



viaNOVA

VIA NOVA - Healthy Mobility and Intelligent Intermodality in Alpine Areas

The Planner's Handbook – guidelines and best practise from the VIA NOVA actions for practitioners and decision makers

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Editorial

Many cities and villages of the Alpine region are affected by a constant increase of motorised transport. Traffic and mobility are among the major challenges of our time. The well known results are problems such as air pollution and a decline of the quality of public space.

During the latest years, the public attention focused to an additional problem caused by the increase of car transportation: its effect on public health. The growing motorisation has led to a decrease of physical activity in daily transportation. People do no longer take the bicycle or walk to their destinations. Instead, short trips are done by car. More and more people's mental maps of their direct surrounding are car-focused.

A lack of physical activity has severe impacts on people's health. It is one of the major factors to prevent diseases such as diabetes II or cardiovascular illnesses and to counteract obesity and overweight. The growing figures of these document both, the importance and the decline of physical activity in our daily life.

To bring back physical activity to daily transport routines is a major challenge of today. The VIA NOVA project developed and carried out various measures to advance physical activity in people's daily transportation. It improved the conditions for physical active transport modes, it showed people the benefits of walking, cycling and using public transport and created incentives and motivation for people to a change their modal choice in favour of sustainable transport. 10 partners from all Alpine countries participated in VIA NOVA.

It is a pleasure to present the results of the project within this handbook for planners. It contains the description of all measures taken as well as the persons to contact for more in depth information. Moreover, the planner's handbook includes implementation manuals, political strategies and information items to advance physical activity in daily life. Interested parties are most welcome to use the VIA NOVA results to implement similar actions and campaigns in their cities and regions.

The project

Whoever leaves his car frequently in the garage benefits not only the environment, but also himself: regular physical exercises contribute to our well being. In this sense transportation policy marries health prevention.

VIANOVA aimed to reduce car traffic and at the same time to motivate towards non-motorised and sustainable modes of transport based on physical activities such as cycling and walking. It used a cross-sectoral approach of health, transport and land use planning to combine measures that fit perfectly to the sensible Alpine Space.

The main activities in VIANOVA have been model demonstrations in the area “health & everyday mobility” by enhancing physical active mobility in public space as well as the wide dissemination of this topic to target groups in the Alpine Space. The pilot demonstrations are implemented on three levels. The project partners cooperated in the development of the different actions on a trans-national basis and implemented these measures in their regions:

- 1) The improvement of the objective situation of public space for physical activity. This concerns the improvement of air quality infrastructure and the removal of barriers for the use of sustainable mobility modes. Moreover, it includes organisational measures such as carrying bikes on busses are part of improving the objective conditions as well.
- 2) The improvement of people’s perception of public space for walking and cycling. Today, public spaces often are “felt” to belong to cars. Most persons think in car-related patterns not knowing their direct surrounding e.g. how close the next supermarket or how short a daily car-trip in fact is. Additionally, the car is “felt” to be the fastest transport mode. These facts are all matter to subjective perception and have been tackled within VIA NOVA for a more objective and positive perception to walking, cycling and public transport.
- 3) User motivation for sustainable model choice. Consequently following the improvement of the objective conditions and the correction / improvement of people’s perception, VIA NOVA developed and implemented various actions to motivating people for the use of sustainable transport modes.

VIA NOVA implemented 66 actions in the partners’ regions and fostered follower activities in other regions as well. The variety of these covers political documents and their implementation like the “national strategy on health enhancing physical activity” to successfully implemented motivational campaigns like “bike to work / university”. The project has held a training session for planners and transport experts to disseminate the project’s results in Liechtenstein.

The VIA NOVA website www.eu-vianova.net contains the documentation of all actions. All material is free of charge. Moreover, the actions will be integrated after the project life time into the ELITS case study database www.eltis.org to be available in the long term.

All VIA NOVA actions are documented within this handbook and the partnership invites all interested parties to take them up for own projects.

Guide for the VIA NOVA planner's handbook

The actions of VIA NOVA are documented in fact sheets to give an idea on how to implement them yourself. The planner's handbook contains all fact sheets that have been elaborated in English and in most cases in the languages of the Alpine regions as well.

They are structured following the topics of VIA NOVA. They are free to be used by everybody. For deeper interest, the implementing partners can be contacted directly. The contacts for the VIA NOVA partners are:

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The examples described within the topics of VIA NOVA are only a choice out of many actions. The fact sheets offer a large number of activities that can be easily copied by interested administrations or institutions.

The fact sheets contain information such as

- the problem that has been approached
- a short description of the action
- the main responsible entities involved and the action's target group
- the results and the action's potential
- the barriers and opportunities
- the steps and time for implementation
- a cost / benefits comparison

The VIA NOVA fact sheets are available for following the topics:

Walkability

Walking has been once the most common mode of transport. But it faces a strong decrease during the last decades. Nevertheless, mobility patterns still show a large potential for walking. Especially in small and medium sized towns, distances are suitable for walking. These short trips, which are often performed by car, can easily be shifted to walking.

In VIA NOVA, the municipality of Weiz had the main focus on creating a walkability culture and fostering walking among all citizens. They established as a beacon “Walking Miles” to make a stroll for daily and for leisure time purposes pleasant and diverting. Walking Miles work with the perception of people by creating a diversified environment for walking instead of a monotonous path. Moreover, Weiz established walking successfully as a brand for the municipality by including all population in the actions of VIA NOVA such as the assessment and improvement of the municipality’s pedestrian network.

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Partner	Title	Languages
Thun	Pedestrian Guidance	EN, DE
Thun	Theatre in Motion!	EN, DE, IT
Thun	Thematic Walks	EN, DE
VCL	Walking to School is fun!	EN, DE, IT
Weiz	Analysis of present situation of pedestrians in Weiz	EN, DE, IT
	Including: Documentation example for the analysis	DE
	Including: Guideline for the analysis	DE
Weiz	Mobility – Health – Land Use Program: Transfer of physical activities into every day’s routine	EN, DE, IT, FR, SI
	Including: Mobility diary	DE
Weiz	Walking Miles I - Singing bird nest boxes	EN, DE, IT, FR, SI
Weiz	Walking Miles II - Shopping areas	EN, DE, IT, FR, SI
Weiz	Walking Miles III - Moonwalks	EN, DE

Pedestrian Guidance

The City of Thun CH installed a new modular signposting system for pedestrians. Within this project the meticulous planning and implementation with local people and experts was important. The infrastructure will be updated as required. The background was that the city of Thun is a popular travel and excursion destination, which’s various sight-seeing places are scattered throughout the city. The miscellaneous and discordant signposts and information panels were already in the nineties considered as out-of-date. A new and modern solution has been studied in order to make the orientation easier for the pedestrians, regardless of whether they are local people or tourists, so that they feel themselves well integrated.

