PRISMA CENTRE FOR DEVELOPMENT STUDIES & THE CITY OF ATHENS

Action Plan - Athens

Involve decision-makers and the civil society in joint planning of open space improvements
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Introduction

The present PREHealth Action Plan for Athens was prepared within the framework of the Erasmus+ project PREHealth: Promoting education and jobs to enhance the use of urban blue and green infrastructure for health and fitness, and forms part of a project output also including the Action Plans for Darmstadt (Germany) and Győr (Hungary). The Action Plan for Athens has two main objectives; firstly, to organise and facilitate the involvement of decision makers and the civil society in Athens in the joint-design of a Health and Fitness Itinerary in Athens together with the project partners (i.e. PRISMA Centre for Development Studies and the City of Athens) and the planning of the necessary interventions in the physical space, and secondly in launching a campaign to raise awareness among the citizens and visitors of Athens in relation to the opportunities offered through the city’s green infrastructure and open spaces for physical exercise and the promotion of their health and wellbeing in their everyday lives through adopting a healthier, more active lifestyle. This document is therefore structured in 2 Parts:

Part I (Actions for Implementation) focuses on the activities designed and implemented for involving the local decision makers and members of the civil society in a joint-designing process for developing a Health and Fitness Itinerary in Athens.

Part II (Campaign plan) focuses on the activities integrated within the awareness raising campaign implemented in Athens within the project’s lifetime as well as the plans for future exploitation of the project outputs in the city and further steps for education and awareness raising regarding the active use of open spaces for promoting the health and wellbeing of Athenians and visitors of the city.
Part I: Actions for implementation

Embark in discussion and joint design between the research partners, the local government and the relevant associate partners

The objective was to involve the City Councils of the participating cities, the civil society and other relevant organisations in joint planning of open space interventions, resulting in a programme of actions aimed to enhance the sustainability of selected open spaces in the city as resources offering a wide range of opportunities for health and fitness improvement.

As a concrete step, a Task Force was set up, including the research partner (PRISMA Centre for Development Studies) and the local government (the City of Athens), as well as relevant associate partners from the city. The main task was to create the health and fitness itinerary (HFI), a continuous route in the city including a small number stops connecting a network of urban green infrastructure and open spaces, providing the spatial context for the pilot phase and game design, adopting the PREHealth concept model and devised AR tools for application in secondary education. Furthermore, the role of the Task Force also included supporting the activities of the project, offering advice, and assisting the partners with launching the awareness raising campaign.

Setting up the Task Force

Early on in the project, the project partners in Athens (PRISMA in cooperation with the City of Athens) approached stakeholder organisations in Athens, active in the fields of urban design, active transport and public health, setting up a project task force and enlisting their cooperation and support in the project activities (i.e. survey amongst users of selected green spaces, design of the health and fitness itinerary and launching the campaign of awareness raising, as well as pilot-testing the project educational tools with secondary school students).

The project partners in Greece convened 6 Task Force meetings, bringing together different departments of the municipality as well as civil society organisations that are active in Athens in the fields of sustainability, the environment and active lifestyle (active transport and recreation) who have expressed willingness to assist and promote the activities of the project. The aim of these meetings was to coordinate their assistance in the implementation of the project activities, prepare a plan promoting and disseminating the project results and providing assistance to the project partners to prepare the Action Plan for Athens. The key stakeholders making up the Greek task force are:

- City of Athens Departments and organisations:
  - Department of City Planning and the Urban Environment
  - Department of Road construction, Waste water and Public Spaces
  - Department of Greenery and Urban Fauna
  - Organisation for Culture, Sports and Youth of the City of Athens (OPANDA)
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Urban Blue and Green Infrastructure for Health and Fitness

- Department of Civil Society and Innovation – Synathina platform
- Department of Operational Planning and IT
- Department of International cooperations and Public relations
- Open Schools initiative

- PRISMA Centre for Development Studies
- Civil society organisations active in Athens in the fields of urban green infrastructure, physical exercise, active transport and awareness raising:
  - WWF Hellas, Green spaces project – The Greek branch of WWF http://www.greenspaces.gr/
  - Wake up street – An initiative promoting health and physical exercise using the urban infrastructure in Athens http://wakeupstreet.gr/
  - Alternative Tours of Athens - a collective of architects, photographers, artists, historians and sociologists who organize open, educational, informative and entertaining tours in Athens
  - Nature-friends Greece – NGO for the protection and promotion of green spaces
  - Cities for Cycling – NGO promoting cycling as an effective alternative for urban transport, also publishing the mbike Greece magazine
  - Be the miracle – a volunteer organisation for the support of families and children, through initiatives in the fields of education, sports etc.

All the above organisations have contributed to the design of the health and fitness itinerary (HFI), the promotion of project activities in Athens through their respective dissemination channels, the joint planning of open space improvements, participating with their representatives in the task force to support the activities of the project, offer advice, assist in running the awareness raising campaign and contributing to the evaluation of project results.

Operation of the Task Force

The Task Force is operating through a mailing list and personal meetings organised by the project partners. These meetings took place when necessary, depending on the project phases, related to different project milestones.

