

What was the project „Ganz Salzburg Bewegen“ about?

Regular healthy physical activity provides all of us with great health benefits. It reduces the risk of cardiovascular disease, diabetes, cancer and mental illness. Regular physical activity strengthens our well-being, improves our daily performance and helps us age healthily. For optimal health benefit of physical activity, the World Health Organization recommends 2.5 hours of endurance training per week and muscle-strengthening exercises twice a week. In Austria, however, only a quarter of the adult population fulfils this recommendation.

Certain population groups are less physically active than others: people aged 30–44 and over 60 years, retirees, people with a migration background, and individuals with lower formal education or lower income. The aim of the „Ganz Salzburg Bewegen“ project was to specifically target these groups in the city of Salzburg, in order to develop proposals to promote regular healthy exercise together. In total, three activities were carried out for this purpose. All activities were offered in the seven most commonly spoken languages in the city of Salzburg.

What was done?

01



Public Survey

April 2023 (4 days), 420 citizens
different locations in the suburb of Lehen

At various locations in Lehen, we talked to citizens about their preferences, difficulties and suggestions for healthy physical activity in the city of Salzburg.

Co-researchers

May – August 2023
personal environment, 53 citizens

Eight co-researchers conducted interviews in five languages among 53 people of their own family and friends, inquiring about ideas to promote physical activity.

02



03

Idea workshop

June 2023 (2 days), STADTWERK in the suburb of Lehen, 80 citizens

Over 100 specific ideas for promoting more healthy physical activity were discussed, described, sketched and crafted by citizens with the assistance of design experts from Salzburg University of Applied Sciences and the Ludwig Boltzmann Institute for Digital Health and Prevention.



04

Exhibition

January to March 2024
Lehener Park in the suburb of Lehen, Online

Ten selected proposals for promoting physical activity are presented to the public and voted on.



→ Idea 1

PopUp Pool

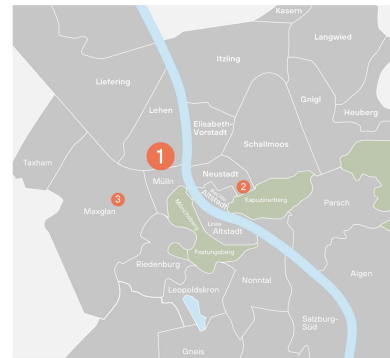
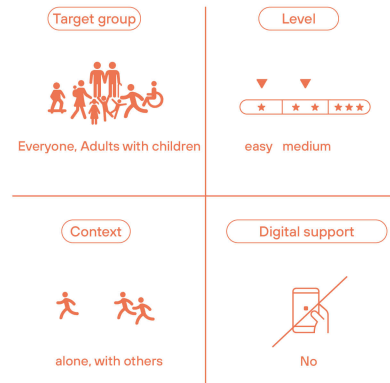
114 People like this project

A mobile pool designed for urban spaces which allows for water areas to be temporarily extended to various parts of Salzburg.

A pop-up pool makes it possible to extend public swimming pools to different areas of the city. It creates additional opportunities to swim in summertime. Depending on their size, pop-up pools may require more or less space. Due to their simple design, pop-up pools can easily be set up in different locations.

A pop-up pool consists of one or more recycled overseas containers, which have been remodelled to a swimming pool. It allows for a safe and fun swimming experience with consistently high water quality. The pop-up

pools are designed according to different themes, to address specific needs or usages. For example, a pop-up pool can be designed for parents with children. Additionally, a social media platform can be used to connect parents with each other to schedule meet-ups at the pool.



