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

Action Plan Germany
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This report is part of the Erasmus+ Project “Promoting education and jobs to enhance the use of urban blue and green infrastructure for health and fitness (PREHealth)” submitted in fulfilment of the Intellectual Output 4: Action Plan Germany.

The objectives of the current report are to give an overview of the tasks and actions carried during the period of the project in two main categories:

- The actions for implementation: gathering a task force, embarking discussion with different sectors about the topic, designing a Health and Fitness Itinerary and plan interventions on it.
- The campaign plan: meaning the method, tools, objectives and actions carried out for a campaign plan to raise awareness on the topic.

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Technische Universität Darmstadt
Utrecht University
PRISMA – Planning and Research Consultants
Széchenyi István University
City of Darmstadt
City of Athens
City of Győr

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Acknowledgments

The present report was produced in 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 aims at presenting the work done to involve the City Council of Darmstadt, the civil society and other relevant organizations in joint planning of open spaces interventions, resulting in a program of actions and a strategic plan (Health and Fitness Itinerary in Darmstadt Ost) aimed to enhance the sustainability of selected open spaces in the city as resources offering varied opportunities for health and fitness improvement.

We express our gratitude to the following persons of the different institutions for their time and support to the Action Plan:

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1. Introduction

This report gives an overview of the work that P1 (Technische Universität Darmstadt) and P5 (Wissenschaftsstadt Darmstadt) undertook to reach the two main objectives of the action plan of PREHealth (IO4): to involve the decision-makers and the civil society in joint planning of open spaces improvements and to launch a campaign plan to raise awareness among the citizens and the opportunities for physical activity and active recreation provided by them.

As a result, the action plan describes in a detailed manner all the actions carried along the entire period of the project (December 2017-July 2019) to achieve the two main objectives of this intellectual output: an action plan and a campaign plan.

The report is divided in two main parts. Part I (Actions for implementation) will focus on the involvement of decision-makers and the joint planning process to develop a health and fitness route within the city. Part II (Campaign plan) will present the elements of the campaign, realised within the city. The campaign focused on the active involvement of the citizens, to make them aware of the importance of public open spaces and to advertise the location-based game created and tested during the pilot phase of IO7.
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 varied opportunities for health and fitness improvement.

To reach the main objective, the PREHealth project followed the same methodology which contained the following steps:

First, setting up a task force, which means, gathering the civil society, private, public and non-profit organizations to start a dialog and take part on the process of planning of open space interventions and/or the campaign plan.

Second, designing a “Health and Fitness Itinerary” (HI) in Darmstadt in cooperation with the task force. The objective of the Fitness Itinerary is to have a final plan that shows the potentials and possible strategies to develop in order to enhance physical activity, social interaction and active recreation in open public spaces in Darmstadt.

1. Task force

The process of establishing/setting up the task force was the following:

- Establishing and widening the cooperation with the various departments within the municipality of Darmstadt (e.g. with the department of green areas)
- Building new relationships and networks with active members of civil society (e.g. local neighbours, students of TU Darmstadt), and other local institutions, through different channels (e.g. meetings, local events, academic events).

The planning of the task force started on the 2nd Steering Committee of PREHealth, held on the 25 and 26 of September 2017, where all the partners worked on the structure and content of IO4.

After the 2nd Steering Committee, first contacts were made in order to set up the task force. The approach to set up the task force has been individually, meaning that we were having individual meetings with each of them according to their availability and our necessities.

In December 2017 a variety of urban actors were identified systematically and contacted in order to participate in public panel discussions but also to join the project as experts in their respective fields. The actors that were contacted were environmental NGOs, sports associations, cultural organizations, schools and universities, institutions from the social and healthcare sector as well as experts from city planning and small business owners that operate within the HI (See chapter 2).
1.1 Who are the members?

The members of the Task Force in Darmstadt cover a wide range of fields: the academia, the local government, the civil society, NGO’s and possibly private companies who could be interested on the project. The members of the task force in Darmstadt were:

<table>
<thead>
<tr>
<th>Organisation / Institution</th>
<th>Profile</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>TU Darmstadt</td>
<td>Department of Architecture</td>
<td>Around 100 Students Student Representative: Lea Ferrari</td>
</tr>
<tr>
<td>TU Darmstadt KOM Multimedia Communications Lab</td>
<td>Serious Games, Games for Health</td>
<td>M.Sc. Agusto Garcia-Agundez</td>
</tr>
<tr>
<td>TU Darmstadt, Institute for Sports Science</td>
<td>Expert in sports pedagogy and sports history</td>
<td>Prof. Dr. Franz Bockrath</td>
</tr>
<tr>
<td>Heinrich Hoffmann-Elementary-School Darmstadt</td>
<td>School principal + 3 teachers</td>
<td>Margarete Rotter + Sabrina Schmidt, Silke Landzettel, Eva Trautmann</td>
</tr>
<tr>
<td>Stadtplanungsamt Wissenschaftstadt Darmstadt</td>
<td>Urban planning office</td>
<td>Angela Eichenauer</td>
</tr>
<tr>
<td>Grünflächenamt Wissenschaftstadt Darmstadt</td>
<td>Green spaces office</td>
<td>Doris Fath and Ingrid Pilz</td>
</tr>
<tr>
<td>Lokale Partnerschaften (LoPa)</td>
<td>Civil Society</td>
<td>Around 100 neighbours</td>
</tr>
<tr>
<td>Landessportbund Hessen e.V.</td>
<td>Expert: Vice President - Sports Development</td>
<td>Ralf-Rainer Klatt</td>
</tr>
<tr>
<td>exQuizit, Darmstadt</td>
<td>Expert: Game Development</td>
<td>Marco Schikatis</td>
</tr>
</tbody>
</table>
1.2 Operation of the task force

The task force operated through meetings organized by the Partner 1. The task force meetings took place throughout all project phases, related to the different project milestones.