The task force meetings that took place are presented below:

- On 26 April 2017 a 2 hour meeting took place at the premises of the Healthy Cities Office of the City of Athens, with the participation of Mrs Melampianaki (Director of City Planning and the Urban Environment – City of Athens), Mrs Alexandri (representing the Directorate for Road construction, Waste water and Public Spaces – City of Athens), and Mr Georgakopoulos (Director for Greenery and Urban Fauna – City of Athens).
• On 16 June 2017 a 2 hour meeting took place at the premises of the Healthy Cities Office of the City of Athens, with the participation of Mr Roumeliotis (representative of OPANDA – Organisation for Culture, Sports and Youth of the City of Athens).

• On 26 June 2017 a 2 hour meeting took place at the premises of Synathina Office (an office under the City of Athens that hosts and promotes civic movements in Athens), with the participation of Mrs Zeppou (Vice Mayor for Civil Society and Innovation – City of Athens) and the Synathina team of 5 staff.

• On 13th July 2017 a 2 hour meeting took place at the premises of Synathina Office, with the participation of Mrs Zeppou (Vice Mayor for Civil Society and Innovation – City of Athens), the Synathina team of 5 staff, and the following representatives of civil society organisations active in Athens in the fields of green infrastructure, physical exercise and cycling:
  - Sofia Axonidi, WWF Hellas, Green spaces project - http://www.greenspaces.gr/
  - Orestis Pantazopoulos, Wake up street - http://wakeupstreet.gr/
  - Maria Petinaki, Alternative Tours of Athens
  - Kostas Fotinakis, Naturefriends Greece
  - Spyros Papageorgiou, Cities for Cycling, mbike Greece magazine
  - Konstantinos Pantelidis, Be the miracle

• On 12th March 2018 a 2 hour meeting took place at the premises of the Athens City Hall (Ceremony Room), where the findings of the literature review and the results of the PREHealth survey in Athens were presented, and the design of the health itinerary in Athens was discussed. Besides the project partners representatives, there were the following participants:
  - Emanuel Fragkoulopoulos (City of Athens, Department of Operational Planning and IT)
  - Sofia Axonidi, WWF Hellas
  - Mrs Melampianaki (City of Athens – Director of City Planning and the Urban Environment)
  - Mrs Chyta, Mrs Neroulidou, Mrs Kamari and Mr Paschos (City of Athens – Department of International cooperations and Public relations)

• On the 20th April 2018 a 2 hour meeting took place at the premises of the Athens City Hall (Gounaropoulos Room), where the health itinerary was finalized and the Location Based Game design was discussed. Besides the project partners representatives, there were the following participants:
  - Emanuel Fragkoulopoulos (City of Athens, Department of Operational Planning and IT)
  - Sofia Axonidi, WWF Hellas
Promoting Education and Jobs to enhance the Use of Urban Blue and Green Infrastructure for Health and Fitness

Mrs Melampianaki (City of Athens - Director of City Planning and the Urban Environment)
Mrs Doulaveri (City of Athens, Department of Greenery and Urban Fauna)
Mrs Klampatsa and Mr Kostouros, Open Schools of the City of Athens.
Mrs Chyta, Mrs Neroulidou, Mrs Kamari and Mr Paschos (City of Athens – Department of International cooperations and Public relations)

Beside the above described face-to-face meetings, project partners have kept constant contact with the task force members, through the following channels:

- Regular e-mail contacts, updating them on the pilot phase in the secondary school, the process of game development and the dissemination activities.
- Invitation to the International Conference of PREHealth in Athens, in order to contribute to the conference theme, follow up with the implementation of the pilot-testing of the PREHealth course in the Athens secondary school and see/play the Location-Based Game the students developed through the course with the view to use/promote it to the public through their own activities. Several Task Force members have joined the conference – confirming that their interest remained.

Furthermore, members of the task force have also taken part on future parts of the project. In Athens, the members of the Task Force were officials of the City of Athens, professionals and academics active in the fields of urban design, health and physical activity, sustainability and active transport. The City of Athens have actively participated in the process, not only offering the meeting venues, but also taking part in the organisation, invitation and discussions. As a conclusion, we consider the process in Athens successful.

Task Force members are also committed to support and promote the project activities regarding the development of the location based game and the campaign to promote the active use of urban green and blue infrastructure to promote health and wellbeing, using their available communication and networking channels.

**Design the Health Itinerary**

The health and fitness itinerary (HFI) refers to the network of selected open spaces in each of the participating cities, offering the designated physical space for encouraging the citizens and visitors to take up opportunities for physical exercise and fitness motivating them to adopt a healthier lifestyle and actively engaging them into the design of green and blue infrastructure, as well as for designing the location based game (LBG) created in the framework of the course implementation in secondary education. In order to design the health itinerary, several common criteria were specified, which were later adopted in each city during the designing process.

In Athens, the health and fitness itinerary was designed following a set of core principles/criteria:

www.prehealth.eu
• Accessibility: The itinerary route and stops should be accessible to the public and should have good connections with public transport (Metro stations, bus routes etc.)

• Suitability: The HFI should offer opportunities in order to promote health in the form of physical activities, active travel, active recreation and/or social interaction. The HFI should also be suitable for developing a Location Based Game and implementing the pilot phase/playtesting, by including a number of landmarks and areas of interest.

• Central location: In order to reach a wider audience, the itinerary should include attractive/central spaces that the residents and visitors of Athens use already either for recreation (green spaces) or their daily transport.