Link: http://www.eu-vianova.net/project_walkability.php?id=260

Theatre in Motion!

“Movement is life, life is movement” – this saying is especially important for children. The project “Theatre in Motion”, enacted as a puppet show, aims to highlight the lack of movement of our children and the resulting effects upon them. It is a part of Thun’s “Stir the School” projects. The massive increase in traffic in recent years has drastically reduced the possibilities for children to move freely outdoors, an important element of a child’s development. Parents concerns on what might happen on the way to school results in the reality that many children are being driven to school or kindergarten by car. For the same reason many parents do not let their children play within their neighbourhoods any more. The intention is to make parents, educators and children as well aware of these problems through a puppet show.

Link: http://www.eu-vianova.net/project_walkability.php?id=168

Thematic Walks

The “Alternative City Tour” project comprises thematically tours, in which various aspects of the city of Thun are presented in an easily understandable and entertaining manner. Actors are employed to breathe life into the project. The combination of entertainment with information aims to reach a wide public, including those who would not normally be very interested in cultural or historical subjects. Cultural and social understanding, together with broadening knowledge of the city of Thun, is promoted in memorable fashion as a meaningful recreational activity. The tour presents the history of the city and the relationship of history to the present day in a way that allows participants to view the city in a new light, to penetrate the facade and appreciate the story behind it. The tour aims to promote an attraction in its natural context, to increase the value of guided tours, of further awareness of walking as a mean of transport with its positive health aspects and its contribution to improving the image of the city and the region.

Link: http://www.eu-vianova.net/project_walkability.php?id=247

Walking to School is fun!

Too many parents bring their children to school by car; even if it is only in the morning. They deprive the children of an important experience of their life and they hinder the physical, psychological and social development of their children. This project aims at fostering children to walk or cycle to school again to make the way to school an enjoyable experience - independently & safely. It shows parents and children the effects of an independent way to school and compares it to the experiences and perception of children who are driven to school by car.

Link: http://www.eu-vianova.net/project_walkability.php?id=151

Analysis of the present situation for pedestrians in Weiz

The present situation of pedestrians has been documented with the help of school classes and of citizen groups of all ages. The background is that although the distances of daily routes in Weiz are ideal for walking or cycling, too many people use their car even for short distances such as a few hundred meters. This results in frequent traffic jams and noise pollution within the city. Additionally, it causes environmental problems and leads to different health problems as well, due to lack of movement by taking the car even for short trips. Schools analysed the pedestrian network of Weiz independently as well as with the help of Weiz’s citizens. They

performed interviews with the citizens on their opinion concerning the conditions for walking in Weiz and on their personal attitude towards walking. In a final presentation the results were shown to parents, citizens of Weiz and to the local press. The citizens could discuss the results and their own ideas with planners and members of the community council in a special workshop. Link: http://www.eu-vianova.net/project_walkability.php?id=227

Mobility – Health – Land Use Program: Transfer of physical activities into every day's routine

In Weiz, a “Mobility - Health - Land Use Programme” has been carried out, which deals with the transfer of physical activities into every day's routine. The main goal of this programme is to reduce short car trips and shift them towards walking and cycling (mainly up to 3 km distance) without additional time consumption. The main argument for the participants is to increase their own fitness and to engage in their individual health care. This personal benefit is usually not easy to be proven when trying to implement sustainable and environmental friendly travel behaviour in other projects. However, the results were measured by UKK-walking tests (originating from the UKK Institute in Tampere, Finland) at the beginning of the programme and after 12 weeks at the end of the programme again.

Link: http://www.eu-vianova.net/project_walkability.php?id=154

Walking Miles I - Singing bird nest boxes

In its projects main focus to foster walking, the city of Weiz has installed “Walking Miles” to make walking interesting and diverting again. Walking miles distract people's minds by an interesting environment and make the distances appear shorter due to the mind's occupation with other issues than the distance itself. In Weiz, the first Walking Mile has been created using the topic of singing birds. The city provides up to 100 nest boxes for singing birds and designed a guided tour along of these. This is aimed to protect the singing bird population within the inner city, to interest people for it and to make them to walk in and into town more often.

Link: http://www.eu-vianova.net/project_walkability.php?id=235

Walking Miles II - Shopping areas

The second Walking Mile concentrates on the shopping possibilities of Weiz's inner city. As in most municipalities of Austria, large shopping centres draw customers from the inner city areas to these centres outside of town. This has two serious effects: The retailers in the inner city suffer a loss of customers and turnover and people tend to drive shopping more and more often. Within this project, Weiz elaborated together with graduating pupils from its business school a scheme to counteract this development: shopping in the inner city becomes more attractive and convenient by improving the conditions and the environment to walk in and into town. The pupils invented infrastructural and organisational measures such as landmarks and an event calendar. Through this project, suggestions have been elaborated that make the town centre more attractive for pedestrians and thus encourage the people to walk.

Link: http://www.eu-vianova.net/cms/documento/uploads/106_walking_miles_II_en.pdf

Walking Miles III – Moonwalks

The third Walking Mile takes up the idea of the city of Thun's thematic walks. Special guided tours through the town centre, which are connected to a certain topic, are offered. The tours use the rich cultural and traditional background of Weiz and its former and current citizens. Moreover, these tours should encourage the people to enjoy and experience the town more often by walking instead of driving through it by car.

Link: http://www.eu-vianova.net/project_walkability.php?id=237

Cycling

The bicycle is a fashionable transport mode nowadays! Many cities plan to increase their bicycle share and thus good examples are of great interest. The successful examples are from the Netherlands, Denmark or some German cities. VIA NOVA had one of the most successful cities in Europe as a partner: the municipality of Bolzano. Bolzano has developed a corporate cycling system which combines the improvement of the conditions for cycling with a corporate design and marketing approach. Their success story has been further developed within VIA NOVA and is documented by fact sheets and the implementation manual 'Toolkit for the implementation of a corporate cycling system'. Bolzano has been able to increase the bicycle share of all transportation from 17,5 % to 25 % in less than 10 years!

The AOK Bavaria perfectly topped this off by their 'bike to work' campaign. The campaign is running in Bavaria very successfully with more than 40.000 participants each year. Like Bolzano, the AOK has developed an implementation manual to spread the action. 'Cycle to work' has been transferred to Liechtenstein, Bolzano, Trento, Switzerland, Weiz and Graz.

