sport-Based Solutions (SBS) are integrated spatial and social strategies that use movement, play and sport as catalysts for healthier, more inclusive and resilient urban environments. Unlike conventional sports facilities, which typically serve formal or organised activities, SBS operate across the everyday geographies of the city—streets, plazas, parks, courtyards, underpasses, school surroundings and interstitial spaces. They activate what urbanists call the “common ground”: shared public environments where bodies, identities, cultures and communities meet.

SBS are low-cost, flexible and place-specific interventions that combine spatial design, social activation, community participation and behavioural insight. They treat public space not only as infrastructure but as an ecosystem that shapes wellbeing, supports everyday mobility, strengthens social cohesion and stimulates local identity. Their power lies in their ability to generate immediate visibility and engagement while simultaneously informing long-term planning decisions through iterative testing and evaluation.

At their core, Sport-Based Solutions:

- ❖ Promote active and healthy lifestyles by making movement an accessible, informal and enjoyable daily practice.
- ❖ Foster mental wellbeing through social connection, expressive play, contact with nature and the creation of safe, restorative micro-environments.
- ❖ Support inclusion and gender equity, ensuring that public spaces welcome girls, diverse youth groups, and people of all abilities.
- ❖ Integrate climate resilience and nature-based solutions, improving comfort, shade, environmental quality and urban biodiversity.
- ❖ Strengthen the social fabric by encouraging encounters, shared rituals and intergenerational interactions.
- ❖ Enhance the beauty and identity of public space, contributing to civic pride and cultural expression.
- ❖ Stimulate local economies, enabling lightweight community enterprises, cultural activities and sport-related micro-services.

Leverage digital tools to support participation, feedback, mapping, communication and evidence-based decisions.

SBS are therefore not simply sport installations. They are an approach to urban regeneration that uses sport as a vector of transformation, bridging spatial design, social policy, environmental sustainability and youth participation. They help cities address key challenges—sedentariness, social fragmentation, gender inequalities, climate stress, youth disengagement—while creating lively, safe and inclusive public spaces that reflect the aspirations of their communities.

In this guidance, Sport-Based Solutions represent a methodological framework through which cities can design, test and scale interventions that connect health, wellbeing, sustainability and community life, contributing to urban regeneration processes that are adaptive, equitable and future-oriented.

WHAT IS AN URBAN SPORT HUB?

An Urban Sport Hub (USH) is a **multifunctional public space** designed to support everyday physical activity, social interaction, creativity and environmental wellbeing. It is not a traditional sports facility, nor merely an area for recreation: it is a **hybrid civic infrastructure** that integrates movement, culture, nature and community life in a single, adaptable spatial system.

Urban Sport Hubs operate at the intersection of **urban design, public health, social inclusion, youth development and climate resilience**. They are conceived as open, welcoming and flexible environments where adolescents, families, older adults, and diverse user groups can engage in informal sport, express identity, participate in community life, or simply enjoy a safe and attractive shared space.

Urban Sport Hubs is a public space, that is:

- ❖ inclusive like a community square,
- ❖ dynamic like a street sport arena,
- ❖ restorative like an ecological corridor,
- ❖ expressive like a cultural stage,
- ❖ adaptive like a living lab.

They enable cities to address multiple priorities simultaneously: promoting health, reducing inequalities, activating underused spaces, strengthening social cohesion, improving environmental performance and supporting youth wellbeing. An Urban Sport Hub is a **civic anchor**—a shared, beautiful and vibrant public environment where the everyday practices of movement, play, creativity and community life converge, generating long-term value for people and the city.

CORE QUALITIES OF AN URBAN SPORT HUB

Multifunctionality

USHs combine sport, play, rest, culture and nature. They support both structured and spontaneous activities, allowing different rhythms of use throughout the day and across seasons.

Inclusivity and Gender Sensitivity

They are accessible to all: girls and boys, people with disabilities, culturally diverse communities and intergenerational groups. Spatial configurations avoid dominance by a single group or sport, ensuring equitable use.

Safety and Comfort

A USH prioritises perceived and actual safety through lighting, visibility, open sightlines, social presence and environmental comfort. It offers shaded areas, seating, green buffers and micro-spaces for rest and gathering.

Nature and Climate Resilience

USHs integrate **nature-based solutions** such as trees, permeable surfaces, rain gardens and biodiversity corridors. These elements enhance microclimate, reduce heat stress and promote mental wellbeing.

Flexibility and Adaptation

They evolve over time, accommodating new sports, emerging cultural practices, temporary installations and community experiments. They support tactical interventions and iterative prototyping.

Co-created and Community-Driven

Urban Sport Hubs are conceived with users—not for users. Youth participation, community stewardship and collaborative governance ensure relevance, care and sustainability.

Beauty and Identity

Through colours, street art, design details and cultural expression, USHs generate belonging, pride and local distinctiveness. They contribute to the symbolic quality of the neighbourhood.

Digital Integration

Digital tools—QR codes, feedback surfaces, apps, open data dashboards—support participation, communication, monitoring and adaptive management.



RECCOMENDATIONS

- 1 DESIGN CITIES FOR EVERYDAY MOVEMENT**
- 2 EMBED NATURE AND CLIMATE RESILIENCE INTO SPORT SPACES**
- 3 ENSURE INCLUSIVE, GENDER-SENSITIVE AND NON-STIGMATIZING SPACES**
- 4 CREATE SAFE, WELCOMING AND BEAUTIFUL PUBLIC SPACES**
- 5 TREAT PUBLIC SPACE AS A SHARED URBAN COMMONS**
- 6 CO-DESIGN WITH ADOLESCENTS, NOT FOR ADOLESCENTS**
- 7 MAKE HEALTH & WELLBEING CORE DRIVERS OF URBAN TRANSFORMATION**
- 8 APPLY A GENDER-INCLUSIVE & DIVERSITY-CENTRED APPROACH**
- 9 EMBED NATURE-BASED & CLIMATE-RESPONSIVE DESIGN**
- 10 INTEGRATE DIGITAL TOOLS AND DATA FOR SMARTER, MORE INCLUSIVE SPORT HUBS**



DESIGN CITIES FOR EVERYDAY MOVEMENT

WHY EVERYDAY MOVEMENT MATTERS

Increasing physical activity in daily routines is one of the most powerful ways to improve public health, reduce non-communicable diseases, strengthen mental wellbeing and enhance social cohesion. Yet sedentary lifestyles are rising, particularly among adolescents, who often lack accessible, safe and appealing places to move freely.

