

REDEFINING EUROPEAN CITY THROUGH SPORT

How to develop active cities in Europe ?

Imagine a Europe where every city is a hub of vibrant activity, where citizens of all ages enjoy easy access to opportunities for physical activity. This is the vision of the Active City, a concept that is rapidly gaining traction across the continent.



The Importance of Active Cities

Active Cities are not just a dream – they are a necessity. Physical inactivity is a major public health crisis, contributing to a range of chronic diseases and costing the European Union billions of euros each year. According to the World Health Organization, physical inactivity is responsible for 5 million deaths per year globally. In Europe, 23% of adults and 81% of adolescents do not meet the WHO's global recommendations on physical activity for health. The economic burden of physical inactivity is also significant, with direct costs of healthcare estimated to be €2.4 billion per year in the EU.

What are the 5 pillars of an active city?

Active
Governance



Active
Workplaces



Active
Mobility



Active
Schools



Active
Clubs



The PACTE+ Project

www.pacteproject.com

The PACTE+ project, funded by the Erasmus+ Sport programme, is working to change this. The project is supporting four pilot cities – Angers (France), Limerick (Ireland), Graz (Austria) and Fredrikstad (Norway) – to implement innovative policies and initiatives that promote active lifestyles. The project is also developing a replicable model for other cities to follow by a tool called the «Matrix for change» available for free on its website.

Key Recommendations for Decision-Makers

The PACTE+ project has identified a number of key recommendations for decision-makers who want to create more Active Cities:

- **Develop a cross-sectoral approach**

Active City policies need to be integrated across all sectors, including health, transport, education and urban planning.

- **Invest in infrastructure**

Cities need to provide safe and accessible infrastructure for walking, cycling and other forms of physical activity.

- **Promote active lifestyles**

Cities need to raise awareness of the benefits of physical activity and encourage citizens to be more active.

- **Empower local communities**

Cities need to work with local communities to develop and implement Active City initiatives.

- **Monitor and evaluate progress**

Cities need to track their progress in creating more Active Cities and make adjustments as needed.



The active city, a necessity for Europe

Active Cities are essential for the health, well-being and prosperity of Europe. By working together, we can create a Europe where every city is a place where people of all ages can enjoy the benefits of physical activity.

We urge decision-makers at all levels to support the development of Active Cities. We also invite you to contact us to learn more about the PACTE+ project and how you can get involved.

