

# Improving the condition of public spaces to promote active lifestyle

## 13<sup>th</sup> District of Budapest

### Integrated Action Plan

Final version

May 2018.



Budapest 13th  
District Municipality



XIII. Kerületi  
Községi Szolgálat Zrt.



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Községi Szolgálat Zrt.

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## Introductory part

Active living positively contributes to social cohesion, wellbeing and economic prosperity in cities. However, currently cities are challenged by the opposite: dramatic increase in the frequency of diseases as a result of sedentary life style and social exclusion.

To tackle these challenges, European cities have invested in large scale sports facilities over the past decades. These strategies have a limited success, hence a new approach is needed: instead of ‘bringing’ the inactive citizens to the sports facilities, public space itself should be turned into a low threshold facility inviting all citizens to physical activity. Street layout, land use, location of recreation facilities, parks and public buildings, the transport system can all encourage or discourage physical activity. Opportunities for physical activity need to be created close to where people live while also creating cleaner, safer, greener and more activity-friendly local environments.

In order to reach this, cities need to be equipped with new innovative tools to be used in urban design and planning (to redesign public spaces linked to sport activities, urban sports, games, physical exercises) to adequately provide for recreation and sport services and exploit potential social, health and economic benefits.

Efforts to enable and encourage sports require the participation and cooperation of many stakeholders, including local residents themselves and the creation of synergies among municipal departments or institutions. Moreover, municipalities need to be equipped with a new set of tools to be used in urban design and planning to adequately provide for recreation and sport services and exploit the potential social, health and economic benefits.

The purpose of this document is to investigate the various potentials offered in Budapest, district XIII, under the EU’s URBACT Programme’s Vital Cities Project, to facilitate a more healthy and active lifestyle for the inhabitants, and to enhance social cohesion, capitalising on the District’s current infrastructure (taking into account the positive achievements, and future challenges), and facilitated by the experiences gathered by the international Project partners, and the various suggestions made by the local URBACT Team, involved in the Project development, as to what kind of specific programs and projects could potentially be launched by the District, to make the District’s public venues and public spaces more suitable for sports and recreational activities by the inhabitants.

The list of partner cities to the Program:

Luolé (Portugal), senior partner  
Birmingham (United Kingdom)  
Budapest, district XIII (Hungary)  
Burgas (Bulgaria)  
Krakow (Poland)  
Liepaja (Latvia)

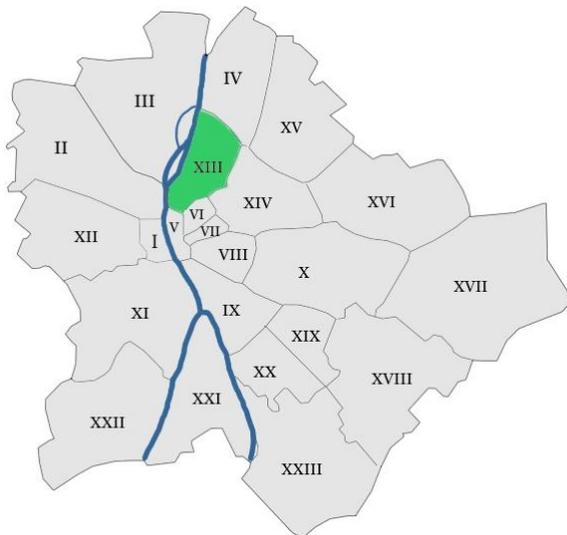
Sibenik (Croatia)  
Rieti (Italy)  
Usti Nad Laben (Czech Republic)  
Vestfold county (Norway)

## Situation analysis

### Spatial structure characteristics at district 13.

District 13 of Budapest is situated on the left side of the river Danube, north from the centre of the capital. It's bordered by the Danube on the West, and by railway lines on the East and North. The neighbouring districts are district 4,5, 6 and 14. Its traffic connections towards the City Centre (districts 5 and 6) are adequate and of smaller capacity towards district 14 and 4. The connection with the Buda-side (the right side of the Danube) is provided by Margit-bridge and Árpád-bridge.

The district used to be a rural external area until the end of the 19<sup>th</sup> century. The rapid developments, which happened at the end of the century and the beginning of the 20<sup>th</sup> century turned the area into one of the most important centres for machine industry. Following the political turn the industry took a back seat, so, thanks to the good transportation, commerce and services took a leading role quite fast, and by today, the district is one of the fastest developing areas in the capital. Its area is 13.44 km<sup>2</sup>. It's the 4<sup>th</sup> most populated district in Budapest, the number of its inhabitants in 2017 is 120,780 people.

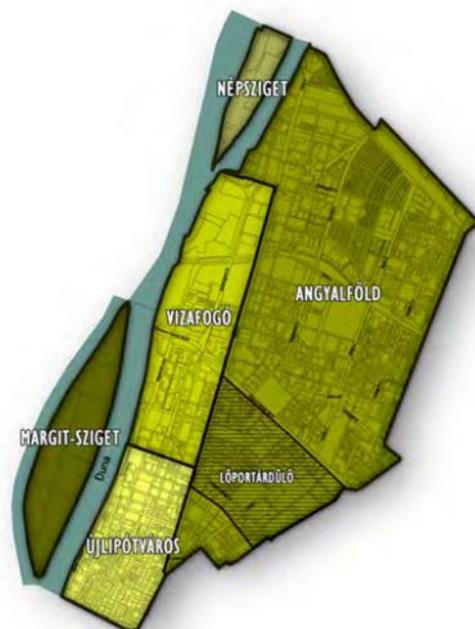


The district is divided into 4 areas with different character:

Újlipótváros, Vizafogó, Göncz Árpád City Centre and Angyalföld.

*Újlipótváros*

This area is an individual, unique unit within the district. It's considered as the "urbanistic peculiarity" of Budapest and the district, thanks to the 5-6 level residential buildings with inner courtyards, most of which have been built in the 1920s and 1930s, and form a uniform quarter in the southern part of the area. In the northern part of the area a mixture of different eras can be seen with both tenement houses from the turn of the century and concrete block buildings. This part has been annexed to the district only in 1950, it used to be part of district 5 before.



Within the area, which is built-in intensely and densely, the blocks closer to the Danube are characterised by a large green interior, which is a factor increasing the quality of life. Approaching the eastern and south-eastern border of Újlipótváros, the interior of the blocks gets denser, there are more light shafts without any green space.

Szent István park (23,000 m<sup>2</sup>), which is popular not only with the local residents, can be found here. It has been established in 1928, in the place of an old floorboard factory. More than 30,000 people are living in Újlipótváros.

### *Vizafogó*



This area lies north from the Újlipótváros part, beside the Danube. This is an area with a primary residential function, with the variety characteristic of the district (both low and high residential buildings), but in some of the blocks even industrial establishments were preserved and some of them are still working. In the past years many new apartments have been built here and a significant number of offices too. Next to the major traffic axis of the district, Váci Street, office buildings have replaced the former industrial buildings, which is the result of

successful urban rehabilitation. The most important recreational establishment of the quarter is the Dagályfürdő, one of the spas built upon the thermal springs along the Danube. About 12,000 people are living in Vizafogó.

### *Angyalföld*

A The largest neighbourhood within the district, which has been the most important industrial area of the capital from the end of the 19<sup>th</sup> century to the 1980s. At the time of the political turn 250 industrial sites were running here employing 13.2% of the capital's citizens. The neighbourhood can be further divided into the function-changing area of Váci Street on the northern part along the Danube, and the Northern residential zone bordering it from the east, on the northern side of the Rákos-creek, and the Suburban zone on the eastern side.



The centre of the district is Central-Angyalföld, which is next to the Eastern mixed-mounted area, and from the south to Inner-Angyalföld. A part of the latter is an area with an own name: Lőportárdűlő. As you can conclude from the names, Angyalföld is divided into well-separable parts both in function and architecturally, which are all, except for the residential parts, under constant reconstruction each at their own pace. The low status areas of Angyalföld are the Eastern mixed-mounted area and Inner- and Central-Angyalföld. In these areas the composition of inhabitants according to education level is worse than the average, the rate of unemployed is higher, and the age pyramid is shifted towards the

young people.

The *Népsziget* is part of the district.

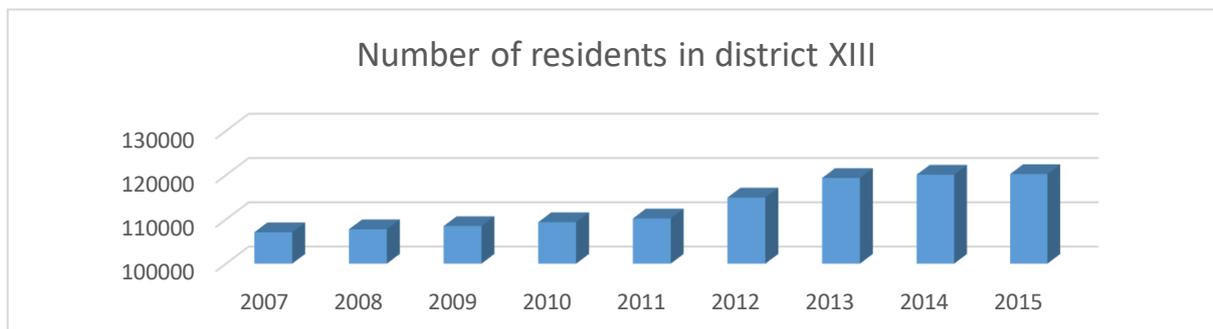
Its southern part used to be a shipbuilding location, today it's used by water sports fans.

Due to its unsettled ownership situation and post-industrial conditions the rehabilitation of the area still did not start. Plans for the area include developments for district recreation, water sport, rowing, swimming, sports and recreation – following the establishment of needed water quality -, which would serve both the district office employees, hotel guests and local residents on all levels.

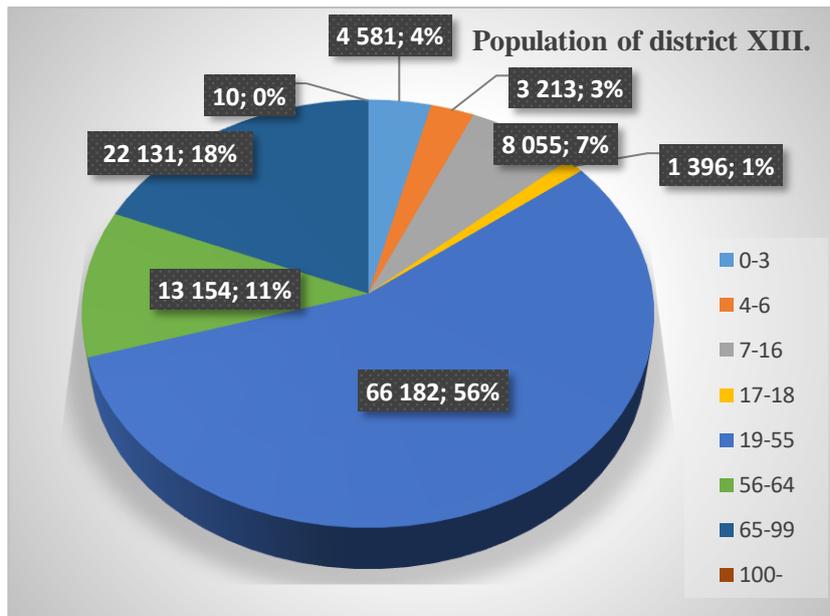
### District social characteristics

The Hungarian population, just like the population of the capital, has been significantly decreasing in the past two decades. Although the decline of population stopped in 2007 in the capital, and even a slight increase has been experienced from 2008 onwards, the data of 1 January 2016 (1,759,407) only corresponds to the population level of 2001.

The decline of population in district 13, which started in the nineties, changed into a slight increase in 2005, which continues up to the present day, meaning that the district is still attracting population. The number of permanent residents is continuously growing in the district, composed from the trend of growing number of childbirth and new residents moving into the district.