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AOK	Cycle-friendly communes	EN, DE, FR, SI
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Bolzano	Bike map on the internet	EN, DE, IT, FR, SI
Thun	Support of cycling in the city of Thun by good infrastructure	EN, DE
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Weiz	Bike to work in Weiz	EN, DE
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Weiz	On tour by bike - Bike map on the internet	EN, DE

Partner	Title	Languages
Weiz	Rental service of cycle trailer for children	EN, DE, IT
Weiz	Rental system for bicycles	EN, DE, IT
Weiz	“Waiver Fahrradbörse” - Exchange of second-hand bikes	EN, DE, IT, FR

Cycling to work - for more day-to-day exercise

That lack of exercise is a major risk factor for several serious non communicable illnesses associated with modern lifestyles such as cardiovascular diseases, diabetes but also overweight. Only 30 minutes of exercise a day increase general fitness while lowering the risk of these illnesses.

It is therefore important to integrate exercise in daily life by, for example, using the bicycle for distances which need to be covered anyway. The initiative ‘cycling to work’ concerns the daily way to work, i.e. a form of day-to-day exercise that does not require any extra time. One of the main focal points is a clear change in the participants’ mobility behaviour patterns and their perception towards cycling. Another goal is to influence decision-makers or, respectively, motivating them towards a change of attitude in favour for cycling within municipal and/or company areas.

Link: http://www.eu-vianova.net/project_cycling.php?id=161

Cycle-friendly communes

By realising “Cycle to work”, the individual’s mobility behaviour is influenced to be changed in favour for cycling more often. In addition to this campaign, the competition “Cycle-friendly communes” concentrates on the conditions for cycling by infrastructural and organisational means provided by the respective municipality. The motivation behind this idea is that fostering cycling cannot end with motivating people to cycle but has to take care of the provision of suitable infrastructure and offers for cyclists as well. Within the competition, the participants of the Bavarian “Cycle to work” campaign with more than 40.000 participants evaluated their respective municipality following six indicators for their engagement for cyclists.

Link: http://www.eu-vianova.net/project_intermodality.php?id=256

Guideline “Cycle to work”

AOK Bavaria has developed an implementation manual on their successful campaign “Cycle to work” to foster follower campaigns in other countries and regions. It describes in detail the steps to take for the implementation of the campaign, the recruitment of sponsors, the press work and the additional action “Cycle-friendly communes” as well.

Link: http://www.eu-vianova.net/project_cycling.php?id=255

Annual bike festival Bolzano

From 2nd to 3rd June the 13th edition of “Bolzano in bici” took place. This is a two-day bike event whose objective is to reach the maximum number of people with a series of different activities. This year a new record could be established: more than 4,400 people participated. The main organizer of the event was the Municipality of Bolzano. A big support was given by all sport institutions and sport providers. The receivers are especially citizens, who have the chance to explore the city by bike and live a moment of sport and fun.

Link: http://www.eu-vianova.net/project_cycling.php?id=226

Bike to work in Bolzano/Bozen

The city of Bolzano is one of the followers within VIA NOVA on the competition “Cycle to work”. Their activity also aims to involve as many people as possible in bicycle use for everyday home-work displacements. The advantages of more bicycle use are: less stress, less queues and less loss of time looking for a parking space. Moreover, bicycle is a fast, funny and environmental friendly mean of transport and helps to keep in shape when there’s not much time to go to the gym!

Link: http://www.eu-vianova.net/project_cycling.php?id=225

Incoming package for planners and visitors

The incoming package, developed by Ökoinstitut Südtirol/Alto Adige within the project VI-ANOVA, contains all information to become acquainted with the system of bike mobility in Bolzano/ Bozen. It explains the approach that the city of Bolzano chose to increase its bicycle share up to nowadays nearly 25% of all trips in town. The contents are e.g. the cycle lane system and the signposting, the marketing strategy including Bolzano’s corporate design “Bici Bolzano” and infrastructural measures such as bicycle parking facilities. It describes also some proposals for bike excursions through the city to explore and experience the realized measures with the object to promote bicycle mobility on one’s own.

Link: http://www.eu-vianova.net/project_cycling.php?id=215

A slightly different race in the city of Bolzano/Bozen

As many other European cities Bolzano/Bozen has participated in the European Car Free Day held on September 22nd. On this specific day the city administration organized a lot of activities to promote alternative forms of traffic. For example all cyclists along the main bike lanes got a free breakfast, mobile garages repaired bikes free of charge and new signposting indicated the distances to important places in the city in minutes instead of kilometres. But the main activity was a “slightly different” race through the city centre where different means of transport participated. Object of this race was to demonstrate in a funny way which means of transport are the fastest, the cheapest and the healthiest.

Link: http://www.eu-vianova.net/project_cycling.php?id=191

First Italian “bicycle barometer” to promote bike mobility

After Stockholm, Christianson (Norway) and Odense (Denmark) the Mobility Department of the city of Bolzano installed the first Italian “bicycle barometer” on one of the main bike lanes of the city also thanks to the VIANOVA Project. The table on the top allows knowing the total number of bikers (in both directions) on the present day and since 14.05.2006 when the device has been installed. In less than 10 day almost 80.000 bikers passed through it.

Link: http://www.eu-vianova.net/project_cycling.php?id=180

Bike map on the internet

On the official website of the Municipality of Bolzano Bozen citizens can easily find information about the urban supply of bike mobility and download the map with bike paths.

Link: http://www.eu-vianova.net/project_cycling.php?id=254

Support of cycling in the city of Thun by good infrastructure

The City of Thun CH stands out as a coordinating promoter of cycling. Good infrastructure with separate built or marked cycle routes represents here a basis principle.

Link: http://www.eu-vianova.net/project_cycling.php?id=262

Bike mobility promotes intermodality

The project aims at implementing some coordinate actions to promote the use of the bicycle as everyday mean of transport, putting particular attention on daily transfers and on transport interchanges. After the evaluation of the situation of the city, the project led to the elaboration of a strategic plan for bicycle parking areas in order to make bicycle parking easier and to increase the accessibility to transport interchanges. A new sign posting system along major routes and a marketing campaign have been projected as well.

Link: http://www.eu-vianova.net/project_cycling.php?id=201

Campaign connected to bicycling safety

The city of Trento developed a strategy for increasing road safety for cyclists. The main tools has been the implementation of marketing action and sign posting alongside the bicycle tracks to make people aware of the topic of safety.

