shaping healthy communities

Capacity Building Seminar
DESIGNING CITIES FOR ACTIVE MOBILITY
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The New Urban Agenda has been agreed upon by the international community. It is now time for interdisciplinary action that enables better health and well-being outcomes in cities for all residents.

To reach this goal there is a need to understand the complex interconnection between urban development and human health. Achieving meaningful change requires full citizen participation, collaboration, and engagement at all levels amongst people with various professional backgrounds.

This capacity building seminar is specifically designed to introduce the concept of health and active mobility in cities to a wide range of stakeholders who aspire to deliver better outcomes for health and well-being. The seminar is also a platform to deepen one’s understanding of the nexus between health, transport planning and design, where participants can learn from and with each other. By harnessing the collective wisdom of the room, key issues and barriers in the local context can be identified and collaboratively addressed. Through the experience-based learning element of the walkshop participants get a true and lasting understanding what can be changed.

THIS UNIQUE CAPACITY BUILDING SEMINAR OFFERS FIVE MAIN MODULES:

[1] PUBLIC HEALTH IN PLANNING AND DESIGN
[2] DESIGNING FOR HEALTH AND WELL-BEING WITH A FOCUS ON ACTIVE TRAVEL
[3] GREEN, FUNCTIONAL AND ATTRACTIVE SPACES AND PLACES IN CITIES
[4] CREATING AN ENVIRONMENT FOR CHANGE
[5] HOW ARE WE GOING TO MAKE THIS HAPPEN?

The aim of the seminar is to increase the collective understanding of the importance of health and planning in an interdisciplinary context. At the end of this two-day seminar participants will be able to reflect on many critical aspects relating to their role and gain practical advice for their practice, research, and governance. The number of participants is limited.

TARGET GROUP
Professionals involved in the design of cities, including planners, urban designers, architects, landscape architects, engineers, government officials, non-government organisations, social planners and health practitioners.

DURATION
Two full days

DELIVERY LANGUAGE
English
FIVE MODULES

FIRST DAY
Welcome and warming up.

[1] PUBLIC HEALTH IN PLANNING AND DESIGN
• Historical planning context (urban planning and design for health).
• Public health context (mental and physical health).
• Contemporary urban environments.

Group activity for the local context.

[2] DESIGNING FOR HEALTH AND WELL-BEING
WITH A FOCUS ON ACTIVE TRAVEL
• Introduction of key design principles for designing with people in mind.
• Health co-benefits of introducing environmental friendly transport choices and what that means in connection with green, attractive spaces and places in cities.

Group activity (Strengths, Weaknesses, Opportunities and Possibilities - SWOP analysis of the cities represented).

SECOND DAY
Warming up.

[3] GREEN, FUNCTIONAL AND ATTRACTIVE SPACES AND PLACES IN CITIES
• The module evolves around health through promoting more active forms of transport such as walking, cycling and public transport. Each mode of transport will be unpacked and the relationship between health and transport will be established.

Group activity (designing an intermodal route).
Walkshop (1.5 hour walk in groups where environmental barriers will be experienced first hand).

[4] CREATING AN ENVIRONMENT FOR CHANGE
• Case studies and experiences of successful collaboration breaking down the institutional barriers to unleash better outcomes for health and well-being in your city.

Group activity for the local context.

[5] HOW ARE WE GOING TO MAKE THIS HAPPEN?
• A call for action- review of major lessons learned.
• Commitment by participants to bring about change in their city.

Group activity and reflection.
Healthy cities rely on a transport mix, with high priority given to the needs of people – not just cars and goods. This view is becoming more widely accepted but much needs to be done to correct the balance. Active travel – walking, cycling and public transport, requires significant investment, and consideration in all aspects of transport and land use planning. Early in his career Peter Strang was a specialist in road safety, and carried out leading-edge research into drink/driving and driver training. He has BSc (Hons), with a major in psychology, and MBA degrees. He has been an advocate for local and national cycling organisations and has developed resource material for the promotion of cycling, for active travel infrastructure, and for planning workplace bicycle fleets. He has been working in the transport/planning space for the last 10 years and is a consultant to a leading transport planning firm. He is currently involved in active travel infrastructure planning, the integration of land use and transport planning, and the development of planning and evaluation instruments for active travel end-of-trip facilities.

Key expertise:
- Planning for active travel infrastructure
- The development of active travel resource material
- Transport and land use planning in an urban environment

Gregor H. Mews
Greg is an urban planner/designer working as the Founding Director for Urban Synergies Group – an international ‘think and do’ tank that provides services in the space of health and well-being in urban systems. Greg earned his Planning and Design Degrees from the Technical University of Berlin and University of Canberra. In his former role with the Australian National Heart Foundation in Canberra, Australia, he advocated for a shift towards better health and well-being outcomes in built environments. He commenced his professional journey in Germany and then continued to undertake projects in various parts of the world. In his current position, Greg uses his strong interest in integrated urban design, sustainable transport and exceptional problem solving abilities to make cities better for health and well-being through policy advice. Greg holds an honorary adjunct position at the Centre for Research and Action in Public Health at the University of Canberra.

Key expertise:
- Sustainable mobility (public transport, personal mobility, cycling and walking)
- Play and play spaces
- Healthy planning and design
- Child friendly cities
- Strategic policy advice
- International knowledge exchange

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