Traditional sports facilities alone cannot meet these needs: cities must make movement an ordinary, spontaneous and enjoyable part of everyday life.

A **movement-friendly city** contributes to:

- ❖ better physical and mental health,
- ❖ reduction of stress and anxiety,
- ❖ safer streets through natural surveillance,
- ❖ social interaction and intergenerational contact,
- ❖ more sustainable mobility behaviours,
- ❖ greater gender equity in public space use,
- ❖ stronger sense of belonging and place identity.



HOW TO IMPLEMENT EVERYDAY MOVEMENT DESIGN

Cities can operationalise this principle through a combination of urban design, behavioural insight

RECONFIGURE EVERYDAY ROUTES AS ACTIVE CORRIDORS

Improve lighting, greenery, width, visibility and seating along school routes, parks, and local connectors. Add playful ground markings or micro-challenges to stimulate movement for all ages.

CREATE FLEXIBLE, MULTI-USE SPORT SURFACES

Use open, non-prescriptive designs that support skating, running, ball games and free play without requiring specialist equipment.

DEPLOY TACTICAL URBANISM TO QUICKLY TEST CONFIGURATIONS

Temporary lines, cones, moveable equipment and painted zones help identify what attracts different users.

PRIORITISE COMFORT AND MICROCLIMATE

Plant trees, install shade structures, integrate permeable surfaces and cooling materials to encourage longer stays and year-round usability.

5. DESIGN WITH ADOLESCENTS AND VULNERABLE GROUPS

Use workshops, youth mapping and co-design labs to understand barriers to movement (fear, visibility, identity, accessibility).

6. BALANCE ACTIVE AREAS WITH QUIETER SPACES

Ensure that girls, neurodiverse youth and people with disabilities find areas suited to their preferred modes of movement and rest.

7. INTEGRATE DIGITAL TOOLS FOR ENGAGEMENT AND AWARENESS

QR codes for challenges, apps showing activity zones, participatory surveys for continuous improvement.





EMBED NATURE INTO SPORT SPACES

WHY NATURE MATTERS IN URBAN SPORT ENVIRONMENTS

Public spaces exposed to heat, noise, pollution or poor environmental quality discourage physical activity—especially among children, adolescents, older adults and women, who are more sensitive to discomfort and perceived safety risks. Integrating nature into sport-based environments is therefore essential not only for climate resilience, but also for health, wellbeing, gender equity, beauty and sense of place.

Nature-based solutions (NBS) provide multiple benefits:

- ❖ reduce urban heat islands, improving comfort for sport and social use;
- ❖ enhance air quality and promote mental restoration;
- ❖ support biodiversity and ecological learning;
- ❖ create buffer zones that separate activities, increasing safety and inclusivity;
- ❖ strengthen the identity and beauty of public spaces;
- ❖ decrease surface runoff and flooding through permeable systems;
- ❖ increase the time people spend outdoors, contributing to active lifestyles.

WHAT CITIES SHOULD DO

Cities should integrate nature-based solutions systematically within Sport-Based Solutions and Urban Sport Hubs, ensuring that green and blue infrastructure becomes a foundational component rather than an optional aesthetic layer.

This includes:

- ❖ Shading through trees, pergolas, green canopies and climate-adaptive vegetation.
- ❖ Permeable, water-sensitive surfaces for courts, pathways and gathering areas.
- ❖ Green buffers for privacy, safety and comfort between active zones.
- ❖ Bioswales, rain gardens and micro-retention systems for stormwater management.
- ❖ Seasonal planting schemes that ensure beauty, variety and ecological value.
- ❖ Small “nature rooms” offering quieter, restorative spaces adjacent to sport zones.
- ❖ Integration of blue elements—fountains,



HOW TO EMBED NATURE AND CLIMATE RESILIENCE EFFECTIVELY

Cities can operationalise green sport spaces through a combination of design, technical standards, and participatory processes:

MAP MICROCLIMATIC CONDITIONS BEFORE DESIGNING

Identify shade deficits, heat pockets, wind corridors and areas with poor drainage. Use climatic mapping and sensor-based tools where available.

PRIORITISE TREE PLANTING AND LONG-TERM CANOPY STRATEGIES

Choose species adapted to local climate, ensuring shade, durability and biodiversity. Plan maintenance and irrigation, especially in early years.

USE PERMEABLE AND COOL MATERIALS FOR SPORT SURFACES

Porous concrete, resin-bound gravel, light-coloured coatings, wood composites. Avoid large, continuous asphalt surfaces that exacerbate heat.

CREATE GREEN BUFFERS TO IMPROVE INCLUSIVENESS AND GENDER BALANCE

Soft landscape edges can reduce territorial behaviours and improve comfort for girls and diverse users.

Buffers should ensure visibility, not create hidden corners.

COMBINE ACTIVE AND RESTORATIVE ZONES

Alternate sport courts with shaded seating, nature pockets, reading terraces and calm areas.

This supports neurodiverse youth and promotes mental wellbeing.