Link: http://www.eu-vianova.net/project_cycling.php?id=257

Contribution for Electric Bike

The city of Trento, in order to improve the use of bicycles, gives a contribution of 250 € to buy an electric bike. This contribution is available for the citizen of Trento and for the people who work in town. The aim of the contribution is to increase cycling in general, to make cycling easier for all citizen groups e.g. for seniors and to decrease the number of two-wheeled motor vehicles in town.

Link: http://www.eu-vianova.net/project_cycling.php?id=258

Corporate identity

The city of Trento lacks of a comprehensive system for bike mobility and moreover existing bike lanes are badly signposted. Therefore, Trento has become a follower on the corporate cycling idea of the city of Bolzano to develop a corporate identity for bike mobility that will be used e.g. for the implementation of a signposting system, the creation of a cycling brand and for further marketing activities. In 2007, the city of Trento has developed a strategic paper on how to foster cycling including the work concerning the corporate identity for cycling in Trento.

Link: http://www.eu-vianova.net/project_cycling.php?id=175

Game on bike mobility

The city of Trento has developed a game on bike mobility for secondary school pupils. The background – and the aim – of the project is to lower the use of scooters in favour of bicycle use. Scooters become an urgent problem especially within this age group, since secondary school pupils are already allowed to acquire the licence for a scooter. The game focuses on the trip to school encouraging pupils to take the bicycle for it. It bases on the bicycle path network and the options for cycling in Trento. The game is part of a series of initiatives to push the citizens to the stop to use private cars and scooters.

Link: http://www.eu-vianova.net/project_cycling.php?id=177

Removing barriers

Part of the programme for fostering cycling in Trento is the removal of barriers for intermodal mobility such as the architectural obstacles that denies accesses to public transport facilities but it refers also to structures that are barriers for cyclists alone. For example, the city of Trento is crossed from the railroad and in many underway the requirements of the cyclist have been neglected.

Link: http://www.eu-vianova.net/project_cycling.php?id=172

Cycling for your health

The bicycle is ideal for many every day journeys – for people's health and the benefit of the environment. And it is fun! To activate more people to use the bicycle for every day transports, the VCL organizes a raffle "Cycling for your health" with the Liechtensteinische Landesbank AG as main sponsor and the Unaxis Balzers AG, ThyssenKrupp Presta AG und Swarovski AG as further sponsors. People working and/or living in Liechtenstein can participate. The task is easy to describe: Every participant, who cycles more than 500 km between the 1st of May and the 31st of October takes part in the lottery.

Link: http://www.eu-vianova.net/project_cycling.php?id=162

Cycling to work in Liechtenstein

Like Bolzano, Liechtenstein is a follower on the “Cycle to work” campaign brought in by AOK Bavaria to VIA NOVA. The goal is that employers and employees should experience the connection between daily physical exercise and health and act accordingly. Lack of exercise is a proven risk factor for many ailments and reduced fitness. Because already 30 minutes of exercise per day increases fitness while lowering the risk of illness, commuting to work is suitable for integrating physical activity into daily life.

Link: http://www.eu-vianova.net/project_cycling.php?id=179

Safe in the saddle for children/parents

The VCL has implemented courses on how to cycle safely in road traffic for children and parents. The scope of the action is to educate both groups: the children to behave safely in road traffic and for parents to act as good examples for their children, to correct their often all too high expectations concerning their children’s cycling abilities and to become acquainted with cycling again. What seems easy for parents can be a great challenge for children because of the high coordinative requirements. The courses also help the parents to discover the bicycle again as a means of transport for a safe and independent way to school for the children.

Link: http://www.eu-vianova.net/project_cycling.php?id=188

“Anradln” - Motivational event for bikers

In Weiz a motivational event for bikers, the so-called “Anradln” takes place every year in the beginning of May. There are five guided tours for bikers and two for walkers and joggers offered for all citizens of the municipality and the surrounding villages. At the end of their tours all participants meet at the main square in Weiz and can enjoy the party there. With this event at the beginning of the cycling season Weiz wants to present the attractive bike and walking routes in and around the city. The message of the municipality is that cycling is an important matter and that it is promoted by the Weiz.

Link: http://www.eu-vianova.net/project_cycling.php?id=152

Biker of the month

As a motivational action a biker is announced to be the biker of the month in “Weiz Präsent”, the monthly community paper of the city of Weiz. It is a competition, which works very simple: A photographer takes pictures of bikers in Weiz and chooses one of these by random to be published in the community paper. The person shown there is asked to contact the municipality and can then win a prize. The idea is to make citizens familiar with cycling and to create awareness for the topic.

Link: http://www.eu-vianova.net/project_cycling.php?id=153

Bike to work in Weiz

Weiz is the fourth partner of VIA NOVA introducing an own “Cycle to work” campaign following the good practise example of the AOK Bavaria. The first “Cycle to work” campaign in Weiz took place from May 2nd to June 30th 07 and is repeated in 2008. All companies of Weiz and its surroundings are invited to participate. The campaign differs slightly from the original version of the AOK by building teams of 2 persons instead of four. The task for the Austrian participants of the action on Weiz is to cycle for at least 20 days to work within the time framework of the action. In 2007, 200 persons participated in the action of Weiz.

Link: http://www.eu-vianova.net/project_cycling.php?id=238

Kindergarten programme on mobility

The “Kindergarten programme on mobility” in Weiz is meant to integrate cycling as a mean of transport already in very early years of children’s life. The programme includes an event to make the point in life, when children learn how to cycle, a positive emotional moment to create an attachment to the bicycle. For this, 14 kindergarten groups received “run bikes” and practise how to cycle using a course set up by the kindergarten. The event itself was performed together with the local police designed in a matter of a “driving license test” basing on the fun character. Additionally, the topic of cycling was present in the kindergartens’ programmes by story books on cycling, painting competitions and actions to convince parents to bring their children to kindergarten by bike in case that the children already know how to cycle.

Link: http://www.eu-vianova.net/project_intermodality.php?id=240

On tour by bike - Bike map on the internet

Weiz has developed in collaboration with students from its higher business school an online bike map for a leisure time trip in Weiz by bicycle. The project has been the final exam for the students to receive their degree. The online map with exact information of the particular distances describes a part of the so called “Funergy-Tour” in the surroundings of Weiz. The really fascinating parts of the tour and some touristy attractions are introduced to its users. The bike map will be online autumn/winter 2008.