The following meetings with the different actors were held in order to discuss the Health and Fitness Itinerary, the interventions on it, and a campaign plan for PREHealth:

• December 2017: Meeting with the city representatives (urban planning office and “green areas” office) where we engaged the city with the project PREHealth, we exchanged contacts, we discussed together possible ideas for the health and fitness itinerary, and we plan next steps (See Annex I). As a result of this meeting, a first draft of where could our Health and Fitness Itinerary take place was produced.

• April 2018: Meeting with the students of the Faculty of Architecture, where we offered a seminar engaging the students to design urban temporary interventions to improve the area of the future Health and fitness itinerary (See chapter 2.1 B). As a result of this meeting, first interventions in the Health and Fitness Itinerary where produced and implemented.

• June 2018: Event with the city of Darmstadt and the local neighbours on the frame of the project “Stadtumbau Ost”, where we had the first opportunity to present the project PREHealth and its results to that date to an audience of around 100 local citizens. In addition, during this event, we had the opportunity to contact the local representatives of the area around the proposed Health and Fitness Itinerary. (See Annex II).

• October 2018 – February 2019: Constant meetings with the students of the Faculty of Architecture in order to plan the digital interventions (Location Based Games) in our Health and Fitness Itinerary. For more details see report of IO7.

• November 2018: Event with the city of Darmstadt and the local neighbours on the frame of the project “Stadtumbau Ost”, where we had the opportunity to approach to the local neighbours, present them the first results of the project PREHealth and obtain their comments. In addition, this event worked as a platform to invite all local neighbours to the Multiplier Event in Darmstadt, planned for May 2019.

• February 2019: Exhibition “New kids on the Woog” by the students of the department of architecture. They presented their plans and ideas for a new school next to the health and fitness itinerary in Darmstadt’s east proposing active usage during school time and for active travel from and to school. Members of the task force were invited and discussed possibilities of active use of open spaces and the implementation of green spaces in schoolyards as well as around the school (See figures 9, 10 and 11 in Annex III).

• February 2019: Event with the city of Darmstadt and the local neighbours on the frame of the project “Stadtumbau Ost”, where we had the opportunity to present the first ideas of Location Based Games designed by the students of the Faculty of
Promoting Education and Jobs to enhance the Use of Urban Blue and Green Infrastructure for Health and Fitness

Architecture (IO7). In addition, this event worked as a platform to invite all local neighbours to the Multiplier Event in Darmstadt, planned for May 2019 (See Figures 12 and 13 in Annex III).

- April 2019: Presentation of results and invitation to Multiplier event during in the frame of Stadtumbau Ost “5. Bürgerversammlung”.

2. Design of the Health and Fitness Itinerary

The “Health and Fitness Itinerary” (HI) is conceived as a route that connects several open public spaces (with green and blue infrastructure) and offers the citizens the opportunity to be physically active (e.g. performing a sport, bicycling, etc.), to socialize and/or to rest and relax. Therefore, the HI has as main objective to be a route that offers health benefits to the citizens.

In order to design the HI, the intellectual output 1 and 2 (State of the art and field survey) were used as basis to understand the situation of Germany and Darmstadt in terms of health behaviours (physical activity, social interaction, active travel). In addition, the different interest from the local municipality, the academia and the local community were considered.

The HI was designed under the following basic common criteria:
- Easily accessible
- Suitable to promote PA
- Attractive spaces

The process to design the HI started in December 2017 and it ended in June 2019. It was a continuous process where different actors contributed to the design of the HI.

The HI in Darmstadt occupies the east area of the city. The area was decided together with the municipality (Urban Planning Department) due to the basic common criteria stated before and other different reasons:
- Availability of green and blue infrastructure, spaces suitable to perform physical activity and recreate.
- Disconnected green and blue infrastructure with the city center → potential to connect and develop
- Current running project in the area (Stadtumbau Ost till 2030), which aims to redevelop the neighbourhoods in different aspects, including the green infrastructure → potential of the project PREHealth to share and exchange knowledge.
- Interesting and acknowledged area for the citizens.

The HI of Darmstadt is an area of a 0,36 km² and contains the following infrastructure:
- 1 acknowledge and important plaza (Marktplatz) + other small public plazas (Kapellplatz)
- 1 acknowledge and important park (Rudolf-Müller-Anlage) + other smaller green areas.
- 2 playgrounds and 1 Skate-BMX park
- 1 lake (Woog) which accounts in summer as a big public swimming area + 2 other swimming pools.
- A large area with sports facilities (tennis, soccer clubs).
• A train station (Ostbahnhof)
• Other facilities: a public library, the historical wall, 2 elementary schools, a church.

Figure 1: First sketch delimitating the PREHealth “Health and Fitness Itinerary” in the city of Darmstadt

The process of designing the HI as following:

• December 2017: Meeting with the city representatives (planning office, “green areas” office) where we engaged the city with the project, we exchange contacts, we discussed together possible ideas for the health and fitness itinerary, and we plan next steps. (See Annex I of the Action Plan)

• December 2017 – April 2018: Drawing and more detailed design by P1.