INTEGRATE WATER-SENSITIVE DESIGN

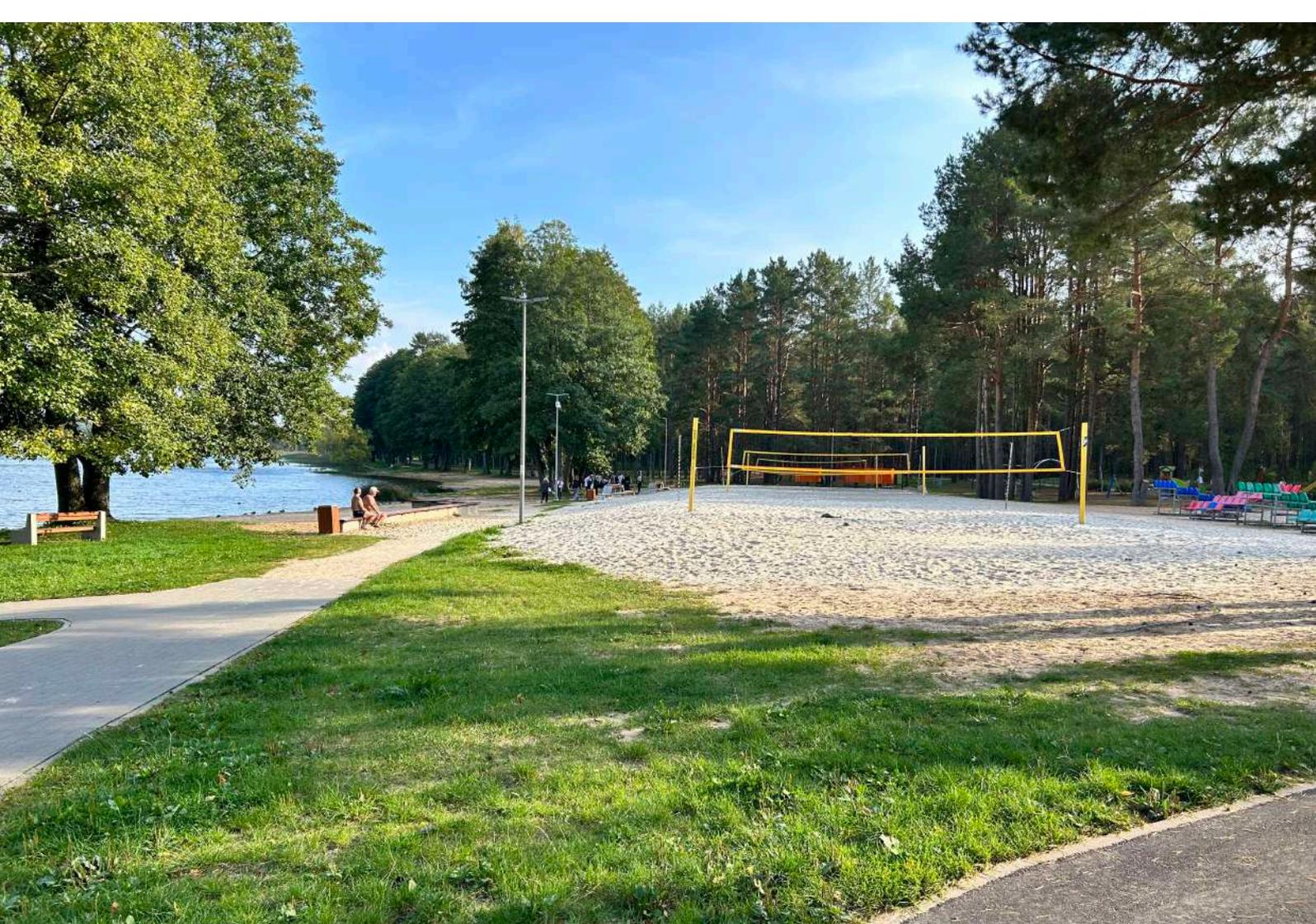
Bioswales, drainage channels, permeable pavements and rain gardens increase resilience and ecological learning opportunities.

EDUCATE THROUGH ECOLOGICALLY INTEGRATED SPORT SPACES

Signs, QR codes or creative markers can communicate environmental values and strengthen stewardship.

PROTOTYPE WITH GREEN TACTICAL ELEMENTS

Movable planters, temporary shading, modular green fences allow early testing before final planting



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ENSURE INCLUSIVE, GENDER-SENSITIVE AND NON-STIGMATIZING SPACES

WHY INCLUSION AND GENDER SENSITIVITY ARE ESSENTIAL

Public spaces often reproduce social inequalities: many young people—especially girls, LGBTQ+ youth, those with disabilities, migrant adolescents, and newcomers—feel excluded from conventional sport areas. Territorial behaviours, hyper-competitive settings, poor visibility, unsafe routes or male-dominated spaces reduce participation and limit the use of public environments. Spaces that are truly inclusive create belonging, support representation and cultivate trust between young residents and their city.

Inclusive and gender-sensitive design is fundamental because it:

- ❖ expands opportunities for safe, autonomous movement;
- ❖ reduces perceived and actual risk;
- ❖ increases participation and diversifies users;
- ❖ supports mental wellbeing and confidence;
- ❖ counters social stigma and spatial segregation;
- ❖ promotes equality, a core EU value embedded in policies for youth, health and cities.

WHAT CITIES SHOULD DO

Cities must ensure that the design, layout, programming and governance of Sport-Based Solutions and Urban Sport Hubs actively remove barriers and promote equitable access for all users.

Key actions include:

- ❖ Designing open, visible, well-lit spaces that avoid hidden corners and reinforce safety.
- ❖ Offering varied activity zones so no single group dominates.
- ❖ Ensuring routes to and from the hub feel safe and accessible to girls and diverse youth.
- ❖ Providing well-distributed seating, rest areas, shade and social spaces.
- ❖ Supporting low-pressure, non-competitive sport opportunities.
- ❖ Ensuring accessibility for users with physical, sensory, cognitive or social disabilities.
- ❖ Integrating co-design processes where girls and marginalised youth express needs, preferences and emotions.



HOW TO IMPLEMENT INCLUSIVE AND GENDER-SENSITIVE SPORT SPACES

Integrating inclusion and gender sensitivity as core design principles, cities can create sport-based environments where every young person feels safe, respected and empowered,

START WITH GENDER-RESPONSIVE ANALYSIS

Map spaces by who uses them, when and how.

Use youth surveys, workshops, informal interviews to identify fears, barriers and desires.

CREATE MULTIPLE MICRO-ZONES INSTEAD OF ONE DOMINANT AREA

Blend active, semi-active and quiet zones. Allow spontaneous play, small-group activities and mixed-age gatherings.

DESIGN FOR VISIBILITY AND NATURAL SURVEILLANCE

Use open edges, transparent structures, appropriate lighting, clear sightlines. Increase passive supervision through adjacency to schools, transit or community venues.

IMPROVE COMFORT AND EMOTIONAL SAFETY

Provide shade, rest platforms, greenery, calming textures and colours. Consider sensory comfort for neurodiverse users.

AVOID EXCLUSIVE PROGRAMMING

Alternate activities for different groups; ensure equal access for girls.

Promote inclusive sport events, mixed sessions and intro-level activities.

CO-DESIGN WITH UNDERREPRESENTED YOUTH

Involve girls, migrant youth, LGBTQ+ groups and youth with disabilities directly in concept development.