- 1 STADTWERK Lehen
- 2 Vierthalerstraße
- 3 Pillweinstraße



→ Idea 2

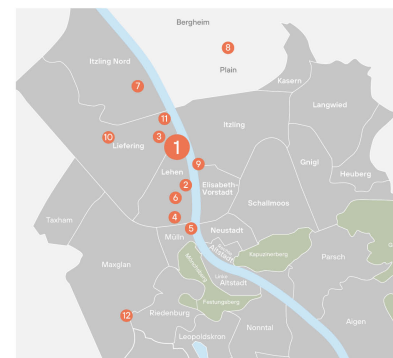
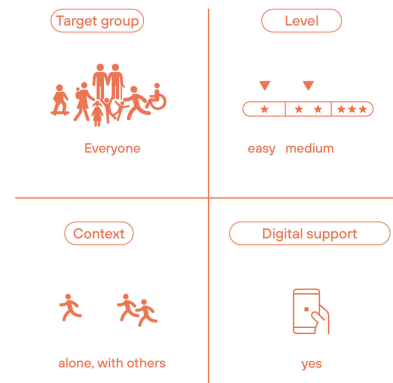
Movement

131 People like this project

You collect exercise points for walking, running and cycling and turn them into redeemable vouchers.

Exercise points (Bewegungseinheiten, BE) are collected by walking, running, or cycling. Exercise points can be collected from designated and marked drinking water fountains throughout Salzburg, using the BEwegen smartphone app. A QR code attached to the fountains can be scanned using the smartphone app. Exercise points are calculated based on the distance covered between fountains, whereby one exercise point equals one kilometre. The more fountains are visited in a single tour, the more exercise points are scored in the BEwegen smartphone app. In addition to existing drinking water fountains in the City of Salzburg, further drinking water fountains will be installed. Exercise points (Bewegungseinheiten, BE)

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- 1 Gianspitzpark
- 2 Lehenpark
- 3 Messezentrum
- 4 STADTWERK Lehen
- 5 Franz-Josef-Kai
- 6 Spielplatz Alois-Stockinger-Straße
- 7 Spielplatz Salzachsee
- 8 Plainberg
- 9 Josef-Mayburger-Kai
- 10 Spielplatz Lieferinger Tunnel
- 11 Itzlinger Au
- 12 Öffentliche Freizeitanlage am Glanbach Maxglan



→ Idea 3

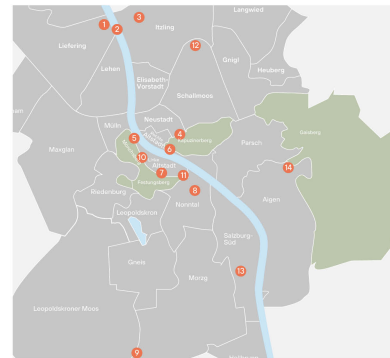
Move & Search

71 People like this project

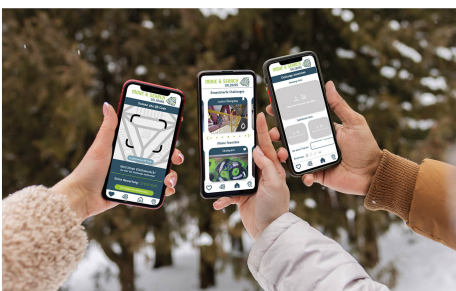
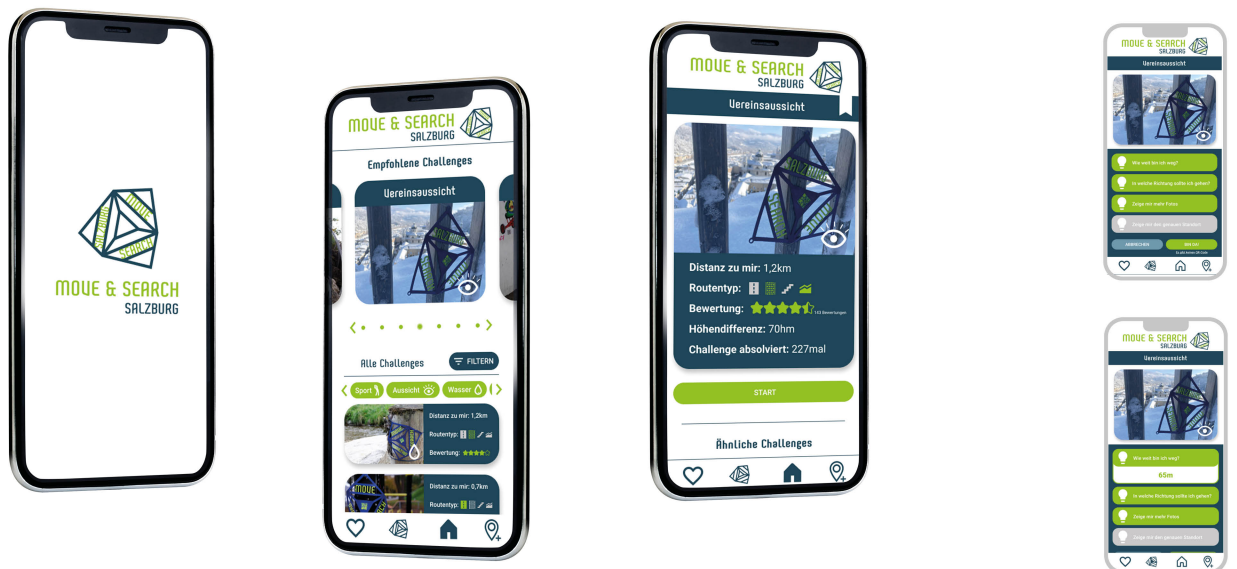
A digital treasure hunt through the whole city - follow the traces and explore the surroundings!