1. diagram , source: TeIR, KSH-TSTAR



The number of district residents is 120,774 in 2017. The ratio of women within the full population is 54.6%. This ratio grows in the circle of people in active age, within the older population it's decisive with 59%.

Today more and more people live to see their 100<sup>th</sup> birthday, 14 of them are living permanently in this district.

2. Diagram Permanent population split according to age groups. Source: local population registry data on 1 January 2017.

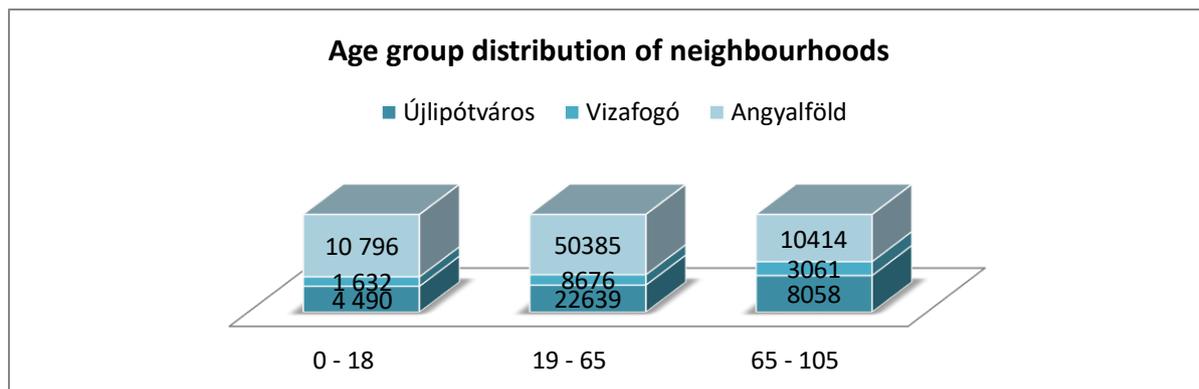
According to the present demographic tendencies the ratio of all senior age groups is going to increase, among which the ratio of the oldest residents will grow in the most intensive way.

One of the biggest challenges for the society today is the prolongation of life expectancy at birth. The ratio of population above 65 compared to the total population in Hungary is 16.7%, this ratio in the district is 15.4%. The district aging index, namely the dividend of residents above 65 years and residents between 0 and 14 years is gradually decreasing. All in all, district demographic indicators are favourable, the number of residents is growing, the number of childbirths has been above 1,000 for years, the aging index is showing a decreasing tendency.

	Permanent residents aged above 65 (person)	Permanent residents aged 0-14 (person)	Aging index (%)
2001			
2008	20425	11651	175,3%
2009	20593	11767	175,0%
2010	20672	12061	171,4%
2011	20797	12448	167,1%
2012	21194	12973	163,4%
2013	21526	13494	159,5%
2014	21753	14045	154,9%
2015	21987	14238	154,4%

1. Table, source: TeIR, KSH-TSTAR

The age group distribution of the neighbourhoods is shown on the diagram below.



**3. Diagram,** source: local population registry data (2014.)

The 4. diagram below presents the number of registered jobseekers compared to the number of active-aged residents in the district:



It's a favourable tendency that the number of registered jobseekers is decreasing. The internal ratios have been unchanged for years, which are unfavourable in the following groups: career entrants and the older employees above 56 years. One of the most important factors of unemployment, which have the most influence on the forming of extreme poverty is for how long someone is outside the labour market. The ratio of long-term unemployment is not decreasing.

### District public health status, primary- and special healthcare services

The most common diseases among district population are primarily internal medicine problems, in particular cardiovascular diseases. This includes heart diseases (50%), cerebrovascular diseases (18%) and hypertension (11%).

In general the bad health status of the residents results in a direct and determining way from their lifestyle: eating habits, not enough recreational exercise, smoking, high number of alcoholics, drug-use is spreading, and the mental health problems.

At the district events the employees of the Health Service Institute help the local residents with counselling and providing examinations. It's a basic philosophy of the local council: health is a value in all areas of life. In harmony with that the local council organises regular screenings at the Clubs for the Elderly. 400 people participated at these screenings in 2016. The district places high emphasis on drug use prevention. The Drugs Reconciliation Forum operated by the

local council allows the district professionals to consult continuously and helps district drug prevention activities in a large extent.

The Council supports the primer prevention of the population using all the tools of health awareness and enlightenment continuously and on the long-term. Among all the risk factors of endemics special attention has to be dedicated to fighting against smoking, preventing obesity, promoting sports and recreational exercising, and decreasing alcohol consumption. It has to be considered that the age groups within the population should get information suitable to their age about the fact that 5-10% of tumorous diseases is caused by working conditions, while 1-2% is caused by environmental pathogens, and 10% of the tumours is caused by viral or bacterial infections.

A gradually growing number of possibilities allows the residents to make physical exercise part of their daily life. Sports- and recreational parks allow the residents, who can't find any other possibility, to prevent their health and their physical and mental activity with the help of exercising. It's an important factor within the district to connect health services with sport activities that good-quality sports healthcare is available both for children and for adults within the framework of the local outpatient clinic. At the workshops of the "Vital cities" project by the Urbact Local Team (UHCS) a valuable cooperation has been formed among all the participants affected by health development, where the healthcare professionals provide the health services corresponding to the possibilities provided by doing sports.

## **Public spaces and green spaces**

The demand for green spaces in Budapest – parallel to the worsening environmental conditions in the city – is getting stronger, while the ratio of biologically active surfaces has been decreasing in the whole city in the past two decades. Today there is 5 m<sup>2</sup> of green space for each citizen in Budapest, which is significantly lower than the 9 m<sup>2</sup> per person minimum level suggested by WHO. The situation at district 13 is somewhat better than the Budapest average, although Újlipótváros, Vizafogó and Inner-Angyalföld is below 2-8 m<sup>2</sup> / person green surface ratio, some areas (for example the residential areas, the suburbs and along the Rákos creek) the value can even reach 15-40 m<sup>2</sup> /person.

The shores of the Danube, the bay at Újpest, the Népsziget and the area beside the Rákos-creek (which would add up to a second Margaret-Island in terms of green space services) can be potentially well utilised for green surface and recreational aims in the district. These areas are badly planned and badly utilised today in terms of function and aesthetical quality.

With regards to the shores of the Danube the vision is uncertain, several roles are clashing each other: a role as an urban main road (with suburban significance), the very intensive residential and office utilisation, which is advancing right down to the shores and the idea to establish a route, which can also serve the office axis of Váci street and provide large green areas in a more relaxed and more natural way.

The wide green surface area along the Rákos-creek is a green corridor of urban and regional importance, which can be interpreted either as a revitalised water surface (maybe even with a little swelling on some sections), or as a bicycle path of regional importance or as a sports-

recreational axis on the long run (after the necessary cleanliness of the water has been established). The revitalisation of the Rákos-creek is an idea older than two decades. The most important roadblocks in the way of recreating the creek and the accompanying green surface today is the situation of public utilities, which would be costly to resolve, and the co-ownership of the capital and the district.



Besides the already mentioned Szent István park there are more than 4.1 hectares of public parks in the district and further 5 public gardens, which are worth mentioning. However, these green network elements are not the most important for the present open-air sports and recreation activities in the district. Besides the Dagályfürdő and other large area sports fields the largest green spaces of the district are the green spaces of the residential zones created between 1950 and 1980 in various eras, with almost double the space the public parks and public gardens provide to the district.

For this reason the Council is aiming, in harmony with the sector- and other development strategies, to create new “condominium” quality public spaces at the prefabricated housing estates, with the deployment of prestigious public equipment, watered green spaces and renewed recreational functions, along with the reinforcement of the unique image of each housing estate area. The process started in 2010, with the deployment of successful projects (based on both professional viewpoint and population feedback) such as the complex development of the Országbíró housing estates - Central-Angyalföld (2011-2012), the housing estates at Kárpát Street (2014-2015) and the renovation of the public park at the Vizafogó housing estates (2014., 2017.). Next up is the renovation of public spaces at the housing estates at Árpád-bridge – the target area of present project. The *establishment of groundwater-well watering systems* is continued as an agenda, along with the “*Stay on the lawn!*” green surfaces program.

In the framework of the *green promenade development program* promenades with abundant green surfaces have been created in the southern part of Újlipótváros, in the densely built-in areas around the Szent István Boulevard. *Fountains, water gardens and vapour wells* are fulfilling an important role in establishing representative focal points at the public spaces and at the same time balancing their climate. The district council is continuously establishing more and more of these instalments.

In order to preserve the quality of public spaces, civilised urban dog-keeping has to be ensured. For this reason the council is operating a large-scale public infrastructure system: 350 dog waste collection bins and 20 dog running areas are operated and thanks to the “Gondos Gazdi” (Mindful Owner) communication program they are also in contiguous contact with the dog owners. The goal of the program is to promote responsible urban dog ownership among the district dog owners.

The following table displays the local green network in numbers according to the categories of the AngyalZÖLD+ Strategy and Program:

Public park maintained by the capital	123 844 m2
Public park maintained by the district	210 583 m2
Green space at the 10-floor housing estates	382 133 m2
Green space at other housing estates	289 419 m2
Public institution gardens	10 469 m2
Promenades, squares with trees	164 777 m2
Length of bicycle lanes	24 km
Fountains, water gardens	11
Vapour-wells	3
Playgrounds	55
Ball courts	19
Gyms	9
Dog running areas	20
Green areas watered with groundwater (% of the total green areas)	7.3ha (8 %)



## Organisational and institutional framework for district sport and exercise

According to the National Act on Sports the district council is obliged to support local sports activities on its area of competency. School student- and leisure sports are a focus point for the district sports movement and special attention is paid to the high quality work at the district junior training workshops, and last but not least, association traditions are also respected.

District 13 has more than 100 years of sports movement history. The Council Body accepted the district sports concept in 1995. Based on the middle-term program titled “District XIII on the move the development trends and tasks for the period 2015-2019 has been accepted.

- The district council, depending on its financial status, takes responsibility for:
- Providing the opportunity for regular sports, exercise and therapeutic sessions for the students of the education institutions maintained by the council, and provides versatile skill development opportunities by ensuring the required number of outsourced physical education classes.

- Helping the work of the institutional student sport organisations.
- Helping the work of leisure sports associations and supporting their events.
- Supporting and developing the professional and junior-training activities of local associations.

The table below shows the list of free activities offered to the public based on the age groups targeted and the number of days available in each year.

	Regular and occasional activities	Age groups				
		0-6	7-18	19-25	26-60	61-
1.	Student Olympics		74			
2.	kindergarten gymnastics	169				
3.	swimming lessons	80	200			
4.	pensioner gymnastics					72
5.	Angyalföld Artificial Grass Football Championship			22	22	
6.	family sports day	1	1	1	1	1
7.	residential community days	9	9	9	9	9
8.	street ball	1	1	1	1	1
9.	healthcare screening program		12			
10.	culture on the move	3	3	3	3	3
11.	open weekend program		31	31	31	
12.	Sister city games					9
13.	various dancing lessons, yoga					43
14.	exercise at day-care units					52
15.	swimming					104
	<b>In Total:</b>	<b>263</b>	<b>331</b>	<b>67</b>	<b>67</b>	<b>294</b>

It can be seen in the table that the district council provides regular sports activities for children and youngsters during most of the year. For the elderly aged these organised sports events are available almost for one quarter of the year. The most serious arrears are in the programs organised for residents aged between 19 and 60 years, and especially women are in a bad situation – who do not participate at football championships -, for them, only 14 days of sports events is provided in the whole year.