Use creative tools (mapping, drawing, prototyping) to capture expressive needs.

ENSURE PHYSICAL ACCESSIBILITY FOR ALL ABILITIES

Barrier-free access, ramps, multiple-height seating, adaptive sport features.

Avoid surfaces that hinder mobility devices.

INTEGRATE SYMBOLIC ELEMENTS OF IDENTITY AND BELONGING

Colours, murals, art and spatial details that represent community diversity.

Avoid aesthetics that suggest exclusivity or territoriality.





CREATE SAFE, WELCOMING AND BEAUTIFUL PUBLIC SPACE

WHY — WHY SAFETY AND BEAUTY MATTER FOR URBAN SPORT SPACES

Safety—both real and perceived—is a prerequisite for physical activity, social interaction and wellbeing. If adolescents, girls, newcomers or older adults feel uncomfortable, exposed, invisible, or insecure, they will avoid public spaces regardless of the available facilities. Likewise, beauty and aesthetic quality are not luxuries: they enhance mental health, identity, civic pride and belonging, while encouraging longer stays and more frequent use.

Well-designed public spaces become landmarks of community life—environments where people feel invited, respected and represented.

A safe and beautiful urban environment:

- ❖ reduces stress and supports mental wellbeing,
- ❖ encourages active lifestyles,
- ❖ attracts diverse users and promotes inclusion,
- ❖ strengthens intergenerational socialisation,
- ❖ increases natural surveillance and reduces antisocial behaviour,
- ❖ improves the emotional and symbolic quality of neighbourhoods,
- ❖ enhances the long-term sustainability of public investment.

WHAT CITIES SHOULD DO

Cities should integrate safety, comfort and aesthetic quality as non-negotiable criteria in the design of Sport-Based Solutions and Urban Sport Hubs.

This means:

- ❖ ensuring adequate lighting and visibility across all zones;
- ❖ designing open, legible layouts with clear sightlines and intuitive circulation;
- ❖ integrating natural and built elements that create comfort (shade, seating, greenery);
- ❖ ensuring maintenance, cleanliness and durability of materials;
- ❖ using colours, textures, murals and playful patterns to enrich identity;
- ❖ selecting materials that balance function, environmental performance and visual quality;
- ❖ creating spaces that feel socially active and welcoming at different times of day;
- ❖ avoiding hidden corners, enclosed areas or blind spots;
- ❖ ensuring beauty is part of the design brief,



HOW TO BUILD SAFE, WELCOMING AND BEAUTIFUL PUBLIC ENVIRONMENTS

Implementing this recommendation requires a combination of design decisions, behavioural insight, and continuous adaptation. Creating safe, welcoming and beautiful public spaces transforms Sport-Based Solutions into trustworthy, attractive and sustainable urban systems, capable of improving health, inclusion, environmental quality and community cohesion.

APPLY ENVIRONMENTAL PSYCHOLOGY PRINCIPLES

Place active uses along highly visible edges. Ensure “eyes on the space” from surrounding buildings or streets.

Consider how adolescents perceive risk differently from adults.

USE LIGHTING STRATEGICALLY

Combine ambient, focal and pathway lighting. Avoid overlighting or harsh contrasts. Employ energy-efficient and climate-sensitive solutions.

DESIGN WITH OPENNESS AND LEGIBILITY

Avoid high fences, opaque barriers or unnecessary separations.

Use low elements, transparent surfaces, and open-faced structures.

ENHANCE COMFORT THROUGH MICROCLIMATE DESIGN

Plant shade trees; provide pergolas and canopies.

Use permeable, cool materials that reduce heat stress.

Offer varied seating: benches, steps, platforms, informal edges.

INTEGRATE ART AND AESTHETICS AS CORE COMPONENTS

Encourage local artists, schools or youth to contribute creative elements.

Use colour and graphics to animate surfaces and guide movement.

Develop a coherent visual identity for each hub.

BALANCE ACTIVE AND CALM ZONES

Locate rest areas near—but not inside—intense sport zones.

Provide quieter corners for conversation, reflection or social rest.

ENSURE THESE AREAS ARE EQUALLY VISIBLE AND SAFE.

Ensure ongoing care and stewardship. Develop clear maintenance routines for surfaces, vegetation, and lighting.

Encourage youth stewardship roles, community volunteers or local groups.

Combine municipal responsibility with shared community involvement.

PROTOTYPE AND TEST COMFORT AND SAFETY BEFORE FINALISING



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TREAT PUBLIC SPACE AS A SHARED URBAN COMMONS

WHY PUBLIC SPACE SHOULD BE MANAGED AS A COMMONS

Sport-Based Solutions and Urban Sport Hubs thrive only when public spaces are cared for, animated and socially owned by those who use them. Traditional top-down management often produces underused or poorly maintained spaces, while shared governance models—where municipalities, youth groups, schools, associations, cultural actors and residents collaborate—create stronger attachment, better maintenance and more vibrant activity. A space becomes truly public not when it belongs to everyone in theory, but when everyone feels entitled to use it, shape it and care for it.

Treating public space as a commons:

- ❖ increases collective responsibility and reduces vandalism;
- ❖ strengthens trust between citizens and institutions;
- ❖ ensures continuous programming and activation;
- ❖ enhances social cohesion and intergenerational dialogue;
- ❖ supports wellbeing and mental health by building relational connections;
- ❖ promotes gender inclusion, as shared governance reduces territorial behaviours;
- ❖ enables economic micro-opportunities (local events, small services, makers, youth-led initiatives);
- ❖ improves the sustainability of public investments.

WHAT CITIES SHOULD DO

Cities must embed collaborative governance and stewardship into the operational model of Sport-Based Solutions and Urban Sport Hubs.

Key elements include:

- ❖ Establishing local partnership structures (youth councils, sport associations, cultural groups, schools).
- ❖ Formalising cooperation through collaboration pacts, stewardship agreements, or community protocols.
- ❖ Creating clear but flexible roles among municipality, civil society and youth.
- ❖ Ensuring accessibility, transparency and accountability in decision-making.
- ❖ Providing small resources or micro-grants to support local initiatives.
- ❖ Building governance models that balance authority and autonomy.
- ❖ Recognising and valuing the unpaid work of care (volunteers, youth leaders, community mediators).