This freely available smartphone app works like a digital treasure hunt. A challenge is selected based on an image, and the aim is to reach the location shown in the picture. Any form of physical activity can be used to reach the destination, such as walking, running or roller-skating. Should assistance be needed, various hints are shown to the user, such as directions to the treasure, radius of the treasure's location area or additional pictures. The location of the treasure is marked by a plaque with a QR code. By scanning the QR code, the challenge is added to the digital

collection pass. Treasure locations include a variety of places, such as particularly beautiful viewing spots, hidden places, historical sites, waterside locations and public sports facilities. Some locations are also connected to make a longer treasure hunt. A star rating shows users whether others enjoyed the challenge. Every member of the Move & Search community can also suggest new challenges.



- 1 Badesees Lieferung
- 2 Salzachsteg - Westautobahn
- 3 Alterbach
- 4 CityWall Salzburg
- 5 Calisthenics Park - Kaipromenade
- 6 Inneres Steintor
- 7 Stiftsbäckerei St. Peter
- 8 Sportzentrum Mitte
- 9 Surfweile am Almkanal
- 10 Stadtturm am Mönchsberg
- 11 Stift Nonnberg
- 12 Baron-Schwarz-Park
- 13 BikePark Salzburg Süd
- 14 Schloss Aigen



→ Idea 4

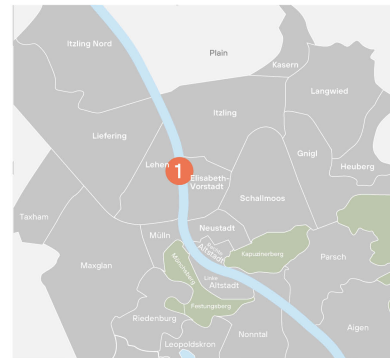
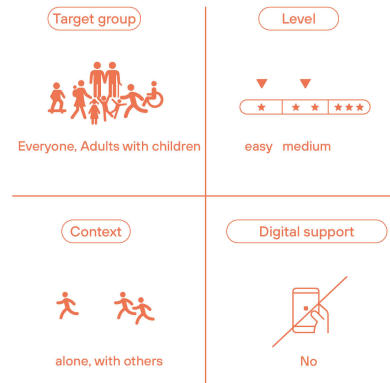
TRICK FOUNTAINS LEHEN

172 People like this project

A platform over the Salzach river brings physical activity and cool refreshment to the city. By cranking and pedalling, water from the river is pumped to the many water play stations.