• April 2018: meeting with the students of the Faculty of Architecture, where we offered a course engaging the students to design and improve the area of the future Health and fitness itinerary. (See chapter 2.1B).

• June 2018, P1 further developed the HI considering the results that the students produced on April. In addition, P1 included the comments and suggestions by the local neighbours gathered during the Event with the city of Darmstadt and the local neighbours on the frame of the project “Stadtumbau Ost”.

• October 2018: during the seminar given to Architecture students in the frame of IO7, the students did an analysis of the area using digital tools. During this analysis, the students asked the opinion of the local users regarding the quality of the space and potentials of the area. These analyses were considered to further develop the HI.
February 2019: the HI was further developed and at this stage of the design, we included the strategies related to the purposes of PREHealth. The strategies are being planned by the urban planning office of the city of Darmstadt for the project “Stadtumbau Ost”, which is in the same area of the HI. The idea of merging the strategies planned by the city in the area in our HI has the objective to produce a strategic plan “Health and Fitness Strategic Plan Darmstadt 2030” and that it is recognized formally by the citizens.

May 2019: During the Multiplier Event in Darmstadt, the HI was presented as a first final strategic plan. During the event, we gathered comments, ideas and suggestions that afterwards were implemented.

Figure 2: First draft of the Health and Fitness Itinerary Darmstadt
2.1 Interventions on the Health and Fitness Itinerary Darmstadt

The Action Plan considers three types of interventions:

a) Already implemented and/or planned interventions on the Health Itinerary (HI) by the urban planning office of the city of Darmstadt that enhance a healthier lifestyle of the citizens (Example: Parking management in Kapellplatzviertel is in place since January 2018 and is having positive effects on the HI reducing the overall amount of parking cars on the street and increasing walkability).

b) Interventions by TU Darmstadt and Wissenschaftsstadt Darmstadt that make the HI more attractive, but are not absolutely necessary for the pilot testing of IO7 (for example street furniture, PA possibilities, vegetation, etc.)

c) Post-PREHealth planned interventions / changes that will have positive effects on the HI (Strategies planned on the frame of Stadtumbau Ost Darmstadt 2030)

A. Implemented interventions on the Health Itinerary (HI) by the urban planning office of the city of Darmstadt

Parking control Kapellplatz:

Due to the problem of parking cars on the public spaces, sidewalks and any free space in the city, the department of urban planning of the city of Darmstadt responded to this problem with a strategy called “Parking space management” in the area of the Kapellplatz, also part of the HI. The strategy gives priority to the parked cars of the neighbors who live in the area and charges per hour to those who don’t live there. This strategy was implemented in November 2017 and has a positive impact on the HI, making it more walkable, bike friendly and returning more public space to the citizens.

Available links for more information: [https://www.darmstadt.de/fileadmin/PDF-Rubriken/Rathaus/Aemter_und_einrichtungen/61-Stadtplanungsamt/Mobilitaet/Kapellplatzviertel_Parkraumbewirtschaftung.pdf](https://www.darmstadt.de/fileadmin/PDF-Rubriken/Rathaus/Aemter_und_einrichtungen/61-Stadtplanungsamt/Mobilitaet/Kapellplatzviertel_Parkraumbewirtschaftung.pdf)

Ostparkweg

One citizen of Darmstadt, with the support of the city administration, planned since 2012 a connection between the city centre and the natural areas of Darmstadt east through paths with high landscape value that in the past were not accessible. In April 2019, the “Ostparkweg” was officially open as a route with a high landscape quality, accessible, barrier free and child friendly. The Ostparkweg is an important strategy and implementation to the HI since it further connects the entire HI with the natural areas in the east of Darmstadt.


www.prehealth.eu
B. Implemented Interventions by TU Darmstadt and Wissenschaftsstadt Darmstadt: Short seminar for Architecture Students (Stegreif and Workshop “Stimulate”)

As part of planning of the interventions, P1 designed and organized a two weeks course for the architectural students at TU Darmstadt.

Since the HI is suitable to walk, perform different activities and accessible, the objectives of the interventions are the following:

- To connect the different open public spaces (the city centre with the Rudolf-Müller-Anlage)
- And/or to stimulate the area of the Kapellplatz and Woogsplatz which is currently underused and lacks of qualitative features that attract people to be active (See figure 3).

![Figure 3: Sketch identifying the objectives of the first interventions by P1 on the HI.](image)

On the 12th of April 2018, the first meeting was held at the Research Group Urban Health games, with a total of 72 interested students (See figure 4).
As a result, the students delivered creative, innovative and “easy to implement” ideas that stimulate and activate the space of interest, the HI. In addition, the four best designs were selected and awarded.

As a second step, a workshop was held in June 2018 where the selected group of students build their urban interventions on the real space to be used by everyone. The HI was for 3 days a field of experimentation for active use of open spaces through sport, fitness and recreation.

In this workshop, the four best ideas of the previous course were further developed and later implemented on the real site for a period of 3 days. P1 financed the implementation of the urban interventions. The objective of this course was to raise awareness on the importance of green blue and open spaces, from which the design and qualitative characteristics have to be improved and stimulated.