• Connectivity: The HFI should connect green spaces with walking/cycling networks and other open spaces (e.g. archaeological sites) in Athens, bringing together some the capital’s major green infrastructure and it’s world-famous historical landmarks.

• Safety: The HFI should include places where the users are safe from traffic and contradicting/incompatible uses.

• Duration: The HFI should be walkable within maximum 1 hour. However, it should offer a potential for extension in the future, to include connections with more open spaces in Athens.

• Flexibility: The HFI should include spaces along the route and stops that can offer a variety of infrastructure and opportunities that can accommodate a wide range of users (i.e. the elderly, children, youth, active and less active users etc.).

• Knowledge of special characteristics and users’ needs: The HFI should include green spaces included in the users’ survey conducted under Output 2 of the project and literature review conducted under Output 1, therefore feeding the findings into the design process.

Based on the above principles, a first draft of the HFI and the potential use of AR tools was prepared by PRISMA and presented to the task force. The HFI was then finalized following discussion and feedback from members of the task force. It is 2,5 km long, and can potentially be extended on both ways to reach approximately 6 km. The HFI is located in central Athens, in an area popular for both Athenians and visitors. It starts from the Theseon area (Theseon Metro station) and stretches through a wide pedestrian way (15 metres wide) south at the foot of the hill of Filopappos (a branch of the itinerary leads onto the green space of the hill) and then east at the foot of the hill of Acropolis to reach the archaeological site of the temple of Olympian Zeus. From there, the HFI is directed north through a wide pavement and enters the National garden of Greece.

The Athens HFI, although it did not include infrastructure specifically dedicated to fitness and sports (i.e. open gyms, football fields, basketball or tennis courts etc.), fulfills all the principles set above and offers many opportunities for moderate and intense physical exercise, active travel, active recreation and social interaction. It connects major green spaces of the Greek capital (National Garden, Filopappos hill) and unique open spaces at the heart of the historical centre, adjacent to major landmarks (wide pedestrian ways of Apostolou Pavlou and Dionysiou Areopagitou at the foot of the Acropolis). Besides walking and jogging or running, the Athens HFI offers opportunities for cycling, active recreation activities in spaces
such as the playground in the National Garden or other spaces on Filopappos hill, and opportunities for social interaction in the numerous plazas and sitting facilities available.

During the pilot-testing implementation of the PREHealth course in secondary education and the Location-Based Game design process, the piloting students decided to use the central part of the health and fitness itinerary, for several reasons:

- Located in the heart of the historical centre of Athens, it is an area well-known and visited before by the students, although not as a single itinerary.
- This central part of the HFI includes a great number of landmarks and historical areas, often connected to the city's modern and ancient sports heritage. They provide first class opportunities for including in the scenario of a Location-Based Game, thus adding to the gaming experience and the educational objectives.
- This central part of the city is by far the mostly visited area (both by citizens and by tourists), therefore ensuring a wide reach to potential users/players.

Interventions along the health itinerary

During the task force meetings and the design of the health itinerary, a list of small scale interventions was drafted. These interventions refer to actions promoting and facilitating the use of the HFI by the citizens and visitors of Athens, and are included in an action plan to be integrated in the municipal programme and implemented by the City of Athens within a four-year period (2018-2022). It is important to stress that the proposed interventions are small scale and discrete, with respect to the identity of the areas of the Health and Fitness Itinerary as areas of great historical and archaeological importance (i.e. the walkway at Zappeion mansion, the National Gardens, the pedestrian way at the foot of the hill of Acropolis, the Philopappou hill and the Pnyx).

The interventions listed, following the discussion with members of the task force and City of Athens officials, are as follows:

- Infrastructure for free WiFi along the HFI. Offering free WiFi access along the HFI is crucial in order to facilitate and encourage the use of the AR tools proposed, i.e. the LBG platform TaleBlazer and Siftr. This can be achieved by setting up WiFi beacons along the route of the itinerary. The project partners in Greece are in search of sponsors, e.g. mobile network companies in Greece that would agree to support the project by setting up the necessary infrastructure, in cooperation with the City of Athens.

- Marking signs providing directions and information on the length of the itinerary and suggestions for activities. A small number of information signs will be placed at key points along the itinerary, marking the route and providing links to the “Athens health and fitness” Siftr enabling citizens and visitors to propose improvements to the open spaces and green infrastructure of the HFI as well as spot opportunities for activities promoting health and wellbeing, and to the LBG developed in the framework of the project.
• Drinking water fountains along the itinerary. The availability of drinking water was one of the most popular needs of users of open spaces according to the open spaces survey conducted in the project’s framework. Drinking water is essential to the citizens and visitors who engage in physical exercise, active transport and active recreation, and also offers an important relief to users of open spaces especially in the hot summer months. Additionally, placing drinking water fountains along the HFI is in line with the City of Athens’ policies for improving citizens health (Athens Resilience Strategy) and against the use of plastic water bottles.

• Outdoor gym(s) located on specific locations along the HFI. Although setting up an outdoor gym on specific locations (maximum 2) of the HFI is not considered a simple intervention and requires a process of planning, design and securing the necessary funding, it would introduce a new activity along a very popular itinerary for locals and visitors, and encourage physical exercise, greatly complementing the HFI proposed.