Link: http://www.eu-vianova.net/project_cycling.php?id=261

Rental service of cycle trailer for children

The municipality of Weiz introduced a cycle trailer rental service for its citizens free of charge. The trailer offers space for two children. Parents can collect the trailer at the construction yard office of the community near the centre of Weiz and rent a bike and the trailer for testing it on a cycle-trip with their children. Additionally to the rental service of trailers, the municipality of Weiz grants its citizens a 20% grant for buying a trailer for their private use.

Link: http://www.eu-vianova.net/project_cycling.php?id=155

Rental system for bicycles

The rental service in Weiz is offered from April till the end of October every year. During that time people can rent a bike at a well known restaurant (Gasthof Weizerhof) close to the train station of Weiz. The municipality of Weiz has bought 14 bikes and has placed them at the restaurant, whose owner manages the bike rental service. He receives a small charge for renting the bicycles depending on the duration the bikes are rented by their users. No work has to be done by the municipality except advertising the rental service in Weiz.

Link: http://www.eu-vianova.net/project_intermodality.php?id=239

“Weizer Fahrradbörse” - Exchange of second-hand bikes

The municipality of Weiz introduces as one of its first measures within VIA NOVA an exchange market for second-hand bicycles. The original thought behind the measure was that children need quite many different bicycles during their childhood. Weiz wanted to give families the opportunity to exchange their bikes to make it easier for them to provide their children with suitable bicycles for their size. Additionally, the market should work as a very good awareness campaign for all citizens of Weiz. Meanwhile the idea has broadened to exchange bicycles of all kinds and the number of bicycles and participants at the action are growing each year. In 2007, more than 700 persons were active within the action. The market takes place the weekend before Easter each year to attract parents to buy a bicycle for their children as an “Easter present”. It is implemented at the edge of the pedestrian zone of Weiz.

Link: http://www.eu-vianova.net/project_cycling.php?id=156

Intermodality and public transport

Each mode of transport bears its own strength and weaknesses, but most often the biggest advantage is the combination of the strengths. For sustainable transport modes, intermodality bears a great potential to form an attractive and competitive alternative to car transport. All the better if intermodality is organised by one provider. Local and regional public transport operators usually concentrate on their core business but have the best preconditions to evolve from a public transport provider to a mobility provider. KEOLIS Besançon, the public transport provider of the French region of Greater Besançon, has taken up this challenge and combined it with their successful marketing strategy. The bicycle is now an integrated part of the company strategy: a central bicycle rental, bike & ride facilities and information, bicycle transport for leisure trips, cooperation with the public bicycle rental and target group tailored marketing have been tested and are carried on after the project's closure.

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Partner	Title	Languages
Bolzano	Integrated ticketing of bicycle rental and public transport	EN, DE, IT, FR, SI
KEOLIS	Booklet free time destinations by public transport	EN, DE, IT, FR, SI
KEOLIS	Christmas in the capital	EN, DE, FR
KEOLIS	Commitment System: Gift for signature	EN, DE, IT, FR, SI
KEOLIS	Evolis Chailluz - Service on demand bus and bike	EN, DE, IT, FR, SI
KEOLIS	Free hire of bikes, pushchairs, shopper trolleys	EN, DE, IT, FR
KEOLIS	"If we worked together at finding new energy resources?"	EN, DE, IT, FR
KEOLIS	Property professionals as multipliers	EN, DE, IT, FR, SI
KEOLIS	Secrets of Vitality – advertisement by seasonal tickets	EN, DE, IT, FR
KEOLIS	Service Time – PT ticket for car garage service times	EN, DE, IT, FR, SI
KEOLIS	Wellness Day for seasonal ticket subscription	EN, DE, FR
Thun	Car Free Day 2005: an event in Thun and in 190 other Swiss towns	EN, DE, IT
Thun	Mobility set - for people on the move	EN, DE, FR, SI
Thun	Orienteering running with public transport	EN, DE, IT
Trento	Eco-shopping – gifts for shoppers	EN, DE, IT, FR,
VCL	Car Fasting - Moving into a healthy future	EN, DE, IT, FR
VCL	Public Transport makes you fit - Exercise while waiting	EN, DE, IT, FR
Weiz	Borrowing of tickets for public transport	EN, DE, IT

Integrated ticketing of bicycle rental and public transport

The bike rental of the City of Bolzano offers to citizens the possibility to use the integrated ticketing system of public transport also for renting bikes. The background of this is to make public transport more attractive and to make it as user friendly as possible. The integrated public transport ticketing extended also to bike rental is a step forward towards intermodality and allows at the same time to develop new markets for the use of public transport, which are currently suppressed by the non-availability of integrated ticketing. In less than two months more than 190 bikes have been rented through the system.

Link: http://www.eu-vianova.net/project_intermodality.php?id=253

Booklet free time destinations by public transport

In summer, the number of passengers on the Ginko lines (the public transport provider of Greater Besançon) drop since customers feel that there are fewer possibilities for getting from A to Z satisfying their vacation and leisure time needs. There are many ways of getting about in Greater Besançon, but people are sometimes not aware of this and in particular they often do not think of using the bus for their hobbies and exploring new places. For this reason, KEOLIS Besançon has developed a travel diary proposing activities, visits, walks and related advantages and the possibility of exploring Greater Besançon with Ginko. Somewhere between a travel guide and a diary that travellers fill with memories during a trip, the Ginko travel diary presents all the activities, visits, and walks available by taking the bus during the summer. The Besançon Tourist Office has lent its technical support to the compilation of this work.

Link: http://www.eu-vianova.net/project_intermodality.php?id=243

Christmas in the capital

KEOLIS Besançon introduced during the VIA NOVA project a promotional campaign for the Ginko network as a travel solution in the run up to the festive season of Christmas. The campaign consists out of decorational measures for the busses, bus stops and drivers (appearing as Santa Claus), of services like a left-luggage office, shopping trolleys, the wrapping of gifts, of story reading within the framework of mobility (such as the flying carpet) and of a shuttle service into the inner city.

Link: http://www.eu-vianova.net/project_intermodality.php?id=248

Commitment System: Gift for signature

KEOLIS Besançon implemented a measures basing on the principle of personal commitment. Being aware of the fact that most people are already aware of the harmful effects of car transportation to environment and on people's health, KEOLIS created a more personal benefit for people by granting reduced fares in return of personal commitments to use public transport during a fixed time. The goal is to encourage motorists to change their mobility behaviour in favour of sustainable transportation means.

Link: http://www.eu-vianova.net/project_intermodality.php?id=252

Evolis Chailluz - Service on demand bus and bike

Greater Besançon offers its inhabitants large green areas such as forests for recreational activities. However, the use of these without taking a car is hampered by the lack of public transport services for these areas during Sundays. To compensate this, KEOLIS Besançon installed an on demand service for the forest of "Evolis Chailluz". Citizens can order a bus trip by phone call following a fixed schedule to the forest area. The service includes the transport for bicycles as well.