Sports facilities and sports activities in district council ownership:

<b>Institution</b>	<b>Sports facilities</b>	<b>Sports activities</b>
<b>Angyalföld Sports Centre</b>	football ground with grass and artificial grass, A and B hall, 3 tennis courts, 4 squash courts	team sports (primarily football, American football, handball), tennis, squash, leisure sports
<b>Corner Hotel Angyalföld</b>	fencing room, football ground with grass and artificial grass, A and B hall, 3 tennis courts, 4 squash courts	team sports (primarily football, American football, handball), tennis, squash, leisure sports
<b>Új Palotai Street Sports Complex</b>	3 small football grounds with artificial grass, 4 lane bowling alley	primarily football
<b>Nővér Street Training Pool</b>	training pool	swimming
<b>Radnóti Street Training Pool</b>	training pool	swimming
<b>Népszigeti Children's Camp</b>	camp	leisure sports
<b>Margaret Island Children's Camp</b>	camp	leisure sports

<b>Name of owner and facility</b>	<b>Facility units</b>	<b>Aims</b>
Budapesti Honvéd SE central sports complex 1134 Bp., 53 Dózsa Gy. Road	basketball hall (1)	basketball
	gymnastics hall (1)	gymnastics
	50 meter swimming pool (1)	swimming, swimming lessons
	athletics field (1)	athletics
	running corridor (1)	athletics
	fencing room (1)	fencing
	judo room (1)	judo
Vasas SC sports complex 1139 Bp., 58 Fáy Street	handball hall (1)	handball
	boxing room (1)	boxing
	gym hall (1)	handball, wrestling
	football field w. grass (1)	football
	football training field w grass (1)	football
	football field w. art. grass 102x65m (1)	football
	football field w. art. grass 66x40m (1)	football
football field w. art. grass 40x20m (3)	football, leisure sports	
Elektromos SE sports	football field w. grass (1)	football

complex 1138 Bp., 18-20 Népfürdő Street	33 meter swimming pool (1)	swimming, swimming lessons
	17 meter training pool (1)	swimming, swimming lessons
	5 meter thermal pool (1)	swimming
	handball hall (1)	handball
	automated skittles alley (2)	skittles
	concrete handball field (1)	handball
	concrete foot tennis field (1)	football
	clay tennis court (7, of which 2 with cover)	tennis
Erdért SE sports complex 1138 Bp., 7 Bodor Street	football training field w grass (1)	football
	clay tennis court (4, of which 4 with cover)	tennis
Fővárosi Csatornázási Művek sports complex 1138 Bp., 49 Népfürdő Street	football field w grass (1)	football
	clay football field (1)	football
Budapesti Honvéd SE martial arts hall 1134 Bp., 56 Tüzér Street	martial arts hall (1)	judo, karate
Csata Street sports hall of District Council XIII. 1135 Bp., 20 Csata Street	sports hall (1)	basketball, physical education
Budapesti Rowing Association 1138 Bp., Népszigeti Road	boathouse (1)	rowing
Water Site of Central Sports School 1138 Bp., Népszigeti Road	boathouse (1)	kayak, canoe
Boathouse of the Angyalföldi Water Sports Association 1138 Bp., Meder Street	boathouse (1)	kayak, canoe

52 sports associations are active in the district, incorporating about 10,000 athletes.

The district is especially successful at sports competitions, more than half of the Hungarian Olympic Champions (116 out of 176 first places) can be associated with Budapest Honvéd SE (66 gold medals) and Vasas SC (50 gold medals). These two most successful Hungarian sports clubs both have their seats in district 13. Furthermore there are many junior workshops based on one sport in the district, which are also successful.

### District sports events:

About 200,000 people participated at almost **6,500 sports events** organised by the district council in 2016. The council still considers its primary task to execute the points of the public service contract, to maximise the utilisation of institutions, to keep tenants and market free capacities.



**Public services tasks:**

*Regular services provided for locals:*

1. At the 2015/2016 school year series of the Student Olympics all the district primary schools (15) were represented in 12 sports with a total of 6760 students. This means an increase of 319 people as compared to last year.
2. At the Angyalföldi Sports Centre (ASK) there were **skill building and posture correcting ball sessions organised for kindergarten children** on weekdays, where – under professional supervision – a total of 440-540 kindergarten children participated regularly at the sessions from all the kindergartens of the district (12) at the “B” hall of ASK.
3. Following the tradition of the past years, the kindergarten and lower grade students at the public institutions of district 13 have been learning the basics of swimming at the two training pools of the district. The two locations are visited by 34 groups, including 900-950 children each week. These two training pools are the scene for the school therapeutic swimming too.
4. **Seniors may participate at various leisure activities for getting their regular exercise: there are organised gymnastic** two times a week with 65-70 participants. The limited capacity of changing rooms limits the potential growth in the number of participants. The partnership card allows them to participate at free sessions every week (at the Prevention Centre, 56-68 Tüzér u.) choosing from: yoga, Zumba, senior dance, belly dancing, gymnastics. The senior citizens of sister towns compete in five Olympic sports each year. Regular swimming opportunity is available at the Elmü sports complex, before the start of the local investment in the Dagályfürdő too.

5. The Angyalföld Artificial Grass Football Championship (MALB) has been organised at Új Palotai Road Sports Complex for the 12<sup>th</sup> time, with the participation of 42 teams, including almost 420 people.
6. District residents may use gym rooms and school gardens – on the weekends – owned by the district.

*Occasional events:*

- Traditional **District 13 Family Sports Day** at the ASK site, with the participation of 1000 people, providing an exercising opportunity for all age groups.



- The **Residential Community Days** have been expanded with new sports theme locations and programs, which made the already very popular program series even more colourful.
- The „Room for Movement” the “Angyalfolki Street Ball” has been renewed in 2016. According to the new concept, there are three thematic stations (martial arts, acrobatics and ball games), where the invited – primarily local - sports associations promoted the

different sports on a kind of revolving stage, allowing the participants to try them with the help of professional trainers right there.



- Within the framework of **the health-screening program** there have been anthropometric and respiratory function tests performed at all the 12 primary schools of the district with the participation of 750 students.
- The new **“Culture on the move!”** program has been organised three times this summer, where the organisers offered an introduction to the sports of the past among other things.

### Programs at the Social Services Centre

#### *Prevention Centre, as a community space*

Average number of participants: 141 people. Sessions for underprivileged children: Previ Club – 5-8 people per week in average, Previ Chef – 10-15 people per week in average, Previ Dance – 5-8 people per week in average, Previ Press – 10-15 people per week in average, Previ Studio – 15-20 people per week in average, Baba-Mama Club – 8-10 people per week in average, Previ Party – 20-25 people per month in average, Previ Football – 15-20 people per week in average. In total there are 68-96 people participating at the group session per week in average. Civil organisations and groups of friends are meeting regularly with about 80 people per month.

#### *Organising free open-air and indoor programs.*

The district program plan for 2015 and 2016 enabled all age groups to participate for free at events and programs.

- all age groups: housing estate days, “everyone’s Christmas”,
- for the elderly: e.g. carnival party, day of the elderly,
- for middle-aged: major district events, Water Picnic, St. Michael Day Fair, etc.
- for youngsters: Residential Community Days, Family Day, Sports Day, etc.
- for children: free crafting sessions, face painting at the major district events (Angyalföldi Street Ball, Water Picnic, District Birthday Party).

New community programs are offered for children and youngsters in order to spend their free time in a useful, meaningful way, organised regularly by the Prevention Centre and the SKULT division of the district XIII public utility provider. 16 kindergartens of the district are participating at the posture correction and ball game sessions organised at Angyalföldi Sport Centre “B” hall four times a week. In addition to the use of the facilities we provide the training teachers and equipment and the transport of children by bus. 24 groups (480 children)

participate at the cheerful session on Mondays, Wednesdays, Thursdays and Fridays between 8.30 and 12.30.

At the training pools in Nővér and Radnóti Miklós Street the children visiting the kindergartens and lower grade students of the district XIII public institutions are learning the basics of swimming, furthermore, these training pools are home to the school therapeutic swimming too. The council still coordinates swimming lessons, we contact professionals based on a tendering process, who teach the students. The two locations are visited by 33 groups each week, incorporating about 950-990 children.

We continuously provide the conditions to swimming and gymnastics at a reduced price and we are looking for opportunities to expand them.

Based on a local regulation we support the costs of swimming pool visit for people receiving pension (461 people). Pensioner yoga with 15-20 people per occasion, gymnastics with 15-20 people, Zumba with 12 people, belly dancing club for elderly with 15 people and dancing club with 25-30 people are also organised.

Bowling: the clubs for the elderly rent the sports facility at Újpalotai Road twice a week with about 20-30 people participating each week.

From March to October excursions are organised for the elderly titled Roaming Saturday, with about 10-15 participants in average.

20-25 people visit the LÁNG Sports Complex for physiotherapy (twice a week) each week.

We provide services organised in the previous year. 206 people have requested the contribution to their district swimming pool season ticket due to the investment, and they all received it.

The average number of participants did not change.

22 people participate at the free swimming sessions at the ELMŰ swimming pool on average each week.

3 senior clubs own bicycles, where we organise bicycle tours within the district.

**Participation at sports sessions:**

Ball gymnastics: 275-300 people,

Posture correction gymnastics: 275-300 people,

Swimming (BHSE, Nővér u.): 285 people,

Martial arts and wrestling (Vasas):190 children.

**In total:** 1025-1075 children in the senior kindergarten groups.

Particular attention is paid to establishing equal opportunities for disabled athlete and exercising opportunities for the elderly. Several fitness parks are available to the public at the district, which are very popular. Residents can choose from several sports sessions at the senior clubs and at the Frim Jakab Day-care Centre (e.g. meridian training, physiotherapy, particular sessions, bowling, skittles, table tennis, and darts).

### A survey conducted with regards to the sporting habits and requirements of Budapest, district XIII inhabitants

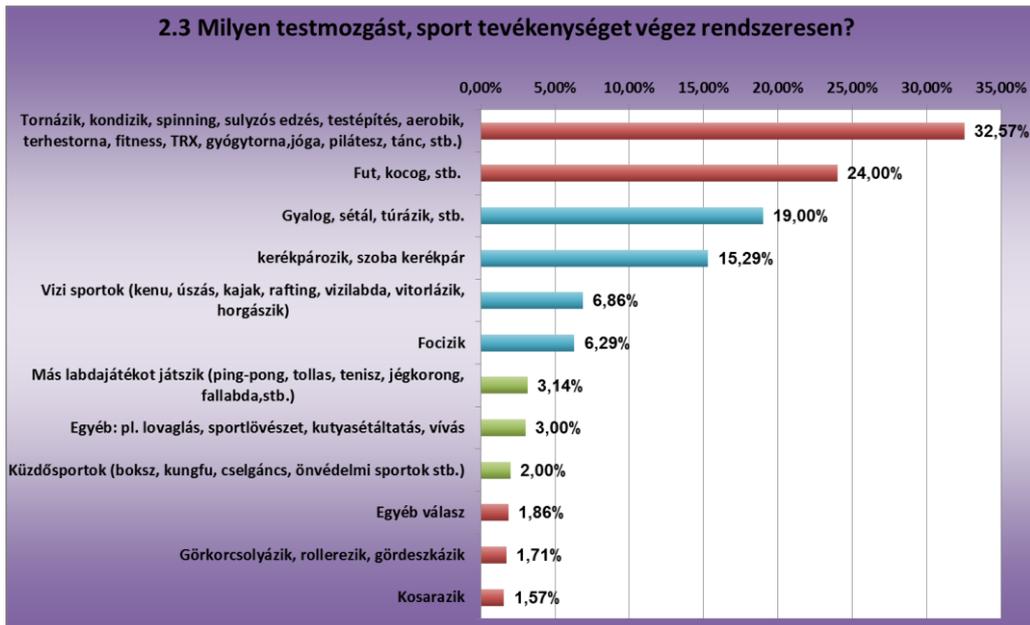
The survey was conducted with the involvement of 700 inhabitants of Budapest, district XIII. The survey was based on the micro-census applied by the Central Statistical Office, with a proper gender and age group break-down, instead of random sampling. The survey was designed to ensure that the entire District is covered, and that the inhabitant ratios of the various parts of the District are properly reflected. The replies received from the various age groups were compared, and the proper gender ratios were applied (the District has a majority female population, mainly in the areas, where more elderly people live, e.g. in Újlipótváros).