• Regenerating selected parts of the paving in pedestrian ways along the HFI in order to create softer earthen surfaces for users to walk or run, instead of hard surfaces like concrete or stone. This intervention would make selected lanes of the pedestrian ways friendlier to joggers and runners, encouraging their use for promoting exercise and fitness.

By the end of the project (July 2019), an outdoor gym has been built in the Pagrati park, located at the beginning of the Athens PREHealth Health and Fitness Itinerary (see photos below). The outdoor gym is equipped with various modern fitness instruments, using the body weight to exercise different parts of the body, and is very popular amongst the park users of every age group. Each instrument offers easy to follow instructions for its proper use. This outdoor gym was the first to be built in the area of the City of Athens; its warm welcome by the local citizens has inspired the municipality to proceed with planning the construction of more outdoor gyms in parks and open spaces of the capital.
Another proposed intervention was implemented in June 2019, with the regeneration of a selected part of a pedestrian way included in the Athens Health and Fitness Itinerary (the Apostolou Pavlou pedestrian way), removing the hard stone and concrete paving in part of the pedestrian way and substituting it with softer, stabilised earthen paving, encouraging joggers and runners to use that part of the pedestrian way in order to minimise the impact to their feet and avoid injuries.

In addition, in August 2018 a pilot project implemented through the cooperation of the City of Athens, EYDAP (the water agency for Athens) and the NGO MEDSOS, led to the construction of 3 drinking water fountains in the centre of Athens (see photo below). The pilot project was successful and was received with very positive feedback by the local citizens, businesses and visitors. The City of Athens is therefore planning to expand the network of drinking water fountains in other areas of the historical centre, giving priority to the areas of the Health and Fitness Itinerary.
The pilot project included the construction of 3 drinking water fountains.

Finally, the PREHealth International Conference organised in Athens by the City of Athens (June 2019) managed to attract the active citizens of Athens as well as key persons in local government and stakeholder organisations, disseminating the project outputs and promoting the use of the Health and Fitness Itinerary, also sparking up the discussion among the participants regarding the promotion of health and wellbeing for citizens through taking up the opportunities offered by the existing urban green infrastructure and the features of modern AR tools (see detailed description later).
Part II: Campaign plan

Raising awareness among citizens for their health and well-being resulting from active use of open spaces

The campaign in the frame of the PREHealth project aims to raise awareness among the citizens regarding the benefits for their health and wellbeing resulting from the active use of green infrastructure and open spaces in the city and the opportunities for physical activity, active transport and active recreation provided in them. The campaign promotes the project and its results and includes presentations and demonstrations of the learning and awareness-raising tools (LBG) in open public spaces.

There are several categories/elements of the campaign:

- Setting up the Task Force in Athens, organising meetings and sharing information with the stakeholder organisations included
- Deploying volunteers, who assist in different phases of the project activities
- Demonstration events for the public and local stakeholders (international conference in Athens, dissemination and promotion through articles in the press, websites and the social media, etc.)
- Dissemination of the pilot results and the location-based game (playtesting the LBG, press, social media etc.)
- Future exploitation strategy (integrating the project outputs into the city programme and continuing the project’s legacy).

In the following parts of this report, these stages of the campaign are presented and described.

Task Force-related activities

The initial stage of the campaign was focusing on the first efforts to familiarize the public with the project and its objectives. It was considered as an introductory part of a wider dissemination. By setting up the Task Force, the aims of the project were made clear to those participants/stakeholders in the city, who are interested in the concept and the implementation, and who can support the activities later. The Task Force was the starting point of dissemination – as they can share the information with the members of their organisation. During the Task Force meetings, several PREHealth materials/results were shared (and discussed) like the National Report of IO1, the National and Synthesis Reports regarding the survey of IO2, the experiences of the pilot phase, and the LBG). During the task force meetings, the project partners held different presentations, focusing on the progress of the project.

The Greek task force was set up as described above. Setting up the task force included face to face meetings and interviews with representatives of civil society organisations, policy makers and planners at the City of Athens, as well as volunteers taking part in the onsite survey of O2.
Besides the stakeholder organisations contacted through the setting up of the task force, there have been contacts of both the project partners in Greece with secondary education officials of the City of Athens in order to prepare the approach to the specific target group for Greece, i.e. secondary school students. Contacts were made through e-mails and a face-to-face meetings with representatives of the Open Schools programme of the City of Athens, in an effort to plan the pilot-testing foreseen to commence on September 2018. There was an effort to pilot-test the project methodology during the summer (earlier than foreseen in the project timetable), through the Open Schools programme run by the City of Athens. However, although the course programme was prepared and promoted through the municipality’s online media (i.e. website of the Open Schools programme and City of Athens Facebook site), the event was cancelled due to the small number of registrations; this was due to the fact that the Open School programme mainly addresses younger students of primary school age and was not able to attract secondary school students in the summer period (July 2018).