Link: http://www.eu-vianova.net/project_intermodality.php?id=242

Free hire of bikes, pushchairs, shopper trolleys

One of the major scopes of KEOLIS Besançon within VIA NOVA was to develop their services from a public transport provider to a mobility provider. Within the framework of this goal, KEOLIS initiated several services. One of these was to install a rental service for bicycles, pushchairs, shopping trolleys and umbrellas at their central service office in the inner city. All these options are free of charge and make trips with public transport in relation to their individual needs easier.

Link: http://www.eu-vianova.net/project_intermodality.php?id=173

“If we worked together at finding new energy resources?”

KEOLIS Besançon launched an initiative to gain new users for the public transport network for work trips in a participative approach. The aim is to help company employees to gain a better understanding of the public transport offer in Besançon, in order to increase their awareness and to help them choose their means of transport. KEOLIS Besançon positions itself as a real mobility advisor in a tailor-made and documented “one-to-one” approach. This direct marketing operation involves several public-promotional phases.

Link: http://www.eu-vianova.net/project_intermodality.php?id=158

Property professionals as multipliers

Analogue to its activities with employees, KEOLIS Besançon started a new collaboration with property professionals such as real estate agencies. These distributed information about the Ginko public transport network to their customers during their counselling interviews. By this mean, the accessibility of public transport services could become a decision influencing fact already during the choice of location for the future flats and houses of people. The measure offers mutual benefits for KEOLIS and for the property professionals, since on the one hand public transport is advertised and on the other hand property professionals could add a new argument for their products to tell their customers.

Link: http://www.eu-vianova.net/project_intermodality.php?id=157

Secrets of Vitality – advertisement by seasonal tickets

In Besançon, a new collection of season ticket coupons is launched each year. Each month from September 2005 to August 2006, season ticket coupons provide health / fitness / well-being advices associated with the use of the Greater Besançon bus network. These advices are provided as an image on the front of the coupon and are presented in more detail on the back.

Link: http://www.eu-vianova.net/project_intermodality.php?id=159

Service Time – PT ticket for car garage service times

A new offer of KEOLIS Besançon has been created in collaboration with garage owners. It is aimed at persons, who bring their cars to service. The idea originated from the fact that garages cannot always provide their customers with a car during service time. Instead, the garages provide their customers with a public transport ticket and information on the Ginko network for the time that their car is in service. The service time of one's own car are a good opportunity for people to test the public transport in Besançon even aiming at a permanent change of mobility behaviour.

Link: http://www.eu-vianova.net/project_intermodality.php?id=230

Wellness Day for seasonal ticket subscription

About one out of every three students suffers from loneliness and isolation which can lead to mental and physical health problems. The University Preventive Medicine department (SUMPPS) and the SUAPS (University physical and sporting activities Department) regularly organise awareness-raising campaigns for students on various health-related themes. KEOLIS Besançon takes up this approach by participating in this programme with the aim to respond to the growing lack of well-being in students. KEOLIS works as a promoter of the campaigns, especially a day of wellness and is active in the promotion of physical activity for students by its own products.

Link: http://www.eu-vianova.net/project_intermodality.php?id=263

Car Free Day 2005: an event in Thun and in 190 other Swiss towns

The idea of a "Car Free Day" in cities began in the nineties and has become a traditional event. In Switzerland the campaign "In Town Without My Car" is becoming more and more popular, with 191 towns participating in this national campaign in 2005. As in other countries, Swiss citizens are interested in solutions for the future; and the authorities are interested in promoting a sustainable urban transport system and raising public awareness to the necessity of private car-use reduction in cities. The City of Thun acted as a partner in this campaign and organised several activities for the public and companies in the framework of VIA NOVA. On September the 22nd a part of the old town centre was closed to motorised vehicles, information was handed out and various attractive activities took place.

Link: http://www.eu-vianova.net/project_intermodality.php?id=244

Mobility set - for people on the move

The Mobility set is being offered by the local communities and companies involved in public transport. Communities provide it free of charge to all new residents and companies provide it to all new employees. In the Thun area the mobility Set "Travelling in and around Thun" has been successfully distributed. Positive feedback shows that this offer is being well received. Interest from other local communities in the area of Bern and the "Bernese Oberland" confirm this as well. The mobility set has been improved each year in both content and layout and expanded within the region. Its main features are information on public transport and sustainable transport offers as well as vouchers for public transport, the bicycle station at the train station, taxis and more.

Link: http://www.eu-vianova.net/project_intermodality.php?id=167

Orienteering running with public transport

Orienteering using public transport is an attractive, recreational programme for schools covering the areas of mobility, health and movement. The programme consists of both classroom lessons and an active element - orienteering - in which the theory is put into practice. The aim is to get children moving, in a recreational way, on foot and with public transport. Orienteering within the boundaries of the public transport network is the impetus, with the various goals being searched for by using public transport, and, especially, on foot. At each destination questions are asked concerning mobility and health. The background knowledge to these questions will already have been discussed in school lessons, using material provided by the project. A product package containing all the necessary material is available for teachers.

Link: http://www.eu-vianova.net/project_intermodality.php?id=169

Eco-shopping – gifts for shoppers

The action is a survey to gain information on the mobility patterns of the citizens of Trento concerning shopping trips. The municipality of Trento collaborates with local retailers for this action. To give people an incentive to fill in the questionnaire on their mobility behaviour, they receive an incentive such as a bus ticket and a ticket for a lottery where they can win such as an electronically driven bicycle or a yearly ticket for public transport.

The knowledge concerning shopping trip behaviour of people is then used to design offers and services according to the people's needs to reduce traffic jams and pollution in the city caused by the domination of car transport for shopping reasons.

Link: http://www.eu-vianova.net/project_intermodality.php?id=259

Car Fasting - Moving into a healthy future

Life in our civilization is barely thinkable without cars. Some people are even convinced that one can not live without a car. But intensive car usage creates many problems such as stress and lack of physical activity both affecting health as well as pollution. Car fasting is an initiative by VCL and the churches in Liechtenstein orientating on the Christian lent time. The goal is to set aside the car as the usual mean of transport during this time and instead take the bike, public transport or to walk. The participants of the action take part in a lottery.

