



3rd International TAFISA Workshop “Active City – Active Citizens”

6.-7. March, 2009

Helsinki, Finland

Organizer: Finnish Sport for All Association

Program

The Aims of the Workshop

1. to start development of the “Active City – Active Citizens” –program
2. to develop theory based concept for this“ Active City- Active Citizens –program
3. to gather and share experiences and applications of different “active city” concepts and applications to be used in further development of the concept,
4. to produce quality criteria for the community, which fulfils the “Active City – Active Citizens” criteria
5. to create “Active City – Active Citizens” -program mix for implementation of the concept
6. to development of the criteria for Active City – Active Citizens Award
7. to discuss establishment of Active City networks in global, continental, regional and national levels
8. to establish “Active City – Active Citizens” Advisory Group

Friday, 6 March 2009

- 10.00 Opening of the workshop
Timo Sahi, President, Finnish Sport for All Association
- 10.10 Practical introduction to the workshop
Jorma Savola, Secretary General, Finnish Sport For All Assosiation
- 10.20 Presentation the background of the Active City – Active Citizens concept by TAFISA
Wolfgang Baumann,
- 11.10 Theories and determinants behind the Active City framework
Jorma Savola
- 11.50 End of the 1st session – conclusions
- 12.00 Lunch
- 13.00 Conceptual basis of the development of “Active Cities – Active Citizens”
Prof. Ilkka Vuori

13.50 End of the 2nd session - conclusions

14.00 Implementation of the concept of Active City
Prof. Gareth Stratton, City of Liverpool

14.50 End of the 3rd Session - Conclusions

15.00 Coffee Break

15.30 Presentations

Warsaw, Poland, [Wiesław Wilczyński](#)

Tehran, Iran, Dr. Iman Mokhtari

Paderborn, Germany, Reinhard Rasch

Siauliai, Lithuania, Zydrone Staniene

Turku/Heinola, Finland, United Finns

An example from developing country; barriers and difficulties, Dr Heimer, Croatia

18.10 End of the 4th Session – conclusions

18.20 Reporting of the topics of next day's working groups

- (1) Discussion and debate of the presented Active City – Active Citizens concept for its further development
- (2) Steps and measures in developing Active City (working on the draft of a “planning guide”
Active City quality criteria and Awards: producing quality criteria for the community, which fulfils the Active City Criteria and development of the criteria for Active City – Active Citizens Award
- (3) Active City Award
 - Active City Innovation Award - Active City Award in some special setting (*Active Workplace, Active Sports Clubs,...*)
 - World Award for Comprehensive Active City Implementation

18.40 End of the first day workshop

20.00 Dinner in the Restaurant located in the heart of the city

Saturday, 7 March 2009

8.30 Working starts

Working group 1 “Active City – Active Citizens concept”

- discussion and debate of the presented Active City – Active Citizens concept for its further development

Working group 2 “Criteria for Active City”

- steps and measures in developing Active City (working on the draft of a “planning guide”)
Active City quality criteria: producing quality criteria for the community, which fulfil the Active City Criteria

Working Group 3 “Criteria for Active City Awards”

- Active City Innovation Award - Active City Award in some special setting (*Active Workplace, Active Sports Clubs...*)
- World Award for Comprehensive Active City Implementation

10.00 End of the 5th Session

10.15 Reports of the working groups

12.00 Lunch

13.15 Summarizing the Results of Workshop

15.00 Closing of the Workshop

References

- WHO Global Strategy on Diet, Physical Activity and Health
- WHO Europe’s Physical Activity Planning Guide (A healthy city is an active city)

Conference Venue and Hotel

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