Deploying volunteers

Deploying volunteers in Athens was necessary during the survey activities of IO2. PRISMA Centre for Development Studies coordinated the onsite survey in Athens, with assistance from a dedicated group of 10 volunteers recruited with the cooperation of WWF Hellas and the City of Athens. The survey took place on 3 open spaces of Athens - the Pagrati Park (a local neighbourhood park), the National Garden (next to the Greek parliament) and the Goudi Park (a park located at the NE borders of the city including a number of sports facilities) - during weekdays (morning and afternoon) and on a Saturday (morning and afternoon). In total there were 8 visits, and there were 199 interviews with the green spaces’ users. The volunteers, recruited in cooperation with WWF Hellas (member of the Task Force) and the City of Athens, were trained in the survey methodology, and assisted in implementing the onsite survey as interviewers. In their majority students in Environmental Studies, the volunteers expressed their interest in the project theme and objectives, and pledged their support in future project activities. Their contribution in implementing the project activities related to the survey of open spaces is acknowledged, and their dedication noted. The signed list of volunteers is presented in Annex 1.

Involving volunteers in the process was not only important to accomplish a necessary task (like the face-to-face questionnaire survey), but also cultivating a stronger involvement of the participants.
Demonstration events for the public: online dissemination and the PREHealth International Conference in Athens

PRISMA Centre for Development Studies together with the City of Athens have made several efforts for dissemination during the initial stage of the campaign, to present the project to the public, and in order to encourage local stakeholder organisations active in the field of urban design, management of urban green and blue infrastructure in Athens, active recreation and transport, education and citizens’ health to participate in the task force set up. An additional objective of the initial stage of the campaign was to recruit volunteers who would engage in the survey of open space users, and to encourage the citizens to take part in the open-space survey. The main dissemination efforts at this initial stage can be summarised as follows:

- Announcement of the project on the website of the City of Athens (www.cityofathens.gr) and PRISMA (www.prismanet.gr)
- Dissemination of information about the project’s objectives and expected outputs to the staff of the City of Athens through internal communication channels
- Dissemination of information about the project’s objectives and expected outputs from the stakeholder organisations participating in the Athens PREHealth Task Force through their respective channels (website, newsletters, social media)
- Banners (see below) linking to information regarding the planned project activities and especially the online survey on open spaces of Athens placed on the City of Athens website and the websites of municipal organisations and the stakeholder organisations participating in the task force:
Presenting the project as well as its main objectives and outputs to the citizens who participated in the face-to-face survey (199 persons).

The project was also disseminated to secondary schools of Athens (teachers as well as students) through the Open Schools programme of the City of Athens. The schools were invited to declare their interest in pilot-testing the PREHealth course for secondary education. The Experimental Lyceum of Agioi Anargyroi was selected and pilot-tested the course with a group of 12 students in the framework of the school's Club for Creativity and Excellence named "Simply.. life lessons" in the topic of health. The project and its main objectives and outputs were disseminated to the school community (teachers and students).

Finally, the PREHealth International Conference in Athens served as a strong dissemination event, involving key participants and followers in the fields of secondary education, urban planning, urban design and management of open spaces, the local government, academics and researchers, as well as active citizens. The Conference, organised by the City of Athens, took place in the City of Athens Cultural Centre on the 20th June 2019 and managed to attract 141 participants. The Conference presented the project results and activities in all four project cities (Athens, Darmstadt, Gyor and Utrecht), the results of the pilot-testing of the PREHealth course for secondary education including the Location-Based Game developed by the students, and discussed related themes like the evaluation of the impact the use of green and blue urban infrastructure may have on the health and wellbeing of citizens, and the role of green and blue infrastructure in promoting a healthier, more active lifestyle, and mitigating the impacts of climate change.

The invitation to the Conference is presented in Annex 2, and the Conference programme is presented in Annex 3, in English and in Greek.

Below you can see photos of the Conference.
Dissemination of the pilot results and the location-based game

The pilot-testing of the PREHealth course for secondary education, including the development of a Location-Based Game by the participating students, was completed in June 2019 and presented in the PREHealth International Conference in Athens by the students themselves (see above). The Location-Based Game developed is entitled “Athens Health and Fitness Itinerary” and can be accessed through the TaleBlazer application for smartphones and tablets using the code “gkbngww”.

The Location-Based Game was playtested on Saturday the 6th of June 2019 with the participation of 6 students representing all 3 subgroups having contributed to the game development, their teacher (the school director) and 2 of the experts/facilitators who supported the students throughout the course. The session took place on the actual game itinerary and lasted 3 hours in the afternoon to make sure the temperature is not at it’s highest in the day and it is not too hot for the participants to engage in physical exercise. The group tested the game by playing it, actually performing the game activities for physical exercise and wellbeing, and trying out alternative versions of the activities in order to maintain a moderate difficulty and make the best use of physical elements of the urban environment along the itinerary. Moreover, students identified parts of the game instructions and interactions with the game characters they needed to adapt to the physical location or make clearer for the players.
The group gathered at the game starting point, outside the Panathenian Stadium (the stadium that hosted the first modern Olympic Games in Athens, in 1896).

After loading the game on the group’s smartphones, the game commences.
Playing “Relay race on one leg” on a pedestrian way along the Health and Fitness Itinerary
Playing “Yogalicious” in the National Garden

Preparing to play “Run for your time” around a pond in the National Garden
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Walking to the rhythm of “Listen to the music” at Philopappou Hill

A group selfie after the end of the game playtesting
The game, as well as the course evaluation results, were disseminated to the school community and all students were encouraged to play the game during their visits in the centre of Athens in their summer holidays. Moreover, the school director expressed her interest in working with the game also during the next school year, expanding it in more areas of the Athens Health and Fitness Itinerary and enriching it with more activities to be developed by students in the framework of the PREHealth course. In addition, the school has committed already to create a version of the game in English, therefore enabling the foreign visitors of the historical centre of Athens to play it, engaging in active recreation and physical exercise, while at the same time being guided along important historical monuments and landmarks, getting in touch with the history and identity of Athens.

