

# Good practices in HEPA

## NAME OF THE ACTIVITY

MOVEment Spaces

## LEADING ORGANISATION

International Sport and Culture Association (ISCA)

## COUNTRY

 Denmark

## HEPA-RELATED TOPIC

Promoting HEPA in public spaces

## TYPE OF ACTIVITY

Collection of good practices, online learning, award

## TARGET GROUP

Cities and grassroots sport organisations

## OBJECTIVES

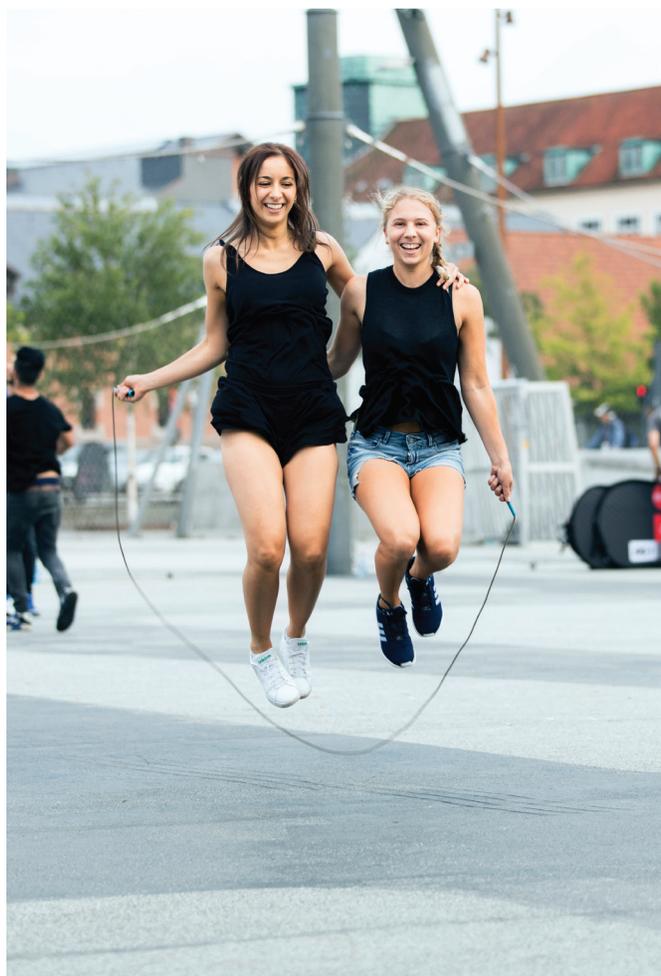
To many citizens, today's cities can feel like hostile environments where high-rise buildings, cars, concrete and fences stand as barriers to exercising outdoors and feeling safe when doing so. MOVEment Spaces aimed to promote more innovative city design to allow people to be more active in urban spaces. The overarching objective was to build the capacities of cities and NGOs to work together to carry out urban space physical activity initiatives.

## ACTIVITIES

The two-year project brought together five European cities (Barcelona, Birmingham, Paris, Wroclaw and Plovdiv), five NGOs and experts to collect, share and implement good practices that encourage participation in physical activity in urban settings. The project partners drew on their experiences to show how active spaces can be created – even in busy and densely populated cities like Paris and Birmingham. During the project, they built the knowledge base and developed an online learning platform to help other cities and organisations working in this area to learn more and take action in partnership. The project focused on three urban areas: parks and green spaces, public squares and open water facilities.

## RESULTS / EVALUATION

Four exemplary partnerships who transformed “green”, “black” and “blue” urban spaces



into active spaces received [ISCA Awards](#) for MOVEment Spaces at the Moving People – Moving Europe seminar in Paris, having been selected from 35 best practices submitted for consideration by the international jury of architecture and sports facility experts. The online learning course is available on [learn.isca.org](http://learn.isca.org).

### WEBSITE

[www.movementspaces.isca.org](http://www.movementspaces.isca.org)

### RESOURCES

[www.movementspaces.isca.org/tools](http://www.movementspaces.isca.org/tools)

### CONTACT

[sbt@isca-web.org](mailto:sbt@isca-web.org)