Finally, the 7th to the 9th of June 2018, the students build their urban interventions to be used by everyone. The Health and Fitness Itinerary was for 3 days a field of experimentation for active use of open spaces through sport, fitness and recreation.
The four implemented projects as follow (see Figure 5):

Altstadtwiese – (Old Town meadow)
Make the unnoticed visible – A new, clear and easy-to-understand naming on signs and sign posts gives the heterogeneous area a connecting identity and draws attention to the existing quality of stay. A street furniture, in the form of homemade “trees” as a quiet servant, equipped with picnic blankets, invites you to linger and marks and activates the previously hardly used, inner-city open spaces.

Heinerfit
The project “HeinerFit” picks up on the idea of a fitness path and adapts it in a playful way and with a winking local color to the area. For example, stations such as “dry swimming” in front of the Art Nouveau Bath, “Jumping Jack” on the pedestrian bridge, or “Datterich Yoga” on the Datterich Fountain should activate the partially unused open spaces for a short period of time and revive them with humor.

Backstage Park
The historic city wall of the old town complex is a relic of Darmstadt history and is also the prelude to the route from Marktplatz to the eastern, green lung of the city. In order to promote attractiveness for their residents and visitors of the open space, the existing spaces along the city wall are “stimulated” by a gallery with works of the local art scene, the BackStageGallery.

Poof!
That’s urban: Radiant yellow seats in city green between ice cream shops and city walls – the filled miracle bags are more comfortable than you think. The poofs turn the winding paths around the city library into a yellow, luminous line. Every Poof has a unique filling that makes them curious about what is hidden in the others. And it is a matter of discussion: Recycled remnants of paper from the Department of Architecture produce enough material for a seat. Foolhardy designs and spectacular ideas await a finder in the paper fillings.


Teaching Staff: Prof. Dr.-Ing. Martin Knöll, Dipl.-Ing. Britta Eiermann, MSc. Gladys Vasquez, Dipl.-Ing. Marianne Halblaub Miranda


This first intervention was presented in the academic conference “Healthy City Design” in October 2018, in London, England.

http://healthycitydesign2018.salus.global/uploads/media/article_file/0001/15/cb3bf4d6b2235b184f8a4f9234ad4665dd3cbace.pdf
C. Future Interventions (Planned on the frame of Stadtumbau Ost Darmstadt 2030)

The Integrated urban development concept (ISEK) for Darmstadt Ost (Kapellplatz, Woogsviertel and Ostbahnhof) is funded by the program "Stadtumbau in Hessen" (Urban Redevelopment in Hessen), and is being requested and monitored by the Department of Planning of the city of Darmstadt (Partner 5) (Fladt et.al., 2018).

The aim of urban redevelopment is to improve the neighbourhood for residents and visitors alike attractive, to consider environmental and climate protection concerns, and to develop and to create or offer mobility that is compatible with urban and district conditions.
Consequently, the focal points are: sustainable transport development (more public transport, bicycles and pedestrian traffic, parking management, less MIV), construction and upgrading of green spaces and public places as well as structural adaptations of buildings to climatic and social needs (Fladt et al., 2018).

The ISEK is an important tool for the redevelopment of the east part of Darmstadt and it considers several strategies and punctual projects that enhance health related behaviours on the population and increase the quality of the existing green and blue infrastructure. In addition, The following strategies from ISEK are determinant for the project PREHealth, which also can be located on the final HI (See figure 6):

Design of street spaces (A1)

The main objective is to upgrade of the space between the pedestrian area and the façade. This leads to an increase in the quality of life for passers-by and residents. In this respect, there is a significant interaction between the road space with its land use.

Design of squares and intersections (A2)

For places to be used, they must not only be well equipped, but also should be attractively designed. This includes a floor covering in good condition, a clear spatial structure as well as clear path guidance for pedestrians, cyclists and motorcyclists. For this reason, central locations in the project area should be redesigned in order to meet the above requirements to increase safety and walking/bicycle friendly environments.

Strengthening foot connections (B1)

The main objective of this strategy is the promotion of active mobility on foot. The barrier effect of the main roads stands in the way of the good pedestrian accessibility of urban spaces. With the establishment of the upgrading of existing crossing areas, their barrier effect will be successively overcome.

Liveable and networked open spaces and parks (C1)

The different green places in or at the edge of Kapellplatz- or Woogsviertel have hardly any relation to each other and there are numerous barriers between them. There is no green band in the urban space that leads from the Rudolf-Mueller-Anlage to the west. Therefore, the objective of this strategy is to connect those green spaces and increase their quality.
Liveable water bodies (C2)

The objective of this strategy is to re-open the Darmbach, a small river within the area, to create singular qualities for the townscape: it works climate-actively, extends the habitat for plants and animals, offers special open space qualities for people and thus strengthens social cohesion.

2.2 Final design of the Health and Fitness Itinerary Darmstadt

The aim of PREHealth is to encourage city dwellers to actively use green and blue open spaces (for example gardens, parks and water bodies) in the city of active in their everyday lives. The HI informs about the many possibilities for an active and healthier lifestyle (physical and psychological activity, active commuting, active recreation, social interaction, etc.) in the east of Darmstadt.

The final design of the HI consists in a map (See figure 6) which displays existing qualities of the open public spaces, active civic participation and initiatives (e.g. the Ostparkweg), temporary interventions, as well as already implemented and in planning urban development measures as part of the urban redevelopment project Stadtumbau Ost Darmstadt that enhance a healthier lifestyle. This map, therefore invites to test the stations where different opportunities exist to be physically active (for example through a Location Based Game), to be active when traveling or to socialize.