The first screen of the game welcomes the players to Athens and urges them to follow the health and fitness route. The players can find information regarding the game (duration, itinerary, etc.) by clicking on the buttons below.
The game includes information about the character guiding the players along the route, the famous athlete of the ancient Olympics “Leonidas of Rhodes.”
By clicking on the game Map, the players can see the health and fitness itinerary, starting from the Panathenian Stadium and passing through green and open spaces of the historical centre of Athens.

The Location-Based Game is promoted by the City of Athens, together with the Siftr created aiming in collecting citizens’ proposals for improving the open spaces included in the itinerary and suggesting new opportunities for promoting health, active transport and recreation, and overall wellbeing along the itinerary.

Finally, the school has promoted the game developed through available media (for example on the link below):

Future cooperation and exploitation

Since project partners evaluated the Task Force operation, the pilot process of adult education as well as the feedback of the designed location-based game positively, they decided to take future actions and cooperation in order to further exploit the results – even after the project finishes. The issue of future exploitation has been discussed also among the Task Force members and on the last pilot meeting, and the following ideas and plans have been raised and considered:

- **Further development of the game.** Although the game itself is already quite complex, the participants of the pilot-tested course (students and coordinating teacher – school director) expressed their will to further elaborate on it by holding a PREHealth course also in the new school year (2019-2020). The game developed can be further elaborated and expanded, by:
  - Adding new game characters that would enrich the game scenario and add to the gaming experience. These characters can be drawn from the route’s surroundings (statues, historical figures, etc.) and the city’s rich heritage in sports since the ancient times.
  - Further elaborating on the media included in the game to demonstrate activities and games promoting fitness and wellbeing (i.e. videos, audio, images), refining them and adding to the gaming experience.
  - Introducing new challenges/activities and quizzes: New challenges through original and fun activities promoting active recreation and fitness can be integrated in the game. In addition, quizzes can be added, adding a new knowledge element to the game apart from physical activities. The player already receives interesting pieces of information regarding important landmarks and historical places along the itinerary; through quizzes related to this information, the player will feel more immersed to the physical surroundings, and discover more on the identity of the places he/she visits.
  - Expand the game itinerary, or introduce new routes: The game developed covers only part of the Athens Health and Fitness Itinerary designed. Therefore, it can be easily expanded to cover the whole HFI. In addition, the school may want to introduce new routes closer to the school’s location.

- **Integrating the AR tools developed in the project into the City of Athens’ future programmes/events.** The involvement of several different departments of the City of Athens in the development of the project activities and outputs has inspired the City’s policies towards an active promotion of healthier, more active lifestyles for its citizens and visitors, as well as a more open and cooperative mentality towards local stakeholders (NGOs, the academic community, organisations of the civil society and active citizens’ groups) active in related fields. This positive change in focus and mentality can be seen in a number of interventions already implemented or programmed for the near future (as described above), and in initiatives promoting the active use of the city’s open spaces:
  - A new free sports and fitness programme, open for all, was launched in June and July 2019, in open spaces of Athens. The programme is entitled “Experience the Gardens and the Parks differently” and includes activities in 2 of the green spaces included in the Athens Health and Fitness Itinerary (the National Gardens and the Pagrati Park). Yoga, pilates, exercises for parents and children as well as functional training using the outdoor gym recently
installed in the Pagrati Park were implemented, attracting the citizens of all ages and fitness levels into the green spaces and encouraging them to exercise.

- The 3km long "HoT Walk 2019" walking tour along the pedestrian street of Dionysios Areopagitou – part of the Athens Health and Fitness Itinerary – took place on Monday, May 27, 2019. The Athens Walking Tour was open to anyone who wants to walk in the shadow of the Acropolis Sacred Rock on a
fascinating route in History and demonstrate that walking is a drug without any side effects, which can save lives. The Walk was attended by delegates from all over Europe.

- Three new playgrounds, located in the area of the HFI, have been recently offered to the younger Athenians. The new playgrounds are clearly focused on providing opportunities for exercise and active recreation

- **Invite secondary schools across Greece to integrate the PREHealth course into their educational curriculum.** Based on the positive course evaluation findings of the pilot-testing in the framework of the project, and mobilising their extensive network, the City of Athens and PRISMA will invite more secondary schools in Greece (Gymnasiums and Lyceums) to integrate the PREHealth course into their educational offer. There is interest already.

- **Promote the adopted PREHealth courses for higher education, adult learning and chronically ill children.** The adopted PREHealth courses for different target groups and in different educational frameworks have been presented in the PREHealth International Conference in Athens and attracted the interest of several key individuals in the academic community and in adult education. The project partners have therefore committed to disseminate and promote the related courses to the respective organisations.