HOW TO IMPLEMENT SHARED GOVERNANCE OF SPORT-BASED SPACES

When public spaces operate as shared urban commons, they gain long-term life, meaning and resilience, becoming anchors of local wellbeing, social innovation and sustainable urban

IDENTIFY AND MAP LOCAL ACTORS

Youth groups, school networks, sport associations, cultural organisations, NGOs, informal collectives.

Understand their assets, needs and capacities.

SET UP A CO-GOVERNANCE PLATFORM

A steering group or “local hub committee” that meets regularly to guide activation, programming and stewardship.

Ensure meaningful representation of adolescents and diverse user groups.

DEFINE LIGHTWEIGHT STEWARDSHIP AGREEMENTS

Agreements can include cleaning, minor maintenance, organising events, managing access or activating specific areas.

Avoid heavy bureaucratic structures; keep agreements simple and actionable.

SUPPORT YOUTH AS CO-MANAGERS OF PUBLIC SPACE

Provide training in facilitation, event organisation, conflict mediation, environmental care and inclusive leadership.

Recognise youth contributions formally (certificates, credits, micro-grants).

ENABLE ECONOMIC AND SOCIAL MICRO-INITIATIVES

Local markets, sport classes, creative workshops, repair labs, eco-actions.

Develop small-scale licensing or community vouchers to activate participation sustainably.

ENSURE CONTINUOUS COMMUNICATION AND TRANSPARENCY

Use digital tools and offline community boards for scheduling, reporting issues, sharing results and collecting feedback.

Foster visibility of roles, responsibilities and ongoing activities.

MONITOR GOVERNANCE PERFORMANCE

Assess diversity of participation, quality of care, conflict management, and balance of responsibilities.

Adjust governance models iteratively.

AVOID “ABANDONMENT GAPS”

Guarantee minimum municipal maintenance (lighting, surfaces, vegetation).

Shared governance complements—not replaces—public responsibility.





CO-DESIGN WITH ADOLESCENTS, NOT FOR ADOLESCENTS

WHY YOUTH CO-DESIGN IS ESSENTIAL

Adolescents are the primary users and beneficiaries of Sport-Based Solutions and Urban Sport Hubs, yet they are traditionally the group least involved in urban decision-making. Their absence leads to spaces that are misaligned with real needs, underused or perceived as unsafe.

Evidence from environmental psychology and youth studies shows that adolescents:

- ❖ read public space differently from adults;
- ❖ identify opportunities and risks invisible to planners;
- ❖ generate design ideas grounded in movement, social life, identity and creativity;
- ❖ gain confidence, wellbeing and skills when included in transformation processes.

Co-design is not symbolic participation: it produces better spaces and fosters healthier, safer and more inclusive behaviours, reduces gender inequalities in public space use, strengthens belonging and enhances the beauty and identity of the urban environment.

Embedding adolescent agency also supports digital literacy, soft skills and leadership—key drivers of sustainable social and economic development.

WHAT CITIES SHOULD DO

Youth co-design must be viewed as an ongoing ecosystem, not a one-off event. Cities should systematically integrate youth participation across all phases of Sport-Based Solutions, from diagnosis to design, prototyping, implementation and governance. This requires:

- ❖ Establishing youth-led and youth-friendly participation formats (walkshops, hackathons, creative labs, school programmes, micro-interviews).
- ❖ Recognising adolescents as experts of their lived environment, not passive consultees.
- ❖ Ensuring gender-sensitive and inclusive participation, giving visibility to girls, marginalised youth, LGBTQIA+ adolescents, young people with disabilities and diverse cultural backgrounds.
- ❖ Creating dedicated youth spaces for reflection, creativity and decision-making, online and offline.
- ❖ Connecting participation with real outcomes—showing clearly how youth input shapes decisions.

Investing in capacity-building for young people (design literacy, digital skills, environmental awareness, civic engagement).

HOW TO IMPLEMENT MEANINGFUL YOUTH CO-DESIGN

Co-design with adolescents is not only a democratic imperative—it is a structural condition for creating public spaces that are truly active, inclusive, safe, sustainable and meaningful. Empowered youth generate better cities, and better cities support healthier, more resilient and more cohesive communities.

MEET ADOLESCENTS WHERE THEY ARE

Engage them in schools, sport clubs, informal gathering areas, gaming/digital spaces, youth centres and social media platforms.

Prioritise familiar contexts that reduce intimidation and increase authenticity.

USE MOVEMENT-BASED AND EXPERIENTIAL METHODS

Walkshops, play-based diagnostics, street sport trials, sensory explorations.

These methods align with how adolescents learn, observe and express themselves.

ADOPT CREATIVE AND MULTIMODAL TOOLS

Murals, prototyping with recycled materials, tactical markings, digital storytelling, moodboards, audio-mapping.

Creativity increases inclusiveness, especially for youth less confident in speaking.

PROMOTE GENDER EQUALITY THROUGH DESIGN AND FACILITATION

Ensure balanced group composition, mixed activities, open visibility and safe spaces.

Actively counter spatial dynamics that exclude girls and non-dominant groups.

STRUCTURE CO-DESIGN IN PHASES

Phase 1: Exploration (walkshops, youth mapping, observation).

Phase 2: Ideation (labs, hackathons, creative methods).

Phase 3: Prototyping (tactical actions, temporary installations).

Phase 4: Translation (integrating ideas into technical design + policy).

CREATE FEEDBACK LOOPS

Show adolescents what has been adopted, adjusted, or postponed.

Transparency builds trust and sustains long-term engagement.

VALUE YOUTH CONTRIBUTION

Certificates, credits, public recognition, stipends/micro-grants, exhibitions of their work.

This transforms participation into empowerment.

INCLUDE YOUTH IN MONITORING AND STEWARDSHIP

Train them to observe behaviour, map activities, report issues, support events.

Co-design naturally evolves into co-management and creates long-term social sustainability.

USE DIGITAL TOOLS STRATEGICALLY

Surveys, QR codes, collaborative apps, digital whiteboards, youth-led content creation.

Blending online/offline enhances reach and sustained interaction.

ENSURE CO-DESIGN PRODUCES REAL TRANSFORMATION

Avoid tokenistic workshops.

Integrate youth insights into plans, budgets and governance frameworks.

Make visible the “trace” of youth input in the final spatial and organisational decisions.