The HI forms a loop of approx. 3 km Length and occupies an area of 0,36 km2. It begins at the Marktplatz, continues over the Kleinschmidtsteeg, connects to the Kapellplatz the Rudolf-Müller-Anlage, goes around the Großer Woog and back. It is possible to continue to the Botanical Garden, and over the Ostbahnhof to the Rosenhöhe. On this HI there are:

- Opportunities to be physically active and to become active to recover
- Possibilities, which on the places already offer (a lake, various sports clubs, playgrounds, opportunities to jogging, cycling, walking, etc.),
- Four different location-based, developed by students of the TU Darmstadt and can be played along the HI. They invite for physical and mental promoting activity and can be downloaded from https://prehealth.eu/darmstadt/.
- The social actors who work in the neighbourhood, actively and offer activities.
PART II: CAMPAIGN PLAN

The campaign plan to raise awareness among the citizens about the opportunities of the open public spaces to have a healthier lifestyle was carried out through four different channels:

- Presentations from P1 (TU Darmstadt) to different stakeholders, showing them the importance of the green and blue infrastructure in the city and raising awareness of the benefits that these two infrastructures have on the citizens.

- Education: offering courses to the students, waking up their interest on improving the infrastructure of the city by designing and making them think how the design of spaces can contribute to the health of the users.

- Internet (Website, facebook, twitter): through these platforms, all the information is being shared in order to reach more audience and raise awareness on the topic.

- Printed material: postcards, flyers and brochures which contain important information in an easy language to read for the citizens and stakeholders

1. Timeline of the campaign

Between December 2018 and July 2019 there were four major campaigns in order to inform different target groups about the project itself but also to raise awareness for the potential of open green spaces in Darmstadt’s east for physical and recreational activities as well as for active transport (cycling or walking). Every one of the four intensive phases of campaigning disseminated information about the PREHealth project, its main objectives, the current activities within the project and where it can be found online. But each phase also promoted a different activity or event where the target groups had the opportunity to meet and have discussions.

The first phase of the campaign promoted the use of an online tool that gives every citizen the possibility to photograph and comment on open green spaces. The focus of the second phase was to bring together the target groups at a public exhibition. There, students presented their ideas about a new school that is going to be constructed in the investigated area (Altstadtanlage, Kapellplatz, Rudolf-Müller-Anlage, Großer Woog) and would have strong effects on the health and fitness itinerary. The third phase promoted the launch of the health and fitness itinerary, a one-day event that took place in the middle of the analysed area and is described in detail in the chapter “Multiplier Event”. The focus of the fourth phase promoted the four location-based games developed by the students from the faculty of architecture, which were made accessible to public online.
2. Target groups of the campaign

The two most important target groups for the campaign were the decision-makers and the civil society. In order to carry out a more precise campaign the target group “civil society” was divided into two subgroups: a) the public in general and b) specific target groups.

a) The public in general is a significant target group for the campaign because it refers to all inhabitants of Darmstadt and everybody that is interested in the topics analysed by the project. For three of the four main phases of the campaign public announcements were made via the local press, the website of the PREHealth project, and the website of the faculty of architecture at the Technical University of Darmstadt. By actively informing the local press and the dissemination of printed material the public and, above all, the inhabitants of Darmstadt learned that they have the possibility to participate in events and activities that discuss the use of open green spaces in Darmstadt’s east.

b) In addition to that, specific target groups or so-called urban actors were identified and contacted directly. The selection of the specific target groups was based on different aspects:

- Area of expertise
- Type of actors: Organizations, institutions, and experts
- Locality
- Direct and indirect users of open green space in Darmstadt’s east

In order to make the campaign more efficient and to guarantee that key urban actors of Darmstadt are informed about the possibility to participate in public events and activities of the project, experts, groups, and organizations that can provide an added value to the discussion were identified. Since the PREHealth project is an interdisciplinary project it was found necessary to include not only architects and planners but also representatives of the following disciplines and sectors in the first step of the selection process:

- Health
- Sports
- Environmental protection
- City Administration (decision-makers and official cooperation partner of the PREHealth project)
- Education
- Computer Science

In a second step the type of organization the urban actor operates in was analysed. The reason for this step is to avoid an over-representation of a specific group of the civil society, e.g. too many academic experts in a public discussion where citizens should engage.
Considering this, it was possible to identify the following ways of how urban actors that are related directly or indirectly to the use of open green spaces are organized in Darmstadt.

- Environmental non-profit organizations
- Sports associations
- Research projects
- Small business owners (e.g. bicycle shops)
- Cultural institutions (e.g. theatres)
- Gastronomy
- Citizen's initiatives (e.g. for more bike lanes or pedestrian security)
- Religious institutions

It is important to mention that in order to increase the quality of the selection one more criterion was added: the actions of the organization, institution or expert should contribute in shaping the city of Darmstadt.

The third step in identifying and at the same time amplifying the target groups of the campaign was to focus on the possible user groups of the open green spaces in the area (Altstadtanlage, Kapellplatz, Rudolf-Müller-Anlage, Großer Woog). For that, the area was visited and the neighbourhood inspected on site and then online with maps from the urban land survey office of the city of Darmstadt. The search was focused on people working in major institutions, shops and offices in east Darmstadt. They could benefit from improvements on the green and blue infrastructure in the area. The following potential users could be identified and were included in the campaign's target groups:

- Kindergartens and day-care centres
- Hospitals
- Youth Hostels
- Cultural venues
- Counselling centres for social affairs
- Main buildings of the university
- Sports facilities
- Botanical garden
- Several Cafés
- And others
Promoting Education and Jobs to enhance the Use of Urban Blue and Green Infrastructure for Health and Fitness

In sum 120 urban actors were identified which are

- experts on one of the disciplines related to the project (see step one) and/or
- work in an institution/organization that is related to one of the topics and shape the city of Darmstadt by their actions and/or
- are potential users of the green open spaces due to their geographical proximity.