<b>Gender</b>	<b>Respondents</b>	<b>%</b>
Men	305	43.57%
Women	395	56.43%
<b>Total</b>	<b>700</b>	<b>100.00%</b>

<b>Age group</b>	<b>Respondents</b>	<b>%</b>
18 to 24 (1992-1998)	86	12.29%
25 to 40 (1976-1991)	223	31.86%
41 to 62 (1954-1975)	248	35.43%
63 and above (1953-)	143	20.43%
<b>Total</b>	<b>700</b>	<b>100.00%</b>

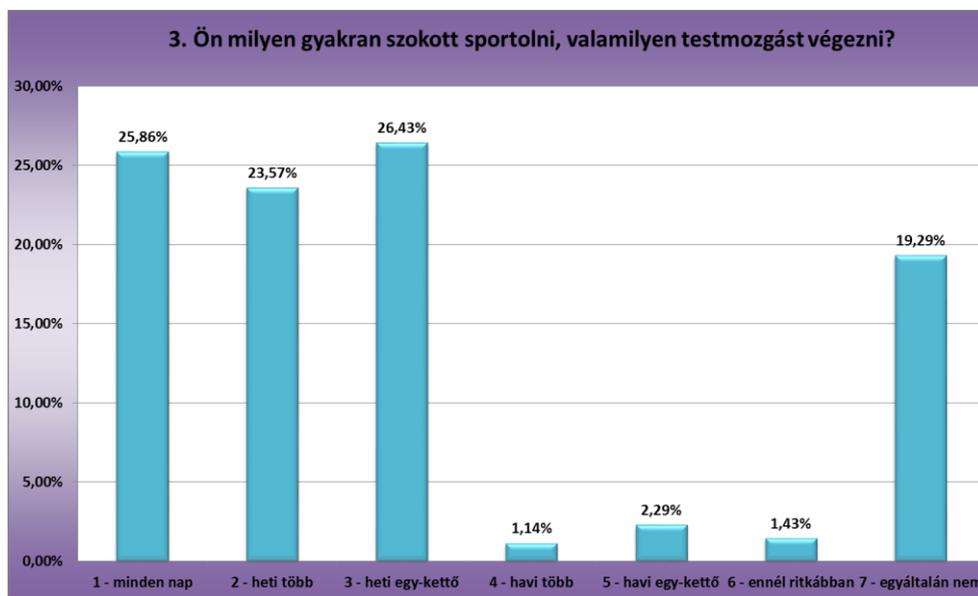
The main question asked was: What is your opinion on the need for regular physical activity? 4% of all respondents believed that it was unimportant, while 60% of the respondents believed that it was of critical importance. The ratio was the same for both genders. In the various age groups, in the age group of 18 to 24, nearly 55% of all respondents believed that regular physical activity was very important, and the same in the age group of 63+ was 66%.

81% of all people asked replied that they currently do regular sports or physical activity (men: 83%, women: 79%). The replies received to the question about the specific type of sports activities pursued have shown a slightly higher ratio in the younger age groups. More than 75% of the two older age groups do regular sports or physical activities, according to their own replies. In all age groups, gymnastics, the use of the gym, and other type of training was the most popular sports genre, gaining 33% popularity. On the second place, the respondents mentioned running and jogging (24%), while walking and hiking came at third (19%), and cycling came at position No. 4 (with 15%).



9% of all respondents had a membership with some kind of sports association (women: 9.4%, men: 8.75%), and this was typical only in the 18-24 age group. The small percentage indicates that when respondents said that they did regular sports and physical activity, they meant a purely leisure time activity.

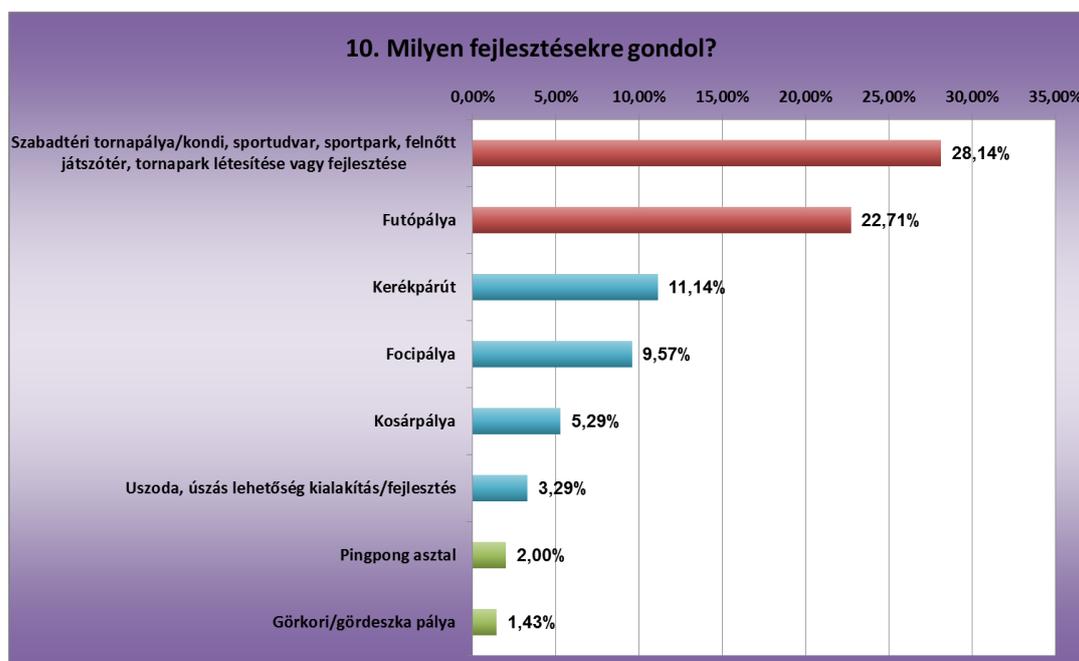
The regularity of the sports activities conducted: 19% of all respondents currently don't do any sports. However, 89% of all respondents, whom said that they currently did not do any sports mentioned that they would like to do some sports once or twice a week, when possible.



The ratio of respondents, whom currently do some physical exercise or sport is 75%. Of which 66% does so at the public areas of District XIII (men: 69%, women: 64%). The most popular open air sports locations are considered to be the various river banks (Margaret Island, the banks

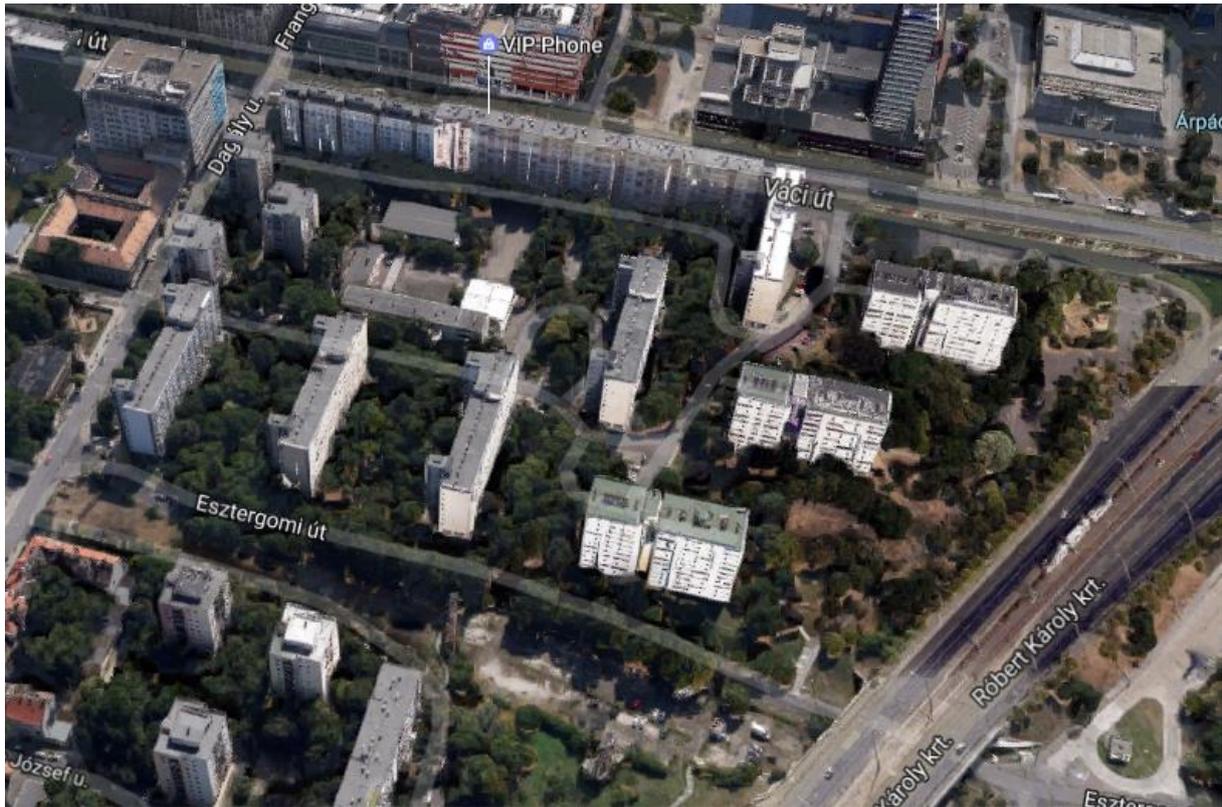
of river Danube, small creeks), with that it is an important aspect that the given public space available to do such sports activities is nearby located (to minimise transportation time).

The specific suggestions made by the respondents for potential enhancements in the sporting opportunities mainly seemed to refer to the specific sports area, in which the respondent was actively engaged. Thus, the number one area mentioned by the respondents was the various gym and gymnastics facilities, while number 2 was the running tracks, and cycling routes came at number 3.



## Árpád-hídfő housing estate

The Árpád-bridgehead housing estates lies next to Göncz Árpád City Centre, and contains 11 ten-storey housing blocks built in the 70s and 80s. The housing estates are bordered by two roads carrying large traffic (Váci Road and Róbert Károly Boulevard), but the tall buildings are giving suitable protection from the noise- and air-pollution of the traffic in the inner parts of the blocks. The area is right next to the public transportation junction of Árpád-bridge. The Hunyadi Mátyás Primary School can be found in the centre of the area of 7.5 hectares. Public green spaces can be found among the residential buildings, which accommodate one playground and one ball court. The public space beside the buildings are used for gardening purposes by the residential communities in the framework of the council's green area protection program.



The District has developed its plans for the recreational development of the public parks of the various housing estate areas via workshops held for the inhabitants, and based on various surveys conducted.



## **Organisational framework**

The council of district XIII. completes its public duties via several companies in its ownership and its institutions.

### **District XIII. Public Services Zrt.**

The Public Services Zrt has been established in 2012 with the combination of several companies owned by the council. The four divisions of the company provide the district investments, real estate management, public space management and cultural and sports services. The Public Spaces Division, which executes public space – including green spaces – management and development, and SKult Division, responsible for organising sports, recreation and cultural tasks, take part in the Vital Cities Project.

### **District XIII. Health Services Kft.**

The council of district XIII of Budapest founded the District XIII. Health Services in order to provide services in connection with the healthcare of its residents (on 1 July 1995). Its tasks involve healing activities, definitive patient care if possible, ensuring continuous services with the consideration of equal chances and equal availability. Prevention and preserving health is a priority, the management of home pediatric services, the possibly full circle of outpatient special care and the necessary diagnostic background, providing the district primary dental care and special care, providing on-call care for adults and children in the district and constantly managing it, managing the district nurse service, the school-health and youth health-care services and home care are all tasks carried out by this organisation.

### **IMFK (Institution Management and Maintenance Centre)**

Since 1 January 2017 IMFK is only providing child catering services for schools, its former duties were centralised by the government.

IMFK may contribute to the Vital Cities with the OLLÉ artificial grass football fields on the school courtyards, and as a participant of the “Open weekend” district program, which has been reinvented in 2017, offering the facilities of Sports Hall in Csata Street, the Vizafogó School and Hegedüs Géza Primary School to the local residents, who wish to do sports.