MAKE HEALTH & WELLBEING CORE DRIVERS OF URBAN TRANSFORMATION

WHY HEALTH & WELLBEING MUST GUIDE URBAN REGENERATION

Cities today face interconnected crises: sedentary lifestyles, rising mental health challenges, social fragmentation, environmental stress, and unequal access to quality public spaces. Adolescents are particularly affected: physical inactivity is widespread, anxiety and loneliness are increasing, and many lack access to safe, welcoming and stimulating outdoor environments.

Sport-Based Solutions and Urban Sport Hubs can address these issues simultaneously by embedding physical activity, social interaction and restorative environments into everyday life. Scientific research shows that regular movement improves cardiovascular health, cognitive performance and stress resilience; social play strengthens emotional regulation and belonging; and green, well-designed spaces reduce anxiety and improve mood.

Urban regeneration must therefore treat health not as an outcome, but as a design principle. When cities prioritise accessibility, inclusiveness, visibility, green infrastructure, walkability and opportunities for spontaneous physical activity, they build environments that reduce inequality, support mental wellbeing and cultivate healthier lifestyles across all age groups.

WHAT CITIES SHOULD DO TO PRIORITISE HEALTH & WELLBEING

Cities should intentionally design public spaces—especially those used by adolescents—to support four interlinked dimensions of wellbeing:

- ❖ **Physical Wellbeing:** Promote active mobility, outdoor sport, daily movement and free-play. Reduce barriers to participation (cost, equipment, social norms, gender bias).
- ❖ **Mental & Emotional Wellbeing:** Create comfortable, beautiful and welcoming environments with shade, seating, greenery and identity-enhancing elements. Provide safe places for expression, creativity and emotional decompression.
- ❖ **Social Wellbeing:** Support informal gatherings, intergenerational encounters, group sport and community events that reduce isolation and strengthen belonging.
- ❖ **Environmental Wellbeing:** Improve microclimate, mitigate heat, increase biodiversity and support nature-based solutions that enhance comfort and resilience.

These components must be embedded within spatial planning, community engagement, local health strategies, education policies and digital ecosystems.

HOW CITIES CAN EMBED HEALTH & WELLBEING IN SBS AND USH

Embedding health and wellbeing as core drivers of Sport-Based Solutions transforms public space into a preventive, inclusive and regenerative infrastructure.

Cities that adopt this approach build environments where adolescents move more, connect more and feel better—creating long-lasting benefits for individuals, communities and ecosystems.

DESIGN FOR EVERYDAY MOVEMENT

Combine sport areas with movement-friendly pathways, active edges, benches for active watching, and playful elements integrated into circulation.

Prioritise informal and flexible sport options to attract diverse users, especially girls and adolescents who do not engage in traditional sports.

MAKE MENTAL WELLBEING VISIBLE IN DESIGN

Use nature, colour, art and sensory elements to reduce stress and create identity.

Ensure safe, legible and open environments with good visibility and lighting, which reduce anxiety and perceived risk.

INTEGRATE NATURE-BASED SOLUTIONS (NBS)

Plant trees and integrate vegetation to cool spaces, filter air and create comfort zones. Use permeable materials to reduce heat islands and puddling, encouraging year-round use. Connect hubs to green/blue networks (parks, eco-paths, lakesides).

SUPPORT GENDER-INCLUSIVE PARTICIPATION

Provide balanced layouts where girls feel equally welcome: open spaces, multiple activity options, visible and accessible seating, no single dominant group occupying the central area.

Engage girls directly in design decisions regarding comfort, safety and sociality.

PROMOTE SOCIAL COHESION & INTERGENERATIONAL WELLBEING

Combine sport with cultural programming, community dinners, festivals and creative workshops.

Provide shaded corners, micro-agoras and shared tables that encourage connection and care.

CREATE “WELLBEING MICRO-ZONES”

Small areas for rest, quiet interaction, stretching, reading or breathing practices. Include comforting materials, greenery and identity elements co-created with youth.

USE DIGITAL TOOLS TO SUPPORT HEALTHY USE

QR codes for activity suggestions, wellbeing prompts, calendars of events.

Light gamification to encourage daily movement or group challenges.

Youth-led content creation to promote hub use and positive behaviours.

MONITOR HEALTH-RELATED INDICATORS

Observe physical activity levels, gender distribution, duration of stays, use of shaded areas, and presence of diverse groups. Integrate insights into continuous improvement cycles.

COORDINATE ACROSS HEALTH, EDUCATION & URBAN DEPARTMENTS

Build intersectoral governance linking planners, educators, sports departments, health services and youth workers.

Create synergies between school programmes, public health strategies and spatial planning.

CELEBRATE THE BEAUTY OF PUBLIC SPACE AS A HEALTH RESOURCE

Recognise that aesthetically cared-for environments promote pride, safety and wellbeing.

Treat beauty as a public health asset, not a luxury.





APPLY A GENDER-INCLUSIVE & DIVERSITY-CENTRED APPROACH

WHY GENDER & DIVERSITY MATTER IN SPORT-BASED URBAN REGENERATION

Urban Sport Hubs operate in a social ecosystem where young people's daily lives are hybrid: physical and digital are intertwined. Adolescents organise activities through messaging apps, follow sport communities on social media, use geolocation to meet peers, and participate more readily when engagement tools mirror their communication habits. Digital resources can therefore extend the reach, accessibility and inclusiveness of Sport-Based Solutions.

Well-designed digital tools also generate valuable behavioural and environmental data, enabling evidence-based planning, real-time monitoring and adaptive management. From QR-coded surveys to simple dashboards, digital systems make hubs more transparent, interactive and responsive. They support safety (lighting schedules, alerts), health promotion (hydration reminders, UV index), environmental sustainability (microclimate tracking, irrigation alerts), and governance (issue reporting, shared calendars).

Digital integration ensures Sport Hubs are not static infrastructures but living, learning systems capable of evolving with community needs, climate change, and youth culture.

WHAT CITIES SHOULD DO TO ENSURE GENDER-INCLUSIVE & DIVERSITY-CENTRED DESIGN

Cities should design, manage and programme public sport spaces in ways that actively promote equal access and participation. This requires:

UNDERSTANDING DIFFERENTIATED NEEDS

Girls often value comfort, safety, visibility, relational spaces and multifunctionality.

