



## HEALTHY CITIES OF THE CZECH REPUBLIC



The conclusion of European Mobility Week Campaign in the Healthy City of Hlinsko

### TOPIC: "INSPIRATION FROM ABROAD"

#### Healthy Cities share their best practices with Swiss partners

In the course of the whole year there has been taking place an intensive collaboration of CZ Healthy Cities, with representatives of Equiterre, an association that coordinates the activities connected with Healthy City Project and other relevant activities in Switzerland. The first meeting of representatives of both partner organisations already took place in March this year. At the end of May, the representatives of CZ Healthy Cities could draw inspiration for various activities related with international programmes of Healthy City and Local Agenda 21 in the course of **field trip in the Swiss City of Lausanne**. Representatives of Equiterre as well as those of particular cities or cantons introduced successful procedures of self-governments in various areas of their development to the interested parties from the Czech Republic. Consequently there have been selected 9 topics for **sharing of best**

**practice and comparison of individual activities in the practice of Swiss cities and cantons and CZ Healthy Cities and Regions.** These topics include sustainable energy, green procurement, sustainable tourism, public areas, physical activities in the cities, or sustainable urbanism. The experience from Switzerland has been presented at the **XVII. National HCCZ Conference**, but also will be presented in a **common publication** that will introduce best practice examples from both countries. Mutual sharing of experience among CZ Healthy Cities and Swiss partners takes place within the framework of project *"Partnership for improving the quality of municipalities – best practice sharing in the topic of international programs HCP and LA21"* under financial support of the Partnership Foundation (Swiss-Czech collaboration).

### The Campaigns of European Mobility Week and Car Free Day 2010

Also this year there have been campaigns dedicated to the support of safe and sustainable transportation in the cities. The Campaigns of European Mobility Week (16.–22. 9.) and Car Free Day (22. 9.) were overall attended by 42 Healthy Cities, Municipalities and Regions.

More to EMW and CFD campaigns on page 2.

### Health Days Campaign 2010

The campaign focuses on inhabitants' health in the widest sense of the word, from the support of physical activities to healthy eating and active ageing. This year's Health Days Campaign (4.–17. 10.) was attended by 34 HCCZ members.

More information on the Health Days Campaign on page 3.



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The European Mobility Week Campaign this year in the Czech republic took place under the motto "Prolong Your Life - Be Active!". The cities were to promote active forms of travelling that contribute to improvement of physical and mental well-being of citizens. Healthy and ecological forms of transportation improve the quality of life in the cities, help to reduce air pollution and noise nuisance and on the contrary bring more space for life connected with physical activity.

## The Campaigns of European Mobility Week and Car Free Day 2010 in the CZ Healthy Cities, Municipalities and Regions

The campaign of European Mobility Week (EMW) in the CZ was this year joined by more than 80 cities and municipalities, among which the Healthy Cities had significant representation. The EMW Campaign draws attention to the problems related with growing car transportation and to the possibilities of utilisation of sustainable means of transportation. The EMW Campaign traditionally features bicycle rides, scooter and in-line skates races, painting on asphalt, transportation education events for children, discussions with policemen. In the course of Car Free Day Campaign, citizens have an opportunity to use free mass transportation or take part in accompanying programme on the squares closed for car

traffic. Both campaigns are also opportunities for a presentation of permanent traffic calming measures adopted by the cities and municipalities throughout the year. Citizens can thus try new cycling tracks, barrier-free solutions or other innovations that would make their travel in the city easier. The Campaign of European Mobility Week in the CZ are coordinated by the Ministry of the Environment (MOE). The programmes of participating cities are also published on the website [www.mobilityweek.eu](http://www.mobilityweek.eu), where you can find information on international relations of the campaign.

The list of HCCZ members participating in the EMW and CFD campaigns is available on [www.zdravamesta.cz/etm](http://www.zdravamesta.cz/etm) and on the official MOE website [www.mzp.cz/etm](http://www.mzp.cz/etm).



In the Healthy City of *Moravská Třebová* there took place an in-line skates competition (top left). Walking with white stick was tried by children in the Healthy City of *Prachatice* (bottom left). Traffic education in practice or EMW campaign in the Healthy City of *Hodonín* (top right). Car Free Day in the Healthy City of *Třebíč* also included a simulated car accident (middle right). Children fulfilled various tasks in the course of Cycle-games in the Healthy City of *Varnsdorf* (bottom right).



## Health Days Support Illness Prevention and Healthy Lifestyle

The Health Days Campaign this year took place in the CZ for the sixteenth time already and offered a number of awareness-raising events, in the course of which those interested get information about healthy diet, prevention of addictions, mental illnesses, healthy and active ageing or about how to prevent crises in human relations. Inhabitants of the cities may attend a number of sports activities and do something concrete for their health. The Health Days Campaign is professionally covered by the **National Institute of Public Health (NIPH)**.

For the list of participating cities see the [www.zdravamesta.cz/dzd](http://www.zdravamesta.cz/dzd).



In the Healthy City of *Orlová* there took place a sports-social event "Orlová Run for Health" (top left). Within the framework of "Urban Health Day", the Healthy City of *Letovice* prepared tasting of healthy food (top right). The programme of Health Days in the Healthy City of *Bolatice* also included practical examples of first aid in case of injuries (bottom left).

## Internet BestPractice.cz Database Contains Examples from Switzerland

The Database of Healthy Cities of the Czech Republic **BestPractice.cz** already contains more than **150 practical examples of activities** from various areas of living in municipalities. Newly you will find in the BestPractice Database so

called "**Flash News**" – short clear examples of what has proven effective in practice and what can inspire the others. In the course of this year's autumn, the Database was also extended by **examples of activities from Swiss cities and cantons** that

had been selected within the framework of common activities of CZ Healthy Cities and Regions and Swiss Association Equiterre.


See more on [www.good-practice.eu](http://www.good-practice.eu).

## CONTACTS

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(The photographs were provided by the archives of HCCZ Office and member cities, municipalities and regions)

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HEALTHY CITIES, TOWNS, REGIONS  
CZECH REPUBLIC