- **The City of Athens including Siftr officially as an AR tool to promote active civic engagement.** The AR tool Siftr, integrated in the project activities as a tool facilitating civic engagement and the crowd-sourcing of information regarding the use of open spaces, problems and proposals for improvements, as well as easily mapping opportunities for physical exercise, active recreation, active transport and wellbeing, will officially be integrated into the City of Athens’ activities, monitored by the Office of Healthy Cities that will be responsible for managing the platform and analysing the citizens’ input in order to develop a more open and inclusive planning.
Annex 1
The signed list of volunteers deployed during the face-to-face survey of open spaces’ users in Athens

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<th>Όνομα/επώνυμο</th>
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<td>Χρήστος Παπουτσής</td>
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Annex 2
Invitations to the PREHealth International Conference in Athens, in English and Greek, entitled “Promoting the use of urban blue and green infrastructure for health and fitness through education and public participation”

The Municipality of Athens
Invites you to the
International Conference with theme:
“Promoting the use of urban blue and green infrastructure for health and fitness through education and public participation”
scheduled to take place at 20th of June 2019, time 9:30’
at “A. Tritsis” Hall – str. 50 Akadimias.

This conference is carried out within the framework of PREHealth project,
funded by the European Committee through the Erasmus+ programme.

Cities participating:
Darmstadt (Germany), Gyor (Hungary), Eindhoven (Netherlands)
Ο Δήμος Αθηναίων

σας προσκαλεί στο διεθνές συνέδριο

που θα πραγματοποιηθεί στις 20 Ιουνίου 2019, ώρα 9:30'

στο αμφιθέατρο "Αντώνης Τρίτσης" του Πνευματικού Κέντρου

με θέμα

Προωθώντας τη χρήση των πράσινων και γαλάζιων υποδομών της πόλης για την
ανάπτυξη της υγείας και ευεξίας μέσω της εκπαίδευσης και συμμετοχής των πολιτών

Το συνέδριο πραγματοποιείται στο πλαίσιο του έργου PREHealth,

το οποίο χρηματοδοτείται από την Ευρωπαϊκή Επιτροπή

μέσω του προγράμματος Erasmus +.

Συμμετέχουν οι πόλεις

Darmstadt (Γερμανία), Gyor (Ουγγαρία) και Eindhoven (Ολλανδία)
Annex 3
The programme of the PREHealth International conference in Athens, English and Greek versions

**PREHealth International conference programme**

9:30 – 10:00 Registrations and coffee

10:00 – 10:40 Welcome and greetings
- Greeting by the Mayor of Athens, Georgios Mproulias
- Greeting by the Vice Mayor for Social Solidarity, Welfare and Equality of the City of Athens, Maria Stratigaki
- Greeting by the Vice Mayor of Urban Green Space, Urban Wild-Life Nature, Urban Resilience and Adaptation to Climate Change of the City of Athens, Eleni Myrivili - Resilient cities: Blue and Green infrastructure

10:40 – 12:40 The PREHealth project: Promoting education and jobs to enhance the use of urban blue and green infrastructure for health and fitness
- The PREHealth project – Martin Knoell, Technical University Darmstadt
- Can we improve our health by using our cities’ open spaces? The PREHealth survey and concept, Dr. Fouli Papageorgiou, FRISMA Centre for Development Studies
- Promoting health and co-design in an urban regeneration project in Darmstadt, Marianne Häßlaub Miranda, Technical University Darmstadt
- Social inclusion of chronic ill children with a Location-Based game in Utrecht, Dr. Remco Veitkamp, University of Utrecht
- Creating a location based game through informal learning: the Health Itinerary of Győr, Dr. Irén Kukorelli, Patricia Honvári, Széchenyi István University
- The Location Based Game developed in the framework of the PREHealth project by secondary school students, Model Experimental High School of Ágii Anargyri, Athens

12:40 – 13:10 Questions and Discussion

13:10 – 13:55 Lunch

13:55 – 15:15 Promoting the use of urban green and blue infrastructure for health and fitness through education and active civic participation: initiatives and case studies
- In the neighbourhoods of Athens with the bicycle, Spyros Papageorgiou, NGO “Cities for Bicycle”
Promoting Education and Jobs to enhance the Use of Urban Blue and Green Infrastructure for Health and Fitness

- From the “informed citizen” to the “active citizen”, Involving the decision-makers and the civil society in joint planning of urban open space, Camilo Pfeffer, Technical University Darmstadt
- Evaluating urban design for physical activity & well being, Adamantia Batistatou, University of Lille
- Promoting Citizens Engagement and Awareness towards the importance of Green Infrastructure / The case of National Garden, Katerina Agorastou, Department of National Garden, Directorate of Urban Green of the City of Athens

15:15 – 15:45 Questions and Discussion

15:45 – 16:00 Coffee break

16:00 – 17:00 Promoting the use of urban green and blue infrastructure for health and fitness through education and active civic participation: Initiatives and case studies (Continued)

- Cool neighbourhoods - Cool islands in Athens, Elisavet Bargianni, Office of Resilience and Sustainability, City of Athens
- Evaluation of the regeneration of Chalandri Stream: exploring blue and green infrastructure with sustainability indicators, Natalia-Elis Christidi, Hellenic Open University, School of Science and Technology
- Athens Open Schools: A creative place for everyone with recreational, cultural, educational and sports activities, E. Chazapi, Athens Open Schools, City of Athens