Link: http://www.eu-vianova.net/project_intermodality.php?id=164

Public Transport makes you fit - Exercise while waiting

Users of public transport tend to perceive even short waiting times as too long. The reason for this is that people experience inactive times such as waiting times at a bus stop but also the time inside public transport itself subjectively longer than the time needed actively. The VCL has produced and distributed an attractive brochure called "Fit in Fahrt" (fit in travel), which helps people to shorten the inactive time and make good use of that subjective waiting time. The content bases on physical exercises that can be performed without people noticing it. People benefit twice from this action: The waiting time appears to be shorter and the exercises are good for their health.

Link: http://www.eu-vianova.net/project_intermodality.php?id=165

Borrowing of tickets for public transport

The municipality of Weiz introduced alongside with the bicycle and bicycle trailer rental system the option for the citizens of Weiz to use one of three yearly tickets for the distance of Weiz to Graz at a reduced fare. Thus, citizens are not obliged to either buy a more expensive one-way ticket or a 24h ticket or to buy a yearly ticket themselves. The target group of this offer are persons who are not that frequently travelling to Graz that an own yearly public transport ticket is profitable and who would otherwise go by car.

Link: http://www.eu-vianova.net/project_intermodality.php?id=228

Mobility for Seniors

The population of all Alpine regions are part of Europe's aging society. Within the next decades, the share of seniors at the complete society will continuously grow. Therefore, the requirements and expectations of seniors regarding their mobility become more and more important. Seniors are a special target group: With growing age the capability of driving a car decreases and sustainable transport gain importance for staying mobile. Additionally, seniors' requirements need to be coordinated with the built environment like at-grade surfaces and rainwater gutters.

The municipality of Thun has chosen the special issue of the future role of seniors in transport for their main focus in the project. Thun hosted two international conferences on the topic of 'mobility for senior citizens'. They developed and implemented courses to obtain and to regain seniors' mobility and integrated doctors and physiotherapists into training and advice activities.

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Partner	Title	Languages
KEOLIS	Mobility advice at a conference for senior citizens	EN, DE, IT, FR
MHS	Physical activity & mobility in the elderly age	EN, DE
Thun	Conference 'mobility 50+'	EN, DE, IT
Thun	Mobile now & In the future	EN, DE, IT
Thun	Supporting mobility amongst the older generation	EN, DE, IT
VCL	Mobility for senior citizens and handicapped	EN, DE, IT
VCL	Safe in the saddle for adults	EN, DE, IT
VCL	To be and stay mobile!	EN, DE, IT

Mobility advice at a conference for senior citizens

KEOLIS Besançon uses the yearly organised conference for senior citizens to contact and to advice seniors for the use of public transport. The activities around this event are on the one hand the promotion of the event by designed messages, the website and special days for seniors at the Ginko shop in the inner city. On the other hand, KEOLIS appears at the conference with mediation agents, the signposting of the events accessibility by public transport and a lottery at which all participants of the conference can participate. Moreover, a mobility package for seniors is handed out including a free trail ticket and brochures on fitness and on safety. The conference welcomes 2.000 participants each year.

Link: http://www.eu-vianova.net/project_mobility.php?id=249

Physical activity & mobility in the elderly age

With the purpose of describing the current level of physical activity and status of mobility (examined through the status of persons' independency and dependencies in everyday life) among people over 65 years of age in Slovenia, the national research project was performed as a part of the Slovene branch of the VIANOVA project. This survey was elaborated as one of the missing input data sources in the process of developing the Slovene national strategy on the promotion and implementation of the concept of Health Enhancing Physical Activity

(HEPA). To summarize, the main result of the research was that there are only 46% regularly physically active among the elderly (65+ years of age) in Slovenia. 5.4% need daily regular care for normal living, 18.4% need some kind of occasional help, while 76.2% of elderly persons across Slovenia can be seen as completely independent.

Link: http://www.eu-vianova.net/project_mobility.php?id=264

Conference 'mobility 50+'

The "Mobility for Senior Citizens Conference" focuses on the factors that influence the mobility of older people, on their needs, the changes that an increase in age cause, on health problems including the side-effects of medicines, on social structures, on the mobility choices available and on housing policy and district planning. The first conference took place in earlier 2005 in Thun, being one of the kick-off activities of VIA NOVA. A second edition has been implemented in 2007. The Conference is now scheduled to continue every second year.

Link: http://www.eu-vianova.net/project_mobility.php?id=246

Mobile now & in the future

With the number of senior citizens on the increase the mobility of this age-group in regard to health, social and economic factors, is gaining importance. The course programme "mobile now & in the future" is offering information and training for elderly people, so that they feel safe whilst travelling, whether by foot, bicycle, public- transport or car. The elements of the course are the education of mobility advisers and mobility companions for senior citizens, the collaboration with support services such as bicycle couriers and neighbourhood-help as well as mobility courses for companies in preparation of their elder staff for retirement.

Link: http://www.eu-vianova.net/project_mobility.php?id=163

Supporting mobility amongst the older generation

The city of Thun adds to its activities of "mobile now & in the future" more measures to offer a comprehensive set of measures for maintaining independent mobility among seniors or handicapped people. One measure to highlight here is the individual mobility training offered for seniors, in which seniors receive support by physiotherapists to train physical exercises necessary to take public transport.

Link: http://www.eu-vianova.net/project_mobility.php?id=245

Mobility for senior citizens and handicapped

Authorities and politicians of the country and municipalities, as well as planners of engineering offices should avoid mobility obstacles for senior citizens and handicapped in new projects and gradually reduce these obstacles in existing infrastructures. To make these entities aware of the needs and the problems of seniors, the VCL has organised in cooperation with Liechtenstein' chamber of engineers and architects and Liechtenstein's commission for accident prevention a lecture by a well-known traffic and landscape planner Jürgen Dietiker from the Zurich University of Applied Sciences Winterthur discussing and highlighting the needs and the problems of seniors and how to take these into consideration for political decisions as well as for transport and land use planning.

Link: http://www.eu-vianova.net/project_mobility.php?id=192

Safe in the saddle for adults

The aim of the VCL bicycle safety course is that adults – and specially senior citizens – feel safe in traffic and ride a bicycle behaving like a car driver. The course helps to rediscover the bicycle as a means of transport and is an active contribution to improve traffic safety. It consists out of theoretical lessons stressing that riding a bicycle has to be seen like driving a vehicle and out of practical exercises in real traffic situations.

Link: http://www.eu-vianova.net/project_mobility.php?id=189

To be and stay mobile!