### **Social, child welfare and public educational institutions**

The council founded budget institutions to fund their social, child welfare and public educational activities. The district has a well-developed institutional framework to provide public administration, healthcare, social, child welfare, public educational, sport, cultural and other public services. The presence of civil sphere is significant and strong too.

social services	child welfare services	related/additional services
catering	day nursery	providing space for communities
home assistance	family nursery	public culture
signalling system home assistance	child welfare services	sports
day-care for the elderly	catering for children	healthcare prevention
day-care for the disabled		financial support and benefits in kind
care centre		services by civil organisations, recreational activities
family support		

The principles of the services management are: equality, solidarity, trust, professional competency, openness, tailored services, permeability between the different services, partnership. Public services are available for all district residents, there are no waiting lists, all the rightful demands are satisfied.

## Relevant policy documents

This chapter is dealing with those district development documents, which provided a planning framework for the development of the different neighbourhoods within the district, including public spaces, in a coherent way, but with different time spans and level of detail.

### BP 13-30 Long-term district development concept

The council prepared its Long-Term District Development Concept (HFK) in 2013 with the aim to realise a compact urban model, meaning enabling the district to provide all the services to its residents, which are necessary for living a quality life: differentiated residential areas, the educational, cultural and healthcare facilities serving the citizens, business areas providing different types of jobs, and institutions and green spaces allowing recreation and rest. The long-term development concept tries to look 20-25 years into the future and formulates a long-term vision based on the reality of today. The biggest challenge of the decades ahead of us is going to be adapting to the changing circumstances caused by the climate change. The renewal of the city is planned by stopping environmental damage and re-humanising the city based on its own values, taking the global trends and the development of the capital into account. The goal is that people living in the city can stay in a clean, safe, comfortable, nice and preserved environment.

According to the proposal about the development of urban structure:

- the urban structure of the district has to be updated in a way that the connections to the neighbouring districts can develop,
- the number and importance of public spaces has to be increased,
- the immediate connection of the Danube and its shores has to be enhanced.

There is a number of specific proposals made in HFK about the open-air spaces within the district that connect to the plans above:

- the development of the green axis along the Danube,
- the development of the green axis along the Rákos creek,
- green space rehabilitation at housing estates,
- rehabilitation of public and green spaces.

Among the environmental factors the development of the quality and quantity of the green and recreational spaces are emphasized, just like the utilisation of Danube potential and increasing the specific ratio of green space per inhabitant and reaching 50% cumulated green space ratio. It gives suggestions for establishing a continuous green network system, which includes large green space elements (in a revitalised form filled with attractive recreational and sports functions), which would induce a valorisation of the area and a reformation of public spaces. Taking into account the prognosis on demographic changes, the HFK suggests the establishments of such functions at the public space green areas, which allows generations to live peacefully next to each other, by offering functions both for the elderly and families for their everyday recreational and exercising needs and their community activities.

### **Integrated City Development Strategy for Budapest district XIII. (ITS, 2016)**

The aim of the strategy is to designate development ideas for medium term along an integrated viewpoint overarching individual areas and branches. ITS is the district's action plan, which relies in the situation analysis and evaluation in the founding analysis, and aims towards the vision described in the Long-term Development Concept with further detailing the development ideas described within the concept. ITS was looking for solutions for the following development challenges:

In relation to urban network correlations and regional connections:

- strengthening traffic and green space connections with the neighbouring districts (Óbuda, Újpest, Zugló)
- more intensive cooperation with the capital and the government, especially in relation to the public spaces with a shared ownership structure between the two-level council (the railways bordering the district and the waterside area and for the key elements of the green network)
- establishing compact, functionally rich neighbourhoods

In relation to the district's social problems:

- A growing number of old people living alone – prevention of social isolation of the elderly, resolving the existing problems, developing existing services into a direction more suited to individual needs
- Innovative solutions for the problems of underprivileged, especially people with low level education, unemployed and underprivileged children and youth.

In relation to economic development:

- The continuation of the “Ecotown” concept.
- In relation to the green network system in the HFK:

- Settlement of the environment around the ecological corridor around Rákos-creek – Danube – Népsziget
- Providing pedestrian access to the shores of the Danube
- Settlement of the ownership situation of Népsziget, development of its recreation potential considering flood-protection issues
- Complex renewal of green areas and public spaces at housing estates.

ITS describes the following vision for the district:

*A district that relies on a stable economic and institutional framework, provides continuously improving living conditions for its residents and creates a liveable environment, helps modern working functions and develops with a momentum.*

The middle-term strategic targets connected are thematic, the important interventions are listed along the main special areas: “complex urban development”, “improved life quality and equal chances from birth until old age”, “developing image – high environmental quality” and “sustainable, human mobility system”.

### **AngyalZöld+ public spaces strategy**

The council of district 13. accepted its first green network strategy, the AngyalZÖLD Program in June 2008. The implementation is coordinated by the Public Space Division of District 13 Public Services Zrt, commissioned by the council. The strategy has become the main document assigning the daily activities of the company. The council expanded the scope of the document to all the public spaces in 2014 under the title AngyalZÖLD+, adding the district public road and parking operation to the original green network management.

*The mission of AngyalZÖLD+ is establishing and operating a green network and public space system that continuously adapt to the requirements of the community, creates the harmony of architecture and nature and improves the quality of life of residents.*

During the planning of the AngyalZÖLD strategy the council worked out the local protocol for social consultation. In cases, where the majority of the local residents is impacted, we apply the method of community planning. In case of large-volume public park development/reconstruction the opinion of residents is surveyed with representative opinion surveys and by organising several rounds of opinion forums. The basic aim of all the communication methods are to find the optimal compromise that fits our budget among the large number of requirements coming from the public, which are often controversial.

The council is striving for creating partnerships in the operation of public spaces too. The most successful initiative is the green-space protection system with more than a decade of history, which allocates HUF 16 million (about EUR 52,000) district subvention to communities gardening on public spaces next to residential buildings, from which there are already more than hundred. Several companies, civil organisations and educational institutions have applied to do voluntary work on public spaces, which they can do in the framework of “Green-space guardian agreement”.

Numerous methods are used to measure the results of the AngyalZÖLD+ strategy.

For measuring the coverage of green spaces in the district we use the multi-spectral space photo

analysis method is used with the collaboration of the Landscape Architecture Faculty of Budapest Corvinus University (BCE). The results of the research show that the green space coverage of the district grew by 2.7% between 2010 and 2013, including a 6.2% growth of public parks.

For judging the change in the quality of public spaces, we have adapted the evaluation system of Green Space Scotland. Quality evaluation – also done by external experts of the BCE – is an important tool for determining the development scenes for the next planning period. The aim of the council is to decrease differences between the quality of recreational public spaces in the district in the name of social fairness.

The success of district environmental management is backed up by numerous professional prizes and recognitions (e.g. Flowery Hungary Special Award, Award of Excellence for Renewing Public Spaces, and Recognition on Renewing Public Spaces). However, the real measurement and result of the work completed is the opinion of the local residents and the change in their opinion. With the help of repeating the surveys done for preparing public space development projects we can objectively evaluate the change in the opinion of the citizens about public spaces.

In regards to the green network of the district, during the revision of the AngyalZÖLD strategy in 2008, 2011 and 2014 repeated representative phone surveys helped to get a picture about the change in the opinion of the citizens. Based on the results it can be concluded that the satisfaction of the residents about public cleanliness in the district, the state of roads and pavements, playgrounds and parks is growing continuously, and related to that, more and more people answered the question “What do you think, how is it to live in district 13 generally?” in a positive way.

### **International case studies.**

One main objective of the Vital Cities Project, amongst others, is to enable the 10 participating European cities to learn about each other’s best practices, and to utilise the same in their own activities, wherever it is relevant. The District has found that the following main projects carried out by the other Project participants contained elements that would be useful for the District to consider:

#### ***Birmingham Active Parks, Birmingham, UK***



The Birmingham Active Parks programme offers free physical activity sessions (from Zumba to Thai Chi) at various parks across the city with the aim to encourage people to enjoy being active in a sociable, inclusive atmosphere. It aims to tackle health, financial, ethnic minorities

inequalities and social inclusion. It helps to bring some previously underused parks into use. Citizens value the parks as community assets, and act as custodians of the local environment. Active Parks is managed and administered by the Wellbeing Service and Birmingham Open Spaces Forum, through its staff and dedicated trained session leaders. The programme successfully involves the cooperation of various stakeholders from public sector organisations, NGOs and private companies. The Parks and Ranger service, various volunteers and Friends of Parks groups support the programme. The Customer Insight Team supports the data collection process and analysis, to constantly evaluate and develop the scheme. It started as a pilot in 6 parks in 2013. It was gradually rolled out and now it offers free activities at over 80 parks and green spaces across Birmingham. It is open to people of all ages and abilities. Since 2014, there have been 114,000 participants. Over half of these live in the most deprived areas of Birmingham. It is financed by the Birmingham City Council, Sport England and Coca-Cola Zero Parklives programme.

Link:

<http://www.birmingham.gov.uk/activeparks>

### ***Informal Skate Park built upon and with youth as stakeholders, Burgas, Bulgaria***



Based on a consultation between the Municipal administration, the Municipal Council, and an informal group of residents the Municipality of Burgas has built a modern skate-park truly based on the needs of the young residents of a peripheral housing complex. This high-density housing complex needed urgent improvements to reach the quality and access-level of the other parts of the town. The aim was to improve the conditions of life by providing access to facilities for physical activity in the area for a target group of around 70 000 people. As a result, an increased number of young people are skating and the place became more attractive for local residents. The extreme sports sponsor Red Bull facilitated a sport gathering, which helped branding the place as a ‘cool’ area.

It was promoted through local media – local newspapers (including electronic ones), local TV and radio – and on the website of Burgas municipality. There were also events organized to promote the skater park. The financial resources come from the Operational Programme “Regional Development” and 85% comes from the European Regional Development Fund.

Link:

<http://burgascity.com/tag/%D0%BF%D0%B0%D1%80%D0%BA-%D0%B8%D0%B7%D0%B3%D1%80%D0%B5%D0%B2/>

#### ***4.4. 6 minutes for health, Usti nad Labem, Czech Republic***



The aim of this initiative is to establish innovative physical equipment and construct walking routes to promote sport in public spaces. The area that is targeted is called Mestske sady, which is a park in Usti nad Labem. Potential patients and seniors are the target group as their physical condition could benefit from this project. A path through the “Active Park” was constructed in September 2013 and it is in close proximity of health facilities. This makes it possible for patients to use the health path and receive feedback from medical professionals who can examine the patient’s health condition by obtaining information about the function of the heart, lungs and blood vessels. Other visitors of the park can equally use the path without supervision as it is publicly accessible. The route is accommodated with distance markers and a clock (stopwatch) with the purpose of providing accessible monitoring of one’s performance on the track. Information is provided through information shields.

The funding for this project comes from the city, health insurance companies, and the implementer’s budget. At the moment, it is difficult to keep track of how many persons are using the path. The current estimation is that 5 patients utilize the health path daily.

Link:

<http://www.6minutprozdravi.cz/en>

#### ***5.1. Centros Municipais de Marcha e Corrida Loulé e Quarteira, Loulé, Portugal***



Operating since 2011, the National Programme for March and Race (Centro Municipal de Marcha Corrida Loulé e Quarteira) is a joint initiative of the Institute Portuguese of Sport and Youth, the Portuguese Athletics Federation and the Faculty of Sport at the University of Porto. The programme aims to promote the practice of walking and running, with a strong concern to promote healthy living habits and provide appropriate technical framework that can encourage regular practice of walking and running. The program is aimed at the entire population, for those who have much training experience and for those who have never done any kind of

physical activity. The Municipality of Loulé and Quarteira operates 3-3 routes within the programme and offers coaching and guided weekly training sessions for running and walking. The program has increased the number of sporting events in this area, and significantly raised the number of people who exercise regularly.

