

PREHealth

Promoting the use of urban blue and green infrastructure for health and fitness

Darmstadt, Utrecht, Athens, Győr



A

Project team

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In cooperation with

Utrecht University
PRISMA - Planning and Research
Consultants
Szechenyi Istvan University
City of Darmstadt
City of Athens
City of Győr
Municipality of BrabantCity

Years

December 2016 to July 2019

Background

The project investigates urban open space and how people's affordances can be put into the centre of planning in order to maximize their benefits for health and wellbeing. The main aim of the project is to encourage city dwellers to place open spaces more actively in their lives and daily routines. This includes changing

attitudes and behaviours towards the role, shape and maintenance of open spaces, through education at all levels: school, university and adult learning. The project also aims to promote active citizenship, by establishing interactive mechanisms for public participation allowing the citizens to take a more active role in co-creating environments that support healthy lifestyles.

Objectives

1. To raise awareness among the public regarding the contribution public open spaces can make to health and overall wellbeing.
2. To devise formal and informal education tools and methodologies, based on Location Based Games (LBGs), Augmented Reality (AR) and related technologies, that provide learning opportunities in situ, in open spaces; and adapt these tools for use in higher education and secondary school curricula; and for adult learning.
3. To pilot test the devised education tools and methodologies by integrating

them in courses of higher education institutions, school curricula and informal adult education.

4. To introduce initiatives to enhance the engagement of citizens in the planning and monitoring of public open spaces, in cooperation with local authorities and the civil society; and encourage volunteering.

Approach

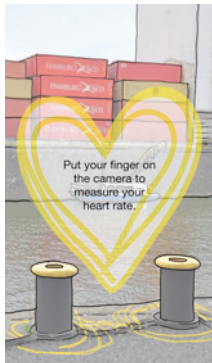
The project benefits greatly by its transnational character, which allows the national teams to compare data, benefit from the exchange of best practice, complement each other in terms of expertise and previous experience, and create education and awareness raising tools that would have a wide application across nations and cultures.

Expected Results

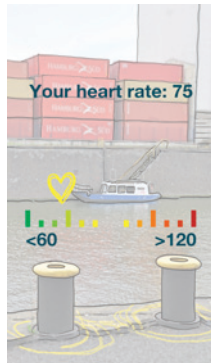
The results of the project include desk research and user surveys in the partners' countries; dissemination and publicity campaigns led by the local authorities and civil society



B



C



D



E



F

organizations, including national workshops and an international conference; the construction of education tools and methodologies based on the technologies of location-based games and augmented reality; the adaptation and pilot-testing of these tools to the needs of higher education, schools and adult learners; the dissemination of the devised learning tools and methodologies by making them available for free, and accompany them with a teachers'/ adult learners' Manual.

Related Publications

Halblaub Miranda, M., & Knöll, M. (2016). Stadtflucht - Learning about healthy places with a location-based game. (J. Ackermann, A. Rauscher, & S. Daniel, Hrsg.) Navigationen - Zeitschrift für Medien und Kulturwissenschaften, 1.

Knöll, M. (2016). Mobile Partizipation in der gesundheitsfördernden Stadtgestaltung - Zwei Fallbeispiele zur mobilen Datenerfassung und mobilen Interaktion im Stadtraum. In S. Baumgart, H. Köckler, A. Ritzinger, & A. Rü-

diger (Hrsg.), Gesundheitsfördernde Planung. Hannover: Akademie für Raumforschung und Landesplanung.

Knöll, M. Urban Stress Index - environmental factors and tools to analyze perceived stress in open spaces. ANFA 2016: CONNECTIONS – BRIDGESYNAPSES. La Jolla, CA: Academy of Neuroscience for Architecture.

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A
Pokémon Go players at the Herrngarten

B
Possible strategic open spaces

C, D, E
Screens of the Android application
Users actively taking part

F
Visualisation of the observation of user's behaviour in the Herrngarten. (Roger Winkler, UHG 2015)