LGBTQIA+ youth prioritise non-judgmental, fluid environments.

Migrant or minority young people may need culturally sensitive entry points.

Youth with disabilities require universal design and adapted activities.

REMOVING INVISIBLE BARRIERS

Spaces monopolised by dominant groups

Narrow definitions of sport (competition vs movement)

Poor lighting or hidden corners

Lack of comfortable, shaded, social areas

DIVERSIFYING OPPORTUNITIES FOR MOVEMENT

Offering a mix of sport, play, sociality, creativity and informal activities

Designing small-scale features attractive to diverse bodies, skills and identities

EMBEDDING PARTICIPATION FROM UNDERREPRESENTED GROUPS

Ensuring girls, migrant youth, LGBTQIA+ youth and young people with disabilities shape decisions

Using facilitation methods that respect different styles of communication and expression

LINKING GENDER INCLUSION TO SUSTAINABILITY AND HEALTH

Gender-balanced spaces reduce social stress, increase perceived safety, encourage active lifestyles and support environmental stewardship through shared presence and care.

HOW CITIES CAN IMPLEMENT GENDER-INCLUSIVE & DIVERSITY-BASED SPORT SOLUTIONS

A Gender-Inclusive and Diversity-Based Approach Is Transformative It reshapes not only who uses public space, but how they use it, how often, and with what sense of safety, dignity and belonging. It turns Sport-Based Solutions into engines of equity, health, social cohesion and sustainable urban regeneration.

START WITH GENDER- & DIVERSITY-SENSITIVE DIAGNOSTICS

Observe who uses the space, when, how, and who avoids it.

Map exclusion zones, monopolised areas, unsafe paths, and places that discourage girls or minority youth.

Use youth-led workshops to surface emotional barriers (“I don’t feel seen,” “I feel judged,” “Too exposed,” “Too hidden”).

CO-DESIGN WITH UNDERREPRESENTED GROUPS FROM THE BEGINNING

Organise dedicated sessions for girls, LGBTQIA+ youth, migrant youth and youth with disabilities—before general workshops.

Provide safe facilitation (female communicators, youth workers, cultural mediators).

Allow anonymous contributions (digital tools, moodboards, colour codes) for those reluctant to speak.

CREATE BALANCED SPATIAL LAYOUTS

Avoid a single, central, high-intensity space dominated by boys.

Introduce multiple activity nodes: small courts, edges for freestyle, shaded social platforms, calm zones.

Ensure visual permeability—spaces must feel open, visible and intuitively safe.

Provide comfortable, shaded seating and micro-zones where girls feel confident to stay.

DESIGN FOR MULTIPLE TYPES OF PLAY & MOVEMENT

Blend street sport with dance, fitness, yoga, parkour, creative movement, balance circuits, and small-scale activities.

Integrate colour-based cues, artistic markings and playful features that signal inclusivity rather than competition.

Allow hybrid uses: music, social games, workshops, storytelling.

INTEGRATE NATURE TO IMPROVE COMFORT & SAFETY

Trees, planted buffers and micro-shade areas improve thermal comfort, privacy and relaxation.

Use green edges to define zones without creating hiding spots.

Combine NBS with gender-sensitive visibility principles.

ADDRESS BEHAVIOURAL & CULTURAL BARRIERS

Promote mixed-group activities and inclusive sport events.

Establish community norms for respectful behaviour.

USE COACHES OR YOUTH WORKERS TRAINED IN GENDER AND DIVERSITY AWARENESS.

Use Digital Tools to Support Inclusion

Anonymous feedback channels

Inclusive communication campaigns (“sport is for everyone”)

Visibility of gender-balanced programming and safe spaces

Digital storytelling by girls and minority youth to reshape local narratives

PROGRAMME THE SPACE FOR DIVERSITY

Alternate time slots (girls-only hours, inclusive sessions, low-intensity activities).

Invite women-led, migrant-led or LGBTQIA+-led groups to run sessions.

Promote cooperative formats instead of competitive ones.

MONITOR GENDER & DIVERSITY INDICATORS

Gender ratio of users

Diversity of participants in events

Time-of-day differences in female presence

Use of calm/social zones vs. sport zones

Perceived safety among different groups

Conflicts or monopolisation patterns

CELEBRATE INCLUSIVENESS AS BEAUTY

Use identity-enhancing elements—art, colour, co-created graphics, storytelling—to portray diverse representation.

A visibly inclusive public space is perceived as more beautiful, welcoming and meaningful.



ENSURE CLIMATE-RESPONSIVE DESIGN

WHY NATURE-BASED SOLUTIONS ARE ESSENTIAL FOR SPORT-BASED REGENERATION

Climate stress—heat waves, UV exposure, impermeable surfaces, lack of shade—disproportionately affects children and adolescents, who spend more time outdoors and are more sensitive to extreme conditions. Many urban neighbourhoods, particularly disadvantaged ones, suffer from poor environmental quality: low tree canopy, heat islands, degraded surfaces and limited biodiversity. Nature-based solutions (NBS) address these challenges by improving microclimate, reducing environmental stress, and enhancing the sensory, emotional and social quality of public spaces. Green and blue elements significantly increase comfort and safety, extend the usable hours of sport areas, reduce conflict, and help attract a more diverse population—including girls, families, older adults and new users who avoid overheated or exposed environments.

NBS also strengthen mental wellbeing: contact with nature lowers anxiety, supports cognitive restoration and increases pro-social behaviour. When integrated into Sport-Based Solutions and Urban Sport Hubs, green–blue infrastructures transform them from “activity spaces” into ecological, restorative and inclusive civic environments.

WHAT CITIES SHOULD DO TO INTEGRATE NBS AND CLIMATE-RESPONSIVE DESIGN

To make Sport-Based Solutions climate-resilient and health-promoting, cities should:

Prioritise shade and thermal comfort: Trees, pergolas, shade sails and lightweight structures reduce heat and extend use into summer months.