Adults and especially senior citizens understand the relation between health and mobility and act accordingly. But however, too many people fulfil their mobility needs by using the car, even for short distances where walking and bicycling are viable alternatives and where public transport is objectively competitive. As a consequence, they do not exercise enough. In combination with an unhealthy diet, this is a major reason for miscellaneous illnesses. The action “to be and stay mobile” aims at seniors to help them staying fit enough for satisfying their own mobility needs by means such as public transport. The VCL organises courses with theoretical background, information on the public transportation of “Liechtenstein Bus” and a practical lesson training the behaviour in using public transport amongst other demonstrating the forces that a bus created by driving a sharp bend or stopping.

Link: http://www.eu-vianova.net/project_mobility.php?id=160

Political Measures

The preconditions for sustainable transportation are a major issue determined by local, regional and national legislation. Regulations for parking spaces, bicycle tracks and public transport provision set the minimum standard regarding the provision for these transport modes. But the scope for legislation is far larger than setting framework conditions for various transport modes. The Ministry of Health of the Republic of Slovenia (MHS) and the Province of Bolzano are two beacon examples for this:

MHS, together with seven more national ministries, developed a national strategy on health enhancing physical activity, which covers all aspects of daily life as well as sports to increase the share of physical active persons at the Slovene population. The motive for the strategy has been the statically proven decline of physical activity within all age groups of the population. Following the strategy, MHS implemented first actions to foster physical activity within VIA NOVA.

The Province of Bolzano is of the regions with the biggest PM10 emission problems in the Alpine regions. They developed measures to counteract this health threat up to city wide bans on driving during periods of heavy loads. As one of their outputs they documented their experience and elaborated a guideline for PM10 emissions for local and regional administrations.

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Partner	Title	Languages
MHS	Development of the National strategy on Health Enhancing Physical Activity (HEPA) in Slovenia	EN, DE
	<i>Including: Complete version of the National strategy on Health Enhancing Physical Activity</i>	EN
MHS	National Project "Slovenia on the Move- Move For Health"	EN, SI
MHS	Pilot project on health, mobility and regular physical activity with public involvement in Slovenia	EN, DE
ProvBoz	Particulate Matter matters!	EN, DE, IT, FR, SI
	<i>Including: Brochure 'Particulate matter matters!'</i>	EN
	<i>Including brochure 'Air pollution and health – a 5 year balance of the Province of Bolzano'</i>	DE, IT

Development of the National strategy on Health Enhancing Physical Activity (HEPA) in Slovenia

Active lifestyle, including regular physical activity of moderate intensity and healthy nutrition as its integral parts, represents an important protective factor for health. Health-enhancing physical activity (HEPA) is defined as any form of physical activity that benefits health and functional capacity without undue harm or risk. According to contemporary, evidence-based consensus, even relatively small amounts of regular, moderate intensity activity confer a health benefit. During the past few years, the Slovene National HEPA Promotion and Implementation Strategy was prepared by the Expert Group from various interconnected professions and specialties under the auspices of the Ministry of Health of the Republic of Slovenia. The document was finally adopted at the state level Governmental Resolution on March 7, 2007. This strategy is based on the experiences and various models of good practice from different European countries. Strategic aims of the HEPA concept development in Slovenia are:

(1) to increase safe and continuous physical activity for health, especially among the less active part of the population, (2) to assure quality infrastructure, possibilities, programmes and support to participate in HEPA programmes and (3) to achieve social, health related and environmental benefits of the comprehensive concept of HEPA in Slovenia. The document consists of some core definitions and recommendations and includes the important elements and activities necessary for its immediate implementation. Within the strategy, the principle of systemic approach is followed, target groups for HEPA action plans are defined, and in all parts of the document the principle of joint, consensual and balanced multilevel and intersectoral activities was used.

Link: http://www.eu-vianova.net/project_policies.php?id=265

National Project “Slovenia on the Move- Move for Health”

»Slovenia on the Move - Move to Health« is a continuous national project for HEPA (Health Enhancing Physical Activity) promotion on the population level. The project is based on the network of multi-disciplinary and multi-sector partners working together with mass media to promote HEPA recommendations population-wide. Partners on local level organise UKK walk tests, provide individual HEPA counselling and disseminate publications of the project.

Link: http://www.eu-vianova.net/project_policies.php?id=241

Pilot project on health, mobility and regular physical activity with public involvement in Slovenia

The present project was designed in line with a previously developed national strategy on enforcement and promotion of Health Enhancing Physical Activity (HEPA) in Slovenia. It was planned as a possible role model on raising awareness and implementation of the comprehensive and evidence based strategy on promotion of more healthy lifestyles with regard to everyday mobility and leisure time physical activity. The project was related to the concepts of HEPA within the Work Environment, and the field of Transport-related HEPA. Moreover, the project was related to the position of the nation-wide approach of the strategy for increased accessibility and quality as well as an improved offer of quality programmes in HEPA. We performed this pilot project in a big public institution with 7,200 employees, where over 16% were involved altogether. After an initial screening assessment on the levels of all three modes of HEPA (i.e. transportation/mobility, leisure-time and physical activity at the working place), a final sample of 785 individuals were involved in the second phase, while finally 130 participants (those motivated for a significant change) were chosen for the final (interventional) part of the project. Within the project, different types of interventions (classified as A, B, C level) were applied:

- A. Education – supporting materials to increase individual HEPA participation were offered to all identified participants (n=1,200);
- B. HEPA at the workplace was promoted – with a special emphasis on the regular use of stairs and other available modes of PA to be performed (n=785);
- C. Professional support in planning the daily routine towards more healthy and safe transportation – design of concrete pathways (shortest and safest) to the workplace (n=130).

Link: http://www.eu-vianova.net/project_policies.php?id=266

Particulate Matter matters!

No city suffering from exposure has been capable of keeping particle emission entirely under control yet. It is true though, that many municipalities started initiatives and experimented with a variety of abatement measures. The brochure “Particulate matter matters!” describes the most sustainable measures implemented throughout the European Union, with the focus on the experiences in the Northern Italian Region South Tyrol. Authorities can draw valuable conclusions for future strategies from these experiences.

Link: http://www.eu-vianova.net/project_policies.php?id=203

Partners

Austrian Mobility Research (FGM-AMOR) – AT

AOK Bayern (AOK) - DE

Comune di Bolzano (Bolzano) – IT

Comune di Trento (Trento) – IT

KEOLIS Besançon (KEOLIS) – FR

Ministry of Health (MHS) – SI

Provincia di Bolzano (PROVBOZ) – IT

Stadt Thun (Thun) - CH

Stadtgemeinde Weiz (WEIZ) – AT

Verkehrs-Club Liechtenstein (VCL) – FL

Responsible partner for the elaboration of the planners' handbook:

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