Link:

<http://www.cm-loule.pt/pt/5555/centro-municipal-de-marcha-e-corrída.aspx>

#### ***4.10. Ice skate rink on the main city square, Horten, Vestfold, Norway***



The skate rink was established in January and February 2016 by reducing parking space, based on a municipal plan for the city centre, which was adopted in January 2015. The project is part of the plan to create attractions and reasons to seek out and use the space outdoors to different seasons. The most important has been to find ways to enhance city life and urban transformation. The objective is public health for all groups of citizens, but especially with a view to inspire young people to outdoor physical activity and play in winter period. It is part of an overall strategy to increase the attractiveness and quality of community residents and a place to live.

Municipal politicians, planners and technical personnel cooperated across disciplines and responsibilities to reach common goals for the benefit of residents and visitors. A local humanitarian organization lent skates to people who did not have their own skates. The project could be realized thanks to common implementation of plans based on budget allocation of relevant tasks according to deadlines, procurement and implementation. There was a direct dialogue, little bureaucracy, and it was based on current public procurement regulations.

Link:

<https://www.horten.kommune.no/omrader/kultur-og-samfunnsutvikling/kommuneutvikling/byutvikling/horten-sentrum/>

## **The IAP development methodology**

The drafting of the Integrated Action Plan (IAP) was facilitated by the local URBACT Team (UHCS)

The Vital Cities Project is implemented by the Budapest, district XIII Local Municipality, under the management of the Public Space Management Division and the SKULT13 Division (sports and culture) of the Budapest, district XIII Közszolgáltató Zrt. (the District's Public Services Provider Company). The Project Manager is delegated by the Public Space Management Division, working in close cooperation with the representative of the SKULT13 Division, and with the head of UHCS, creating a good practice for horizontal cooperation within the institution.

In line with the Local Municipality's decision, the core of the UHCS Team comprises 5 members, as representatives of the various delegated Local Municipality units, and a large number of other representatives, invited from the various institutions and civil organisations operating in the District. Upon the Project launch, the Local Municipality has contacted all institutions and civil organisations operating in the District, in the field of promoting an active lifestyle, via a public notice made, and personal letters being sent, asking them to participate in the work of the UHCS, representing their own professional area, and in the development of the IAP. During the term of the Project, anyone could join the UHCS's larger participant group, whom believed that they could provide any contribution to the IAP's proposed solutions. The core team of the UHCS, and the institutions represented are regularly present on the UHCS meetings, while the other members, representing other organisations can participate in the meetings on an ad hoc basis, depending on the specific topic covered, to which they can provide any contribution. The UHCS currently has no members from the business sector. However, the Local Municipality has plans to contact the business sector and various business entities at a later stage, requesting them to participate in the IAP implementation phase, by carrying out specific tasks.

Up until mid-November 2017, during the IAP development phase, a total of 17 UHCS meetings were held. The agenda set for the various UHCS meetings followed the schedule set for the overall IAP development: status analysis, document analysis, SWOT analysis, the setting of strategic goals, and identifying and planning the required actions. When discussing the various topics, the UHCS Team has discussed the best practices applied by other Project participants, and if anything was found to be viable, it was considered when developing the IAP. The UHCS meetings enabled all participants to provide ideas and opinions, in an interactive manner, during the IAP development phase. Any materials that were already completed got regularly reviewed by the UHCS core members.

**SWOT ANALYSIS BASED ON THE SITUATION ANALYSIS**

<i>Strengths</i>	<i>Weaknesses</i>	<i>Opportunities</i>	<i>Threats</i>
<b>Social aspects (healthcare, social, economic, legal)</b>			
<ul style="list-style-type: none"> <li>• free sports opportunities organised for several age groups (kindergarten swimming, pensioner gym)</li> <li>• excellent healthcare services</li> <li>• stable economic background (compared to the national average)</li> <li>• strong social network (e.g. takeover of sports association membership fee by the district)</li> <li>• <b>free medical examinations</b></li> <li>• channelling into sports opportunities through healthcare system (e.g. medical screening → obese child → choosing sport)</li> <li>• engagement, impacted people are interested</li> </ul>	<ul style="list-style-type: none"> <li>• <b>unclarified legal situation about dog ownership</b></li> <li>• effective self-advertising, lack of marketing</li> <li>• <b>communication with the residents</b></li> <li>• residents do not know the existing programs</li> <li>• too much red tap in public healthcare</li> <li>• impacted neighbourhoods, services distribution unequal</li> </ul>	<ul style="list-style-type: none"> <li>• <b>determining target group</b></li> <li>• constant increase in the number of district residents</li> <li>• <b>making weekly exercise regular</b></li> </ul>	<ul style="list-style-type: none"> <li>• unfavourable change of the age pyramid (aging)</li> <li>• <b>not open to do sports publicly due to feeling shame</b></li> <li>• <b>lack of free time</b></li> <li>• <b>“I can’t do it” attitude</b></li> <li>• <b>poor people are not motivated to do sports</b></li> <li>• difficult to involve all age groups</li> <li>• passivity of residents</li> <li>• insufficient public funding of healthcare</li> <li>• involvement of underprivileged social groups</li> <li>• establishing communities</li> </ul>
<b>Public sports infrastructure</b>			
<ul style="list-style-type: none"> <li>• <b>many fitness parks and playgrounds are available in the district</b></li> <li>• good state of public space sports infrastructure</li> </ul>	<ul style="list-style-type: none"> <li>• unevenness of development opportunities for public spaces (public lighting, good and bad neighbourhoods)</li> </ul>	<ul style="list-style-type: none"> <li>• incorporation of innovative ideas, open to the suggestions of residents</li> </ul>	<ul style="list-style-type: none"> <li>• quick impairment of developments due to inadequate use and lack of maintenance</li> <li>• being exposed to bad weather</li> </ul>

<ul style="list-style-type: none"> <li>• Angyalföldi Sports Centre (quality institution)</li> <li>• functional variety of public spaces</li> <li>• <b>the longest available bicycle lane network is in district XIII.</b></li> <li>• council committed to develop public space infrastructure</li> <li>• <b>many well equipped dog running space</b></li> </ul>	<ul style="list-style-type: none"> <li>• access to indoor institutions is expensive, lack of cheap sports opportunities</li> <li>• <b>fitness parks are seasonal</b></li> <li>• lack of central information system about the infrastructure (or the lack of its visibility)</li> <li>• <b>the distribution of dog running spaces is inconsequent</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>upgrading sports facilities to be suitable for vision- and hearing-impaired people</b></li> <li>• establishing running court, e.g. along the Rákos creek</li> <li>• <b>involvement of the Danube, water sports</b></li> <li>• the toilets in the institutions next to public spaces should be open to the public</li> <li>• expanding the bicycle rent system to the north</li> <li>• <b>more bicycle storage is needed</b></li> <li>• <b>ensuring safe sporting opportunities</b></li> <li>• <b>establishing changing rooms, safety deposits</b></li> <li>• <b>involving Népsziget, as a space suitable for sports (no agreement with the capital)</b></li> </ul>	<ul style="list-style-type: none"> <li>• lack of public toilets</li> </ul>
<p><b>Sports programs, events</b></p>			
<ul style="list-style-type: none"> <li>• <b>there are self-organising sports communities</b> (but no awareness about them)</li> <li>• <b>Residential Community days</b></li> <li>• Saint Michael Day Fair</li> <li>• Angyalföldi street ball</li> <li>• Family sports day</li> <li>• healthcare services connected to sports are prioritised by the council on the different progressivity levels (primary care, outpatient care)</li> </ul>	<ul style="list-style-type: none"> <li>• no weekly regular programs among our programs</li> <li>• information about the programs does not reach the right amount of residents</li> <li>• lack of free capacity due to the high utilisation rate of district sports facilities</li> </ul>	<ul style="list-style-type: none"> <li>- supporting self-organising sports communities</li> <li>- <b>better utilisation of existing sports facilities</b></li> <li>• exchanging professional experiences</li> <li>• involving sports associations in sports services</li> <li>• open-air gymnastic sessions</li> <li>• professional help at fitness parks</li> </ul>	<ul style="list-style-type: none"> <li>• the noise of events and programs may disturb the residents living nearby (pl.: Eötvös artificial grass football field)</li> <li>• the programs of other districts or settlements may draw away potential participants</li> </ul>

<ul style="list-style-type: none"> <li>• well organised programs planned ahead for one year</li> <li>• professional team carrying out the events</li> </ul>		<ul style="list-style-type: none"> <li>• <b>programs promoting healthy lifestyle</b></li> <li>• <b>reviving community sports associations</b></li> <li>• creating new recreational sports programs</li> <li>• <b>district on bike program + Thai chi</b></li> <li>• <b>continuation of the open weekend program</b></li> <li>• <b>running with dogs</b></li> <li>• the circle of free sports-services to the district residents can be further expanded (for the ones owning a partnership card)</li> <li>• hanging out training plans to the fitness parks in public spaces, and occasionally hiring professional trainers to give counselling</li> </ul>	
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**Residential opinions heard at workshops are in bold**, the text not in bold is the opinion of the professional team.

Urbact Local Team workshop 22 February 2016.





### Overall objectives and intervention

FUTURE VISION:		
<p>The inhabitants of Budapest, district XIII are <b>showing an increasing tendency to do regular sports or physical activities. This is enabled by the District’s high level and easy to access sports related infrastructure, tailored to the wide audience of the District’s inhabitants, including public parks, public spaces, and various public facilities, maintained for recreational purposes.</b></p> <p><b>The various attractive, safe and exciting recreational venues host regular programs and events related to healthy lifestyle and sports,</b> accessible to a wide range of the inhabitants.</p> <p>The Local Municipality, in cooperation with a large number of other participants involved (various sports associations, civil organisations, and educational institutions) ensures that all inhabitants of the District, as well as anyone having a daily job at the District, find a suitable place for regular sports activities, suiting their own age group, physical condition, and lifestyle. In Budapest, district XIII, sports activities are not only trendy, but part of everyday lifestyle.</p>		
		
OVERALL OBJECTIVE:		
To make physical activities be a part of everyday life, and a real community experience, in the various attractive, safe, and exciting recreational venues		
		
SPECIFIC GOAL: Infrastructural development of the public spaces, facilitating physical activities	SPECIFIC GOAL: To enlarge the number of programs, events, and services offered in the area of sports and healthy lifestyle promotion	SPECIFIC GOAL: To enhance partnership and cooperation, and support healthy lifestyle via proper information supply, and to strengthen the local communities
		
<b>Intervention / project ideas</b>	<b>Intervention / project ideas</b>	<b>Intervention / project ideas</b>
Népsziget – sports island	Providing professional trainers in the public parks	Using the District membership card for sports activities
Utilising river Danube, and the river banks for sports activities	Disability awareness programs, involving the disabled in the various sports activities	Cooperation between the public services company and the various sports associations
Improving the conditions of cycling in the District	Involving famous professional sportsmen living in the District, to promote sports activities	Information supply, communication, marketing (sports map, a sports section in magazine Hírnök, stb.)