Dissemination:

A mailing list was created through which every urban actor was contacted in order to inform about the project and to raise awareness of the benefits that green and blue infrastructures have on the citizens. In addition to that all urban actors received invitations to participate in the public events or activities that were organized as part of the campaign by the PREHealth research team. Some urban actors that have a strong relation to the thematic areas of the project were contacted via personalized emails and/or via the phone in order to build new relationships and networks with active members of civil society.

3. Deploying Volunteers

In the case of deploying volunteers, two activities can be mentioned:

- The questionnaire survey of IO2 on open spaces: In order to reach a high sample, students of the department of Architecture from TU Darmstadt were recruited. In total we had 4 volunteers who helped conducting the face to face questionnaires in the open spaces from the intellectual output 2. The students were trained on: an overview of the project PREHealth and its aims; get to know and how to fill the questionnaires, and tips on how to conduct the questionnaire on site. The volunteers did a successful job gathering a total sample of 200 questionnaires on site.

- Testing the Location Based Game on site: one important part of the seminar given at the department of Architecture on the frame of IO7 “creating a location-based game” was to test the LBG on real site and with random users. Therefore, the seminar considers one day of play-testing the games were the students and teacher went outside and gather volunteers randomly to test the game. In total, we had 38 persons who voluntarily tested the LBG.

4. Promoting the use of online tools

From December 2018 till January 2019 P1 invited the citizens of Darmstadt as well as urban actors to share their opinions on open green spaces in Darmstadt’s east that can be used for physical activity (PA), active travel or recreational purposes. For that, the online platform SIFTR (App) was presented to the public. The platform offers an interactive map of the area (Altstadtanlage, Kapellplatz, Rudolf-Müller-Anlage, GroßerWoog) in which people can add
and localize their ideas about how certain areas can be improved. The platform also allows the user to take pictures and upload them on the go. Users were asked to identify:

a) Potentials for the use of green open spaces

b) Their favourite activities in that area

c) Deficiencies

Predefined categories, e.g. for different types of PA but also blank categories give the user the opportunity to link his or her suggestions to a specific activity. The aim of this part of the campaign goes beyond raising awareness for the potentials of green spaces in Darmstadt and motivates citizens to go out and collect and map ideas. Students mostly used the platform.

The invitation to use the SIFTR platform was complemented by an explanation text that put the online tool in context with the research project and emphasized the importance of public participation in the process of urban planning. Links to the project’s website and to past interventions that were carried out within the project were added as well.

The invitation to participate via the SIFTR online platform was sent out via email to institutions, businesses, experts (mailing list with urban actors) that are located in Darmstadt and citizens that live in the east of Darmstadt (local partners). In addition to that a flyer campaign was launched which reached 50 institutions in Darmstadt. The invitations mentioned above were also printed on flyers and delivered during business hours by members of the research team in order to have the possibility to get in touch with the representatives of those institutions, organizations and businesses and discuss their relation to the green open spaces in the analysed area.

5. Promoting an open talk at an exhibition

In February 2019 P1 invited the citizens of Darmstadt as well as urban actors to an exhibition where students of the faculty of architecture presented their plans and ideas for a new school next to the health and fitness itinerary in Darmstadt’s east (see Fig 9, 10 and 11 in Annex III). The aim was to get urban actors to share their opinions on open green spaces in Darmstadt’s east that can be used for physical activity (PA), active travel or recreational purposes. The exhibition made it possible to bring together the following target groups:

• Students

• Decision-makers from the city planning department, from the education authorities, from the green space office, and from the office of real estate management

• Citizen’s initiatives

• Experts from academia

The contact with the specific target groups was made as described in Part II, chapter 2 (Dissemination): via the mailing list, via personalized emails and with phone calls. The promotion in order to reach the public in general was done as described in Part II, chapter 2 a). The campaign was also carried out on social media platforms, i.e. Facebook and Twitter.
6. Promoting the launch of the health and fitness itinerary (multiplier event)

In May 2019 P1 organized a one-day event in which the public not only had the opportunity to learn about the PREHealth project in detail but also get active and experiment with new forms of engagement throughout the participation process.

The event focused on physical activity on the HI. The participants had the opportunity to discover the potentials of green open spaces on site by playing four different location-based games outdoor (See figure 12 and 13 in the Annex III). The games were developed by students of the faculty of architecture and considered and inspired the ideas behind the health and fitness itinerary. A guided walk through the area offered the civil society the possibility to get to know already implemented and planned measures by the city of Darmstadt and how the health and fitness itinerary could be included in those measures. Interactive feedback sessions with live statistics-games were undertaken with the participants. Furthermore, local and international experts were invited to discuss with the public how citizens could benefit from better green and blue infrastructure in the urban context.

The event was included in the campaign plan because it was an opportunity to raise awareness about the HI, but, above all, motivate the urban actors to actively explore the open green spaces by themselves. The contact with specific target groups was made as described in chapter 2 (Dissemination) of Part II: via the mailing list, via personalized emails and with phone calls. The promotion in order to reach the public in general was done as described in chapter 2 of Part II. For this event personal meetings with urban actors were held in advance.