17:00 – 17:45 Questions - Discussion

17:45 Closing
Πρόγραμμα Διεθνούς Συνεδρίου PREHealth

9:30 – 10:00 Εγγραφή - Καλωσόρισμα

10:00 – 10:40 Χαιρετισμοί
- Χαιρετισμός Δημάρχου Αθηνών, κ. Γεώργιος Μπρούλιας
- Χαιρετισμός Αντιδημάρχου Κοινωνικής Αλληλεγγύης, Πρόνοιας και Ισότητας, και Μαρία Στρατηγάκη
- Χαιρετισμός Αντιδημάρχου Πρασίνου Αστυκής Πανίδας, Αστυκής Ανθεκτικότητας και Προσαρμογής στην Κλιματική Αλλαγή, και Ελένη (Λενί) Μυριβήλη – Ανθ/κτικές πόλεις: Γαλαξίες και Πράσινες υποδομές

10:40 – 12:40 Το πρόγραμμα PREHealth: Προώθηση της εκπαίδευσης και των θέσεων εργασίας για την ενίσχυση της χρήσης των γειάζων και πράσινων αστυκών υποδομών για την υγεία και την άσκηση
- Το πρόγραμμα PREHealth – Martin Knoell, Technical University Darmstadt
- Μπορούμε να δηλώσουμε την υγεία μας χρησιμοποιώντας τους υπαίθριους χώρους της πόλης μας: Η έρευνα πεδίου και η θεματική πρόταση PREHealth, Φούλη Παπαγιαννίδου, PRISMA Κέντρο Αναπτυξιακών Μελετών
- Προώθηση της υγείας και συνεργασία ως προς το σεμινάριο προγράμματος αστυκής ανάπλασης στο Ντόρμασου, Marianne Haßlabauer Miranda, Technical University Darmstadt
- Κοινωνική ένταξη των παιδιών με γρίφες παθήσεις μέσω ενός χωρο-ευαισθητού παιχνιδιού στην Ουτρέχτη, Dr. Remco Veitkamp, University of Utrecht
- Διαμοιραία ενός χωρο-ευαισθητού παιχνιδιού μέσω της άτυπης μάθησης: H διαδοχή υγείας του Γεώργιου, Dr. Irén Kukorelli, Patricia Honvári, Széchenyi István University
- Το χωρο-ευαισθητό παιχνίδι, όπως αυτό διαμορφώθηκε στο πλαίσιο του προγράμματος PREHealth, από τους μαθητές του Πρότυπου Πειραματικού Σχολείου Αγίων Αναργύρων.

12:40 – 13:10 Ερωτήσεις – Συζήτηση

13:10 – 13:55 Ελαφρό Γεύμα

www.prehealth.eu
13:55 – 15:15 Προώθηση της χρήσης των πράσινων και γαλάζιων αστικών υποδομών μέσω της εκπαίδευσης και της συμμετοχής των ενεργών πολιτών: Πρωτοβουλίες και μελέτες περιπτώσεων
- Στις νεολογίες της Αθήνας με ποδήλατο. Σπύρος Παπαγεωργίου, ΜΚΟ “Πόλεις για το ποδήλατο”
- Από τους “ενεργούς πολίτες” στους “ενεργούς πολίτες”. Συμμετοχή των αρμόδιων στη λήψη αποφάσεων και της κοινωνίας των πολιτών στον από κοινού σχεδιασμό των αστικών ανοιχτών χώρων. Camilo Pfeffer, Technical University Darmstadt
- Αξιολόγηση του αστικού σχεδιασμού για τη σωματική δραστηριότητα και την ευεξία. Αδαμάντη Μπατιστάτου, University of Lille
- Προώθηση της δέσμευσης και της ευαισθητοποίησης των πολιτών για τη σπουδαιότερες των πράσινων υποδομών/ Η περίπτωση του Εθνικού Κήπου. Κατερίνα Αγοραστού, Τμήμα Εθνικού Κήπου, Διεύθυνση Πρασίνου και Αστικής Πανίδας Δήμου Αθηναίων

15:15 – 15:45 Ερωτήσεις – Συζήτηση
15:45 – 16:00 Διάλειμμα για καφέ

16:00 – 17:00 Προώθηση της χρήσης των πράσινων και γαλάζιων αστικών υποδομών μέσω της εκπαίδευσης και της συμμετοχής των ενεργών πολιτών: Πρωτοβουλίες και μελέτες περιπτώσεων (Συνέχεια)
- Δροσερές νεολογίες στην Αθήνα. Ελισάβετ Μπαρμπαρίκ, Γιάννης Ανθεκτικότητας και Βιωσιμότητας Δήμου Αθηναίων
- Αξιολόγηση της ανάπτυξης του ρέματος Χαλανδρίου. Evaluation of the regeneration of Chalantzi Stream. Διερεύνηση των γαλάζιων και πράσινων υποδομών με δείκτες βιωσιμότητας. Νατάλια – Όλγα Χριστοδή, Ελληνικό Ανοιχτό Панεπιστήμιο, Σχολή Θετικών Επιστημών & Τεχνολογίας
- Ανοιχτά Σχολεία: Athens Open Schools: Ένα δημιουργικό μέρος για όλους με ψυχαναγκές, πολιτιστικές, εκπαιδευτικές και αθλητικές δραστηριότητες. Ειρήνη Χαζάση, Ανοιχτά Σχολεία Δήμου Αθηναίων

17:00 – 17:45 Ερωτήσεις – Συζήτηση
17:45 Λήξη