Creating new running tracks	Addressing special segments of the society (the elderly, youngsters, people with disability)	Reaching the business sector
Creating fitness parks, by taking into account the special needs of the disabled	Continuing and refreshing the on-going programs	Ensuring the necessary organisational background (horizontal cooperation within the Local Municipality, sports division, and recreation)
Creating facilities for the youth to do sports in the public spaces	Supporting and promoting senior leisure time sports activities: swimming, dance, and combined music and dancing events (2)	Cooperating with the various local sports associations
Enlarging the fitness parks: total number, total space, promoting the use of parks, organising presentations	Sports programs for dog owners in the public spaces: e.g. doggie boot camps, yoga classes	Preparing sports maps (to cover all available facilities: from playgrounds to bicycle routes, special events, with organisers, and contact numbers), with regular updates, in hard copy format, and an Application
Creating multi generational playgrounds, providing ping-pong tables	Wide scale communication of regular recreational sports activities (taking place in the public spaces) in the District media (online and print media)	Motivating volunteers: Volunteer public space trainers Volunteer hosts (for the playgrounds, fitness parks) Finding self-organised groups (4)
Making the sports equipment available for use by visually impaired and hearing impaired people	Organising training sessions in the community areas and public parks	Monitoring the sustainability of the CAPEX projects (4)
Creating an ice rink during the Winter months	Creating a series of fitness programs under the title “Fit district”	Enhancing the cooperation within the Local Municipality, in particular in between the units in charge of sports, social matters, health and public spaces
Creating an extreme sports field for the youth	A program series titled “Active playgrounds”	A short film campaign titled “My sports life”
Improving the bicycle route infrastructure		Launching an Application, to enable a search for public space playmates

### Overview of the project proposals

	Project title	Coordinator	Financing	Proposed implementation
<b>Infrastructural development of the public spaces, facilitating sports activities</b>				
1.1	Utilising river Danube, and the river banks for sports activities	13 <sup>th</sup> District Public Services Plc. – Public Spaces Division	District XIII budget, the Budapest Capital budget, various tenders	2019 to 2023
1.2	Creating fitness parks, taking into account the special needs of the disabled	13th District Public Services Plc. – Public Spaces Division	District XIII budget, sponsorship, tenders	2019 to 2020
1.3	Creating running tracks in the District’s public spaces	13th District Public Services Plc. – Public Spaces Division	District XIII budget, sponsorship, tenders	2018 to 2023
1.4	Creating an extreme sports field for the youth	13th District Public Services Plc. – Public Spaces Division	District XIII budget, Budapest Metropolitan Municipality budget, tenders	2019 to 2023
1.5	Creating an ice ring	13th District Public Services Plc. – Sport&Culture Division	District XIII budget	2019 to 2020
<b>Enlarging the range of programs, events and services, promoting sports and healthy lifestyle</b>				
2.1	Free-of-charge training sessions held in the public parks	13th District Public Services Plc. – Public Spaces Division	District XIII budget, tenders, volunteers’ contribution	2019 to 2020
2.2	Sports activities for dog owners	EB OVO dog owner’s association	tenders, volunteers’ contribution	2019 to 2020
2.3	Involving famous sportsmen, to promote sports activities	13th District Public Services Plc. – Sport&Culture Division	District XIII budget, volunteering	2019 to 2020
2.4	“Active playgrounds” program series	District XIII Municipality - Department of Social Affairs	District XIII budget, volunteering	2018 to 2023

	<b>Project title</b>	<b>Coordinator</b>	<b>Financing</b>	<b>Proposed implementation</b>
2.5	Organising fitness sessions in the public parks	District XIII Local Municipality - Department of Social Affairs	District XIII budget, volunteering	2018 to 2023
2.6	Greenspace guardian programme	13th District Public Services Plc. – Public Spaces Division	District XIII budget, volunteering	2018 to 2023
2.7	Meridian gymnastics sessions with the Angyalföldért Association	Angyalföldért Association	The Association’s own resources, volunteers	2018 to 2023
2.8	Public space yoga and training program	Forrójóga Stúdió	Sponsorship, tenders	2019 to 2023
2.9	Creating a sports map	13th District Public Services Plc. – Sport&Culture Division	District XIII budget,	2019 to 2023
<b>Cooperation and partnership, promoting an active lifestyle, and strengthening local communities</b>				
3.1	A new Application for the search of playmates	13th District Public Services Plc. – Public Spaces Division	District XIII budget,	2018-2023
3.2	Cooperation between the Local Municipality and the various sports associations	13th District Public Services Plc. – Sport&Culture Division	District XIII budget, the sports associations’ own resources, tenders	2019 to 2023
3.3	Tender for children “My sports activities in District XIII” or “It’s cool to do sports”	13th District Public Services Plc. – Sport&Culture Division	Sponsorship, Local Municipality subsidies	2019 to 2023
3.4	Involving various businesses for the promotion of an active lifestyle	13th District Public Services Plc. – Sport&Culture Division	Sponsorship	2019 to 2023
3.5	Using volunteers for the sports programs	13th District Public Services Plc. – Sport&Culture Division	Volunteering	2019 to 2023
3.6	Partnership card project for the promotion of an active lifestyle	13th District Public Services Plc. – Sport&Culture Division	District XIII budget,	2019 to 2023

## Detailed project proposals

### Infrastructural development of the public spaces, facilitating sports activities

<b>Project title:</b>	<b>Utilising river Danube, and the river banks for sports activities</b>
<b>Objective</b>	District XIII spreads along the banks of river Danube, in its full length. This offers a chance for utilising the infrastructural opportunities offered in this area, for sports activities.
<b>Project description</b>	<p>The portion of river Danube falling within district XIII can be divided into 4 different sections, based on the various development opportunities offered:</p> <ol style="list-style-type: none"> <li>1. The Southern edge of Népsziget, which is the base of the Budapest Rowing Association, and its environs: <ul style="list-style-type: none"> <li>- Development of the public area infrastructure, in conjunction with the Rowing Association (e.g. a public space fitness park), and creating a facility, which would also cater for sportsmen, underneath the footbridge.</li> </ul> </li> <li>2. The “Marina” part of the river bank: <ul style="list-style-type: none"> <li>- Development of the sports and recreational functions (fitness park, running track, ball game fields)</li> <li>- Development of a water sports facility around the Yacht port (water ski track)</li> </ul> </li> <li>3. The “Vizafogó” part of the river bank: <ul style="list-style-type: none"> <li>- The inclined part of the river bank, which is currently closed with bars could be made lively, by creating resting spaces for the runners and cyclists, with large green surfaces</li> <li>- Arranging for the facilities operated by the Budapest Elektromos Sports Association in this area to be used by the public on certain dates (sports hall, swimming pool, sports field)</li> <li>- Development of the adjacent public park areas for recreational purposes</li> </ul> </li> <li>4. The “Újlipótváros” part of the river bank: <ul style="list-style-type: none"> <li>- Creating stronger connections with river Danube</li> <li>- Enhancing the use of this area for sports activities</li> </ul> </li> </ol>
<b>Links to other projects</b>	<p>Improving the conditions for cycling in the District. Improving the bicycle road infrastructure.</p> <p>The creation of new running tracks.</p> <p>Népsziget - sports island.</p> <p>Creating fitness parks.</p>
<b>Coordinator</b>	13 th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	The Budapest Metropolitan Municipality
<b>Financing</b>	District XIII budget, the Budapest Capital budget, various tenders
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	<p>The total volume of the new infrastructure created (units, meter, m<sup>2</sup>)</p> <p>Change in the total number of people using the infrastructure</p>

<b>Project title:</b>	<b>Creating fitness parks, by taking into account the special needs of the disabled</b>
<b>Objective</b>	To extend the fitness parks already created and being very popular in the District, taking into account the special needs of the disabled, when creating new ones, and the creation of an integrated equipment fleet.
<b>Project description</b>	<p>Various workshops could be organised under this project, inviting the various associations representing the disabled, and various fitness equipment distributors. On the workshops, the fitness equipment distributors invited would have the chance to present their equipment, and the civil associations could review them, and make comments.</p> <p>The fitness park planned to be created at the housing estate by the Árpád bridgehead would be designed based on the proposals and suggestions so received.</p> <p>The suggestions made in relation to the integrated fitness parks will be considered when reviewing the AngyalZÖLD+ strategy in 2019.</p>
<b>Link to other projects</b>	Creating a sports map for the District
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	Outdoor sports equipment distributors, the various associations of the disabled
<b>Financing</b>	District XIII budget, sponsorship , tenders
<b>Proposed implementation</b>	2019 to 2020
<b>Indicators</b>	The total number of civil partners involved in the preparatory phase The total number of fitness parks created, and the total number of disabled using the fitness parks

<b>Project title:</b>	<b>The creation of new running tracks in the Budapest, district XIII public spaces</b>
<b>Objective</b>	Improving and utilising the infrastructure created for jogging
<b>Project description</b>	The creation of running tracks in the public spaces, suitable for jogging and Nordic Walking, becoming more and more popular amongst the inhabitants, and to utilise the same in cooperation with the various sports associations.
<b>Link to other projects</b>	Creating a sports map for the District Horizontal cooperation within the Local Municipality Cooperation between the Public Services Provider Company and the various sports associations
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	The Budapest Metropolitan Municipality, the various sports associations
<b>Financing</b>	District XIII budget, sponsorship, tenders
<b>Proposed implementation</b>	Years 2018 to 2023
<b>Indicators</b>	The total length of the running tracks created, the total number of running related events held, and the total number of participants

<b>Project title:</b>	<b>The creation of extreme sports fields for the youth</b>
<b>Objective</b>	Creating attractive and safe sports fields for the teenagers and young adults, in specific locations, where the general population is not disturbed by their use.
<b>Project description</b>	To find suitable locations in the public spaces, and areas used by the public, within District XIII, suitable for the creation of extreme sports fields. Designing the fields via an active involvement of future users. Skateboard, roller, BMX, parkour, hard body hang, etc.
<b>Link to other projects</b>	Sports map Cooperation with the various sports associations
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	Cycling associations and organisations
<b>Financing</b>	District XIII budget, Budapest Metropolitan Municipality budget, tenders
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of organisations involved in the cooperation The total number of extreme sports fields created, total number of users

<b>Project name:</b>	<b>The creation of an ice skating rink</b>
<b>Objective</b>	Creating a temporary ice skating rink during the Winter months.
<b>Project description</b>	Creating a temporary ice skating rink open to the public, in order to increase the number of recreational activities available during the Winter months, in the public spaces.
<b>Link to other projects</b>	Sports map
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	
<b>Financing</b>	District XIII budget
<b>Proposed implementation</b>	2019 to 2020
<b>Indicators</b>	The total size of the ice skating rink created, and total number of users

**To enlarge the number and range of programs, events, and services promoting sports and healthy lifestyle**

<b>Project title:</b>	<b>Free-of-charge training sessions held in the public parks</b>
<b>Objective</b>	To employ professional trainers in the public parks within the District, to design professional training programs for the public
<b>Project description</b>	<p>Of all the fitness parks operated in the District, in 5 different locations, during the Spring and Summer months, in every two weeks, a fitness trainer will assist the users to put together a fitness program suitable for the users' particular age group, health condition, overall sports objectives, and the intensity of the form of training selected.</p> <p>The trainers will present the proper use of the outdoor fitness machines located in the fitness parks, to ensure that users use the same safely and efficiently. Following the promotional period, the trainers will provide free-of-charge consultation services based on pre-booked appointments, to the District membership card holders.</p> <p>The fitness classes will be marked on the District's interactive sports map.</p>
<b>Link to other projects</b>	<p>Using the District membership card for sports activities</p> <p>Creating a District sports map</p> <p>Application, to search for playmates</p> <p>Utilising volunteer work</p>
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	The various sports associations, volunteers
<b>Financing</b>	District XIII budget , tenders, volunteers' contribution
<b>Proposed implementation</b>	2019 to 2020
<b>Indicators</b>	<p>The total number of trainers involved</p> <p>The total number of classes held, the total number of participants</p>

<b>Project title:</b>	<b>Sports activities for dog owners (doggie boot camp, dog owner yoga classes)</b>
<b>Objective</b>	To create an active program with a novelty factor for dog owners, with the involvement of their dogs
<b>Project description</b>	To organise group classes in the public parks, managed by professional trainers
<b>Link to other projects</b>	Sports map, free-of-charge training programs held in the public parks
<b>Coordinator</b>	EB OVO dog owner's association
<b>Partners</b>	13th District Public Services Plc. – Public Spaces Division, the various sports associations, volunteers
<b>Financing</b>	tenders, volunteers' contribution
<b>Proposed implementation</b>	Years 2019 to 2020
<b>Indicators</b>	The total number of classes held, the total number of participants

<b>Project title:</b>	<b>The involvement of famous sportsmen, for the promotion of sports activities</b>
<b>Objective</b>	Popularising sports activities within the general public
<b>Project description</b>	To request famous sportsmen to help popularise their own field of sports, to create a desire in the population to pursue sports activities, and to increase the total number of youngsters involved in professional sports education
<b>Link to other projects</b>	“Fit district” program series
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Famous sportsmen, various sports associations
<b>Financing</b>	District XIII budget, volunteering
<b>Proposed implementation</b>	Years 2019 to 2020
<b>Indicators</b>	The total number of sportsmen involved, total number of school visits made, total number of participating students