- ❖ **Use permeable, cool and sustainable surfaces:** Avoid heat-absorbing asphalt; prefer permeable pavements, natural materials, modular systems and recycled compounds.
- ❖ **Introduce biodiversity elements:** Pollinator-friendly plants, shrubs, green buffers and micro-habitats bring ecological value and improve sensory experience.
- ❖ **Connect hubs to green-blue networks:** Link to parks, water routes, ecological corridors and green streets.
- ❖ **Integrate water-based comfort solutions:** Drinking fountains, misting stations, rain gardens, retention basins for urban cooling.
- ❖ **Use NBS to structure space:** Green buffers that define zones without heavy barriers, guiding movement while increasing safety and visibility.
- ❖ **Make NBS part of identity and beauty:** Use planting schemes, seasonal colours, natural textures and landscape-led aesthetics to elevate public space quality.
- ❖ **Ensure low-maintenance, long-term management:** Choose species adapted to local climate and involve communities in stewardship.



HOW CITIES CAN IMPLEMENT CLIMATE-RESPONSIVE, NATURE-INTEGRATED SPORT HUBS

Nature-Based Sport Hubs as Catalysts of Regeneration. By embedding NBS and climate resilience into sport-based regeneration, cities produce hubs that: are healthier and more comfortable, attract more diverse users, support mental wellbeing and social cohesion, improve environmental quality and climate adaptation, enhance beauty, identity and local pride. This recommendation elevates Sport-Based Solutions from functional interventions to ecological,

START WITH AN ENVIRONMENTAL DIAGNOSTIC

Assess:

- shade patterns by hour/season
- heat islands and reflective surfaces
- drainage, runoff and soil quality
- tree canopy gaps
- opportunities to open ecological corridors

youth exposure to climate stress

This diagnostic informs all spatial choices.

DESIGN FOR SHADE, COMFORT & YEAR-ROUND USE

Combine natural (trees) and artificial (sails, pergolas) shade.

Position shade structures near high-use nodes (sport courts, edges, seating, entrances).

Ensure visibility and avoid shaded hiding spaces detrimental to safety.

INTRODUCE VEGETATION STRATEGICALLY

Use trees for vertical shade + shrubs for low buffering + ground cover for cooling.

Choose local, resilient species requiring low irrigation.

Avoid dense vegetation that blocks sightlines or creates unsafe corners.

IMPLEMENT BLUE INFRASTRUCTURE FOR COOLING & RESILIENCE

Rain gardens to absorb runoff from sport surfaces.

Permeable pavements to reduce puddling and improve drainage.

Water fountains and misting points for users during summer peaks.

USE GREEN LAYOUTS TO ORGANISE THE SPORT HUB

Planting belts to frame sport areas without rigid barriers.

Grass or shrub buffers to separate active and quiet zones.

“Soft edges” that encourage sitting, watching or resting.

MAKE NATURE A CO-CREATION THEME WITH YOUTH

Workshops on selecting plants, drawing green layouts, defining ecological narratives.

Youth-led planting days to create emotional attachment and stewardship.

INTEGRATE ENVIRONMENTAL EDUCATION INTO SPORT ACTIVITIES (ECO-ROUTES, POLLINATOR TRAILS).

Integrate Digital Tools for Climate Monitoring & Engagement

QR codes linked to tree species, water cycle explanations or ecological storytelling.

Digital signage displaying UV index, heat alerts or hydration tips.

Apps enabling youth to report maintenance needs (irrigation, damaged plants).

PLAN FOR MAINTENANCE & STEWARDSHIP

Assign clear responsibilities: municipal green teams + schools + associations.

Create “community care days” (watering, planting, seasonal clean-ups).

Use NBS with low-maintenance profiles to ensure long-term viability.

MONITOR ENVIRONMENTAL & SOCIAL IMPACT

reduction in surface temperature

increased shade coverage

biodiversity indicators (birds, insects, plant vitality)

changes in user comfort and duration of stay

increased female participation due to improved comfort

seasonal variation in use

COMMUNICATE NBS AS PART OF THE URBAN NARRATIVE

Highlight the transformation with storytelling and visual identity.

Use signage to show ecological benefits (“this tree canopy reduces heat by X°C”).

Celebrate the co-creation process with youth and residents.

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INTEGRATE DIGITAL TOOLS AND DATA FOR SMARTER, MORE INCLUSIVE SPORT HUBS

WHY DIGITAL INTEGRATION MATTERS IN SPORT-BASED REGENERATION

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Digital integration ensures Sport Hubs are not static infrastructures but living, learning systems capable of evolving with community needs, climate change, and youth culture.

WHAT CITIES SHOULD PUT IN PLACE

Cities should adopt a light, flexible and scalable digital layer—not expensive smart-city platforms, but simple, open tools that strengthen participation and management:

DIGITAL ENGAGEMENT TOOLS

QR surveys, polls, youth questionnaires
“Digital suggestion walls”

Social media micro-campaigns to activate communities

INFORMATION & ACCESSIBILITY FEATURES

Digital maps of Sport Hubs

Opening hours, event calendars, facility instructions

Real-time updates on weather, UV, shade zones, accessibility routes

SAFETY-ENHANCING SYSTEMS

Smart lighting schedules

“Safe route” maps for adolescents

Anonymous reporting of unsafe situations

MONITORING AND ENVIRONMENTAL DATA

Sensors for temperature, humidity, shade effectiveness

Counters or digital observation logs

Seasonal dashboards to evaluate use and environmental performance

DIGITAL GOVERNANCE AND MAINTENANCE

Issue-reporting tools (broken equipment, damaged surfaces)

Shared calendars for associations and youth groups

Micro-notifications to maintenance teams

DIGITAL STORYTELLING & IDENTITY

QR-linked murals, local stories, sport heritage

Youth-created digital content (videos, podcasts, micro-narratives)

Digital tools should remain open, accessible and privacy-sensitive, avoiding surveillance and emphasising empowerment.



¡TU IDEA, NUESTRO SÍ!

COMO PARTICIPAR

1. SACA UNA SELFIE O FOTO EN EL SILO ABANDONADO JUNTO CON UNA BREVE NOTA DESCRIBIENDO TU IDEA DE CÓMO DEBERÍAMOS REGENERAR LA ZONA.
2. PUBLICA EN INSTAGRAM CON EL HASHTAG #REGENALBACETE
3. COMPARTE TU PUBLICACIÓN O LA FOTO DIRECTAMENTE CON LA CUENTA DEL CEEI ALBACETE.

MAS INFORMACIÓN >



**PARA LAS
RES IDEAS!**

**JOVENES
8 AÑOS)**

DE OCTUBRE



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