7. Promoting the four location-based games made accessible to the public online

In June 2019 P1 made the four location-based games accessible to the public. An extra section on the project’s website explains the background of the games, how they are related to the health and fitness itinerary, where and by whom they have been tested and how they can be downloaded.

The promotion in order to reach the specific target groups was made via the mailing list. The promotion in order to reach the public in general was done as described in chapter 5 of Part II. The campaign was also carried out on social media platforms, i.e. Facebook and Twitter.
8. Multiplier Event

Concept

• One-day event
• Half of the day is planned to be participatory: physical activity, open talks with experts, questions can be discussed in front of plans and models
• During the other half of the day presentations will be held and civil society as well as experts will discuss the presented topics.
• The conference is located in the area, which has been analysed for this project and close to the Health and Fitness Itinerary in order to be able to explore it during the event.
• Number of participants: approx. 50

Target groups

The Multiplier Event should be of high-visibility to the public as well as to urban planning experts from academia and the private sector. In addition to that the municipal administration but above all the city planning department of Darmstadt, as official project partner, should be involved in the planning and realization of the event. Furthermore, children from primary and secondary schools as well as parents and teachers have been invited to participate. Two other groups that are invited to share their perspectives on the use of green spaces in Darmstadt are the leaders of social and non-profit associations that engage in urban development, health and sustainability and small business owners. The identified urban actors should be given the opportunity to not only get to know the PREHealth project but also express their relationship with green and blue infrastructure.

So-called “Local partners”, citizens that live in the analysed area and experts from sports, health, psychology and computer science are going to participate in a panel discussion.

Content of the event

• Presentation of research results, Health & Fitness Itinerary and the location-based games
• Presentation of city planning department
• Guided walk through the area
• Pointing out
• Playing the location-based game (workshops for adults and children)
• Feedback session with live-statistics
• Presentations of and discussions with international guests
• Presentation of and discussion with local guest (location-based game developer)
• Panel discussion with PREHealth research team, city planning department and experts
• Interview with local press

Organisational tasks
• Logistics: food, drinks, booking of conference hall
• Set up agenda
• Send out invitations via e-mail
• Publicity via press releases and social media, posters (follow campaign plan
• Registration procedure, support of the international guests
• Set up a team of volunteers to help with the realization of the event
• Calculation of costs
FINAL REMARKS

Since the methodology used to plan and implement the interventions on the health and fitness itinerary was positively and successfully perceived by the city representatives, by the local neighbours and by the students of TU Darmstadt, we (P1) see the potential of continuing developing such methodologies and cooperation between these three important groups in the society. The following ideas and plan have been raised and will be considered for the future:

- **Integrating practical seminars in cooperation with the city representatives and neighbours into the curricula of the Department of Architecture of TU Darmstadt.**
  The main idea is to continuing offering seminars for architecture students with topics that are currently being discussed by the city representatives and/or by the neighbours. The seminar should be a process accompanied by these two last groups in order to bring the students the closest as possible to a real design and planning process. In addition, it would be ideal that the results of these seminars would be implemented in real spaces.

- **Further development of the games**
  We encourage and give the students the opportunity to continue further developing their games. In addition, we encourage them to bring their knowledge and product (the LBG) into academic conferences or publications. At the moment, some students are interested on this idea.

- **Continuing promoting the Health and Fitness Itinerary (HI) Darmstadt**
  After the HI Darmstadt was presented at the Multiplier Event, some institutions have been interested to know more about it also requesting guided tours through it. At the moment, the Institute for Applied Geosciences at TU Darmstadt is requesting a guided tour through the HI for international students. Dates and other details need to be discussed.
Meeting at the Stadtplanungsamt Darmstadt
07/12/2017; 14.00 CET

Protocol
Gladys Vasquez Fauggier

Participants
Jochen Krehbiehl (JK), Stadtplanungsamt Darmstadt; Angela Eichenauer (AE), Stadtplanungsamt Darmstadt; Martin Knöll (MK) TU Darmstadt; Marianne Halblaub Miranda (MHM) TU Darmstadt; Gladys Vasquez Fauggier (GVF) TU Darmstadt.

MHM started with the overview of the project explaining the outputs and the time plan. AE asks about the results of IO2 (Surveys carried out in open spaces of the city).

AE gave with an overview about the project Stadtumbau Ost and she mentioned that the Rudolf-Müller Anlage will be included in the project, and that concepts for this space are being discussed with the population.

The discussion turns into the time plan of PREHealth and Stadtumbau Ost. MK explains that we would like to realize some improvements of the “Health and Fitness Itinerary” (Kapellplatz, Rudolf-Müller Anlage, Ostbahnhof) by 2018.

The Kapellplatz can be used as for example for yoga, or meditation. JK also said that it will be nicer if we also consider the Woog and the surroundings as well, including the swimming pool, because it is suitable for PREHealth (“sportlich”).

About the Ostbahnhof, it is that said there are not so many green or sport areas to talk about. MHM clarifies that the “health itinerary” not only focuses on the green areas but also on the route to arrive to different green/blue infrastructures (e.g. we see the Ostbahnhof as a portal or entrance to other green infrastructures, as the Rosenhöhe or the Oberfeld).

MHM explains that we could implement temporary improvements on the Rudolf-Müller Anlage to raise awareness on the citizens about the value of these green infrastructures. MHM explains the idea of the „Chairs in NY“, that we could implement in DA. AE and JK think is a good idea.