<b>Project title:</b>	<b>Active playgrounds program series</b>
<b>Objective</b>	To create various programs at the playgrounds during the Summer school holiday for children and their parents, to ensure an enjoyable time spent at the playground
<b>Project description</b>	To organise various programs in 6 playgrounds of the District during the Summer months, in each 2 weeks, led by professional facilitators (physical exercises, handcraft workshops, board games, etc.)
<b>Link to other projects</b>	Sports map
<b>Coordinator</b>	District XIII Municipality - Department of Social Affairs
<b>Partners</b>	Volunteers
<b>Financing</b>	District XIII budget, volunteering
<b>Proposed implementation</b>	2018 to 2023
<b>Indicators</b>	The total number of programs held, the total number of participants

<b>Project title:</b>	<b>Organising fitness sessions in the public parks</b>
<b>Objective</b>	To organise free-of-charge sports programs (fitness classes) in the public parks, during the Spring and Summer months.
<b>Project description</b>	To organise sports sessions in the public parks, with the involvement of popular trainers and sportsmen, during the Spring and Summer months. Sports activities provided at a level suitable for any average inhabitant, with music, and drinking water provided.
<b>Link to other projects</b>	Sports map, District membership card

<b>Coordinator</b>	District XIII Local Municipality - Department of Social Affairs
<b>Partners</b>	Fitness trainers
<b>Financing</b>	The Local Municipality's own resources
<b>Proposed implementation</b>	2018 to 2023
<b>Indicators</b>	The total number of events held, total number of participants

<b>Project title:</b>	<b>Greenspace guardian programme</b>
<b>Objective</b>	Supporting an active lifestyle by the inhabitants, by providing support to the gardening works to be done in the front gardens of condominiums.
<b>Project description</b>	This is a tender, which has been on-going for 16 years, as part of which a group of inhabitants may volunteer to take care of small gardens in the public areas, and pursue the necessary gardening tasks with the Local Municipality's support.
<b>Link to other projects</b>	Volunteering
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	Condominiums, housing associations, volunteers
<b>Financing</b>	District XIII budget, volunteering
<b>Implementation period</b>	2018 to 2023
<b>Indicators</b>	The total size of the area taken care of, the total number of participants

<b>Project title:</b>	<b>Meridian gymnastics with the Angyalöldért Association</b>
<b>Objective</b>	Special gymnastics for seniors, for health preservation purposes
<b>Project description</b>	<p>This training program comprises special exercises set by Dr. Ajándok Eőry, based on ancient Chinese practices, and is regularly practiced by the inhabitants of the District, mainly by elderly citizens.</p> <p>The qualified trainers help the participants to increase their Chi flow, via stimulating the 3 most critical meridian points of the human body. The slogan set for the program is "Live for a 100 years, and stay in good health".</p> <p>The training program is held in the District XIII Civil Organisations' House's main hall, in the period between September to June, while during the months of July and August it is held in Szent István park, once per week. The participants are typically women in the age group of 50 to 90. The participation is free-of-charge.</p>
<b>Link to other projects</b>	Participants can learn about the cultural, health and social matters related programs organised by the Angyalöldért Association, and a lot of them become a member of the Association, and participate in such events. As a member of the Angyalöldért Association, participants can also join the Club of Osteoporosis Sufferers, and can attend health related lectures in the Medi-Club, where various health checks are also available.

<b>Coordinator</b>	Angyalföldért Association
<b>Partners</b>	Club of Osteoporosis Sufferers, District XIII Local Municipality
<b>Financing</b>	The Association’s own resources, volunteers
<b>Proposed implementation</b>	2018 to 2023
<b>Indicators</b>	The total number of events held, total number of attendants

<b>Project title:</b>	<b>Public space yoga and training program</b>
<b>Objective</b>	The popularisation and teaching of various programs, like the yoga club titled “From routine to adventure, from adventure to routine”, body weight training, the Dao in Chinese backbone exercises, and breathing exercises.
<b>Project description</b>	<p>An introduction to the medicinal and health preservation properties of yoga exercises, and popularising yoga to the District’s inhabitants.</p> <p>This long term project is meant to create an opportunity for the District’s inhabitants, and people working in the District, in the age group of 25 to 45, to use the urban environment and work environment in an innovative way, whom do not have the time, or the opportunity to do regular exercises and to lead a conscious lifestyle, with their level of daily tasks and work duties, however, would like to do so.</p> <p>The steps included:</p> <ul style="list-style-type: none"> <li>• A “pop up” event held at a public space - a ONE OFF event to popularise the program.</li> <li>• creating an informational background, and operating the same, to supply information about the event objectives, background, importance, and the on-going operations - INFORMATION SUPPLY</li> <li>• supplying a suitable location to ensure that the special experience can be repeated on a daily/weekly basis - REGULAR PHYSICAL PRACTICE</li> <li>• learning how to build the special experience into the participants’ daily routine - INFORMATION SUPPLY, REGULAR THEORETICAL PRACTICE</li> <li>• SELF-ORGANIZATION - creating new “pop up” events, at the participants’ own initiative</li> </ul> <p>The total project term is 2 times 4 seasons, i.e. 2 years. Changes can be expected within such time period, the earliest, for any new member joining the program.</p>
<b>Link to other projects</b>	Volunteering Sports map Application, to search for playmates
<b>Coordination</b>	Forrójóga Stúdió
<b>Partners</b>	13th District Public Services Plc., volunteers
<b>Financing</b>	Sponsorship, tenders
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of events held under the program, total number of participants

<b>Project title:</b>	<b>Creating a sports map</b>
<b>Objective</b>	To support active lifestyle by proper information supply.
<b>Project description</b>	<p>Marking all <b>facilities and locations</b> within the District, which facilitate an active lifestyle, on an interactive summary map.</p> <ul style="list-style-type: none"> <li>• playgrounds, by age group</li> <li>• parks</li> <li>• fitness parks</li> <li>• gyms</li> <li>• sports associations (and their various sites)</li> <li>• soccer, basketball, handball and other sports fields, skateboarding tracks, etc.</li> <li>• running tracks</li> <li>• bicycle roads</li> <li>• dog runs</li> <li>• hiking trails (with recreation parks)</li> <li>• swimming pools</li> <li>• etc.</li> </ul> <p>The map would indicate both permanent establishments, and <b>special events</b> held. (Special events organised by the Skult13 division, any other events organised by other civil organisations, etc.).</p>
<b>Link to other projects</b>	<p>Using the District membership card for sports activities                      Free-of-charge training sessions held in the public parks                      An Application, to search for playmates                      Népsziget - sports island                      Sports activities by river Danube, and on the Danube banks                      Can be linked to any other projects</p>
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Various sports associations, any inhabitants organising events
<b>Financing</b>	The District’s own resources
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of locations indicated on the map, the total number of events held, the total number of visitors to the website

**Cooperation and partnership, and supplying proper information to facilitate an active lifestyle, and strengthening the local communities**

<b>Project title:</b>	<b>A new Application, to search for playmates</b>
<b>Objective</b>	An Application launched for the purposes of advertising the various sports and recreational programs organised by the Local Municipality, and by the inhabitants, within the District’s public spaces, and facilitating applications to the same
<b>Project description</b>	Creating a mobile Application, to list all public park areas, and recreational areas (playgrounds, ball game courts, fitness areas). The Application would enable the Local Municipality and the users to advertise the various events held in the public spaces, such as fitness classes, yoga classes, or if someone would like to play soccer, or ping-pong. The entries will list the program location, date, the potential number of participants, and the fees charged, if any. All other users can register to the events. Following the events held, the program promoter is requested to provide feedback about the number of participants, and to upload photos. The Application is meant to facilitate the sharing of information related to public space sports activities, volunteering, and self-organization, as well as the monitoring of public park use.
<b>Link to other projects</b>	Free-of-charge training sessions provided in the public spaces Volunteering Sports map
<b>Coordinator</b>	13th District Public Services Plc. – Public Spaces Division
<b>Partners</b>	Various sports associations, inhabitants organising programs, District inhabitants
<b>Financing</b>	District XIII budget,
<b>Proposed implementation</b>	2018-2023
<b>Indicators</b>	The total number of Application downloads, the total number of events registered by the Application, and the total number of participants

<b>Project title:</b>	<b>Cooperation between the Local Municipality and the various sports associations</b>
<b>Objective</b>	Improving two-way communication and cooperation, to promote the various sports activities offered by the various sports associations
<b>Project description</b>	Ensuring an on-going communication within the various Local Municipality units and with the sports associations working in the District, for the purposes of making recreational sports activities more popular. Involving the various sports associations into the Local Municipality’s special events. To promote the local sports associations amongst the general population.
<b>Link to other projects</b>	Interactive sports map Volunteering

<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Various sports associations
<b>Financing</b>	District XIII budget, the sports associations’ own resources, tenders
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of sports associations participating in the cooperation, the total number of sports association events advertised

<b>Project title:</b>	<b>Tender for children “My sports activities in District XIII” or “It’s cool to do sports”</b>
<b>Objective</b>	To popularise sports activities amongst the teenagers
<b>Project description</b>	To announce a public tender for teenagers, for the submission of video footages showing them doing various sports activities. The makers of the most spectacular videos or the best ideas presented would be awarded by the Local Municipality and/or by various sports equipment distributors. The videos can be uploaded to the Local Municipality’s website, or to various social media sites, and could serve as an inspiration for other teenagers to pursue an active lifestyle.
<b>Link to other projects</b>	Involving business entities into popularising the various sports activities
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Sports equipment makers, schools
<b>Financing</b>	Sponsorship, Local Municipality subsidies
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of sponsors involved in the tender, the total number of videos uploaded

<b>Project title:</b>	<b>The involvement of business entities to popularise active lifestyle</b>
<b>Objective</b>	To provide external subsidies for the purposes of holding various sports events in public spaces, to provide specific programs promoting a healthy lifestyle for the various companies operating in the District
<b>Project description</b>	The program would cover two areas of activities: <ol style="list-style-type: none"> <li>1. In connection with the CRS programs run by the various companies operating in the District, to create an opportunity for companies to sponsor various programs, events and CAPEX programs, carried out for the purposes of popularising an active lifestyle.</li> <li>2. Involvement in organising various events held in the public spaces, promoting a healthy lifestyle, for the employees of the various companies operating in the District.</li> </ol>
<b>Link to other projects</b>	All programs and projects.
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Business entities operating in the District

<b>Financing</b>	Sponsorship
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of sponsored events, the total number of participants on the sponsored events

<b>Project title:</b>	<b>Utilising volunteers for the sports programs</b>
<b>Objective</b>	To popularise volunteering in relation to the various sports events held in the District
<b>Project description</b>	During all sports programs and special events held in the public spaces, it helps to popularise the specific program, and reduces the costs attached, if volunteers are used. The various opportunities for volunteering must be properly advertised, and the inhabitants must be motivated to apply to be volunteers.
<b>Link to other projects</b>	All special events held with the purposes of popularising sports activities
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	Various sports associations, inhabitants organising programs, District inhabitants
<b>Financing</b>	Volunteering
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	The total number of programs held with the involvement of volunteers, the total number of volunteers

<b>Project title:</b>	<b>Partnership card project to promote an active lifestyle</b>
<b>Objective</b>	To enlarge the number of opportunities offered for the use of the District membership card, in relation to an active lifestyle
<b>Project description</b>	To facilitate the use of the District membership card for all programs related to an active lifestyle, to ensure that the programs offer discounts to District inhabitants, and in order to be able to monitor the projects, in a documented way.
<b>Link to other projects</b>	All projects
<b>Coordinator</b>	13th District Public Services Plc. – Sport&Culture Division
<b>Partners</b>	
<b>Financing</b>	District XIII budget,
<b>Proposed implementation</b>	2019 to 2023
<b>Indicators</b>	Total number of people registering with the use of the partnership card to the special events held