AE proposes that the Woogplatz should take part of our health itinerary because is also being considered in the Stadtumbau Ost project.

MK proposed that the implementation of the temporary improvements (“Chair event”) could be on April. MHM clarifies that our interest is to be engaged with the civil society and to raise awareness why is important to participate in this kind of urban projects and why is important to protect and to improve the existing green infrastructure in DA.

AE gives us an unofficial plan for the next appointments on the frame of the project Stadtumbau Ost. AE clarifies what happens on the different appointments with the LoPa (Lokalen Partnerschaft).
MK proposes that June would be a good date, because of the weather, and because we can present our results of PREHealth, and because we can use MoMe on the event. MK clarifies that we are planning to do a “Stegreif” with the students of the Faculty to gather ideas about the temporary solutions for the Rudolf-Müller Anlage. JK mentions that this temporary intervention could be one day before and one day after the event. AE mentions that the “Stegreif” could be not only on the Rudolf-Müller Anlage but also at the Woogplatz.

MK suggests that we do the same in both places, first the “Chair event” on the R-M-Anlage and then we transport the same chairs to the Woogplatz.

At the end we conclude that the first PREHealth Event will be between 28.05.18 and the second event will be the 13.06.18. On the events we plan to explain and present the results of the Project PREHealth to the population, to implement temporary improvements on the different public spaces, and to present the results of the students of the faculty of Architecture (Stegreif).

AE explains how we can work together: TU DA brings the content of PREHealth (PP, temporary solutions, etc.) and the Stadtplanungsamt is in charge of organizing the events, gathering the LoPa and giving us (TU Da) a space in the Bürgerbeteiligung.

MK explains what is a “Task force”, which could be considering as the LoPa. The objective of this working group for the PREHealth project is to design together the “health fitness plan”. In addition, the Stadt DA can on the future implement it the “health fitness plan” designed by the task force (LoPa).

AE suggest that we should include the Grünflächenamt, because if we want to improve these green spaces, we need to talk with them.

MHM said she will assist to the LOPA on the 5 of February. And AE will join us the 6 and 7 of February on the Steering Committee.

Agreements – Next steps
1. MHM will send in an updated version the results of IO2 to JK and AE.
2. Places to take into consideration for the “Health and Fitness Itinerary / Event” are:
   • Kapellplatz
   • Woogplatz
   • Rudolf-Müller Anlage
   • Woog area (including swimming pool)
   • The way to the Ostbahnhof
   • The Ostbahnhof
3. The first PREHealth Event will be between 28.05.18 and 13.06.18 and the second event will be the 13.06.18. On the events we plan to explain and present the results of the Project PREHealth to the population, to implement temporary improvements on the different public spaces (e.g. chairs, one day before and one day after the event), to present the results of the students of the faculty of Architecture (Stegreif), and to use MoMe to gather data on the date.
4. Make an appointment for a workshop to discuss ideas with: Grünflächenamt, Stadtplanungamt and TU Darmstadt. Possibility in February.
ANNEX II

4te. Burgerveranstaltung Stadtumbau Darmstadt – Ost
Meeting at the Elisabethen Kirche Darmstadt
13/06/2018; 19.00 CET

Participants
Stadträting Darmstadt Dr. Barbara Boczek (BB), Stadtplanungsamt Darmstadt; Angela Eichenauer (AE), Martin Knöll (MK) TU Darmstadt; Gladys Vasquez Fauggier (GVF) TU Darmstadt; Neighbors of the area (around 100 people).

Discussion
The event “4. Burgerveranstaltung Stadtumbau Darmstadt – Ost" was organized by the city of Darmstadt in order to present the process of planning currently going on for the Ost area in Darmstadt, where the “Health and Fitness Itinerary” PREHealth also takes place. Therefore, P1 was invited to give an introduction and present the first results (IO2, IO4) of the project.

The event started with 2 presentations given by the city of Darmstadt. MK gave the 3 presentation about the project PREHealth. As a final activity, the students of the Department of Architecture presented their projects as “Improvements of the Health and Fitness Itinerary – City Back Stage Park” (results of the course design by P1 with architectural students on the frame of IO4 and IO7) and were able to chat and answer questions made by the local citizens. As a result, the neighbours got interested on the project and the first contacts were made.

As a limitation of this event, due to changes on privacy data policies in Europe, many people did not want to sing lists of participations and only photos can be proof of the event.

Figure 7: Prof. Knöll giving a presentation of the project PREHealth to an audience formed by around 100 citizens. 13.06.2018. Photo: Steffen Diemer
Figure 8: Students of the Department of Architecture TU Darmstadt presenting their projects and engaging with the civil society. 13.06.2018. Photo: Steffen Diemer
ANNEX III

Figure 9: Citizens for the first time see and discuss students’ ideas for the new school next to the PREHealth Health Itinerary. “New kids on the Woog” Exhibition by the students of the Department of Architecture, TU Darmstadt. February 2019.
Figure 10 and 11: Citizens for the first time see and discuss students’ ideas for the new school next to the PREHealth Health Itinerary. “New kids on the Woog” Exhibition by the students of the Department of Architecture, Darmstadt. February 2019.
Figure 12: Discussing the Health and Fitness Itinerary PREHealth at the Multiplier Event, May 2019.

Figure 13: children testing the Location Based Games designed by students of the Department of Architecture at TU Darmstadt on Health and Fitness Itinerary PREHealth at the Multiplier Event, May 2019.
References