The TrickFountainsLehen (WasserSpiele-Lehen) offer an ideal way to encourage the whole family to exercise, play and relax together during the warmer months of the year. The platform is situated directly above the Salzach river and opens up a new recreational space in the middle of the city. By operating cranks and cycles ergometers, water is pumped out of the Salzach river to supply various water play stations and then flows back to the river. The TrickFountainsLehen feature spray arches, water fountains from above and below, and water basins. The exercise equipment in various sizes encourages particularly

adults to be physically active whereas children can have fun at the water play stations. Everyone on the platform benefits from the cooling effect of the water. There are also shaded areas for lounging and resting, encouraging people to stay longer. The platform also serves as a bridge for pedestrians and cyclists.



1 Über die Salzach -
nördlich des Pionierstegs



→ Idea 5

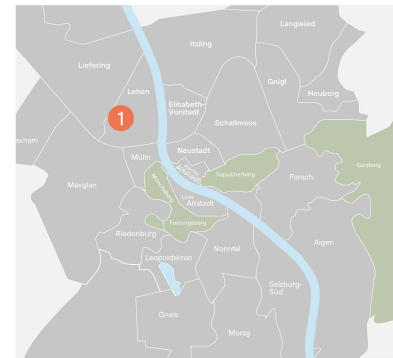
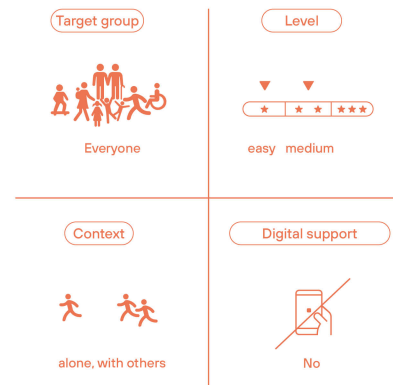
ENERGY DONATION FOREST

153 People like this project

A forest provides shade and relaxation in urban areas. At the same time, trampolines and XL hamster wheels invite people to generate electricity with their own physical activity and donate it for a good cause.

The EnergyDonationForest (EnergieSpende-Wald) consists of shady, tree-like elements. In the relaxation zones, seating options and loungers invite the visitor to relax and recover. In between these areas are exercise zones consisting of XL hamster wheels and trampolines embedded in the ground. These are suitable for different ages and sizes (e.g., younger and older children, teenagers and adults). Every jump on the trampoline and every turn of the XL hamster wheel generates electricity. This is fed into the power grid and

converted into a cash donation for cooperating companies. Every month, the money is donated to a different charitable organization in Salzburg. The electricity generated by exercising, the corresponding monetary donation and the charitable organization of the month are presented on a display.



1 TriBühne Lehen



→ Idea 6

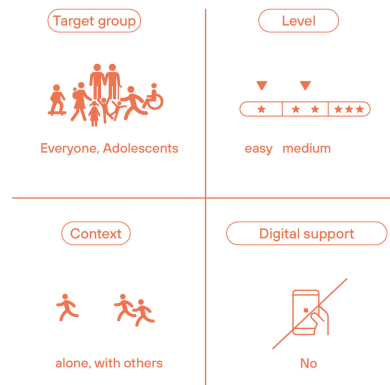
WONDERS OF STAIRS

78 People like this project

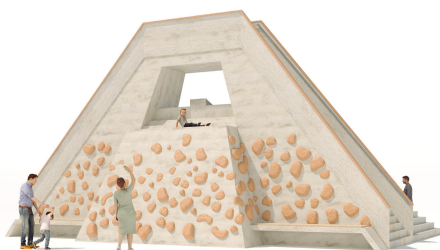
The Wonders of Stairs offers playful and exciting opportunities for physical fitness and motor skills. Each Wonder has a different motto, ensuring variety between the districts of Salzburg.

Wonders of Stairs (TreppenWunder) provides steps and stairs specifically for exercise purpose. People of all ages can be active in a fun and entertaining way by climbing stairs and training their strength, endurance and balance. Each Wonder has a different motto, ensuring variety between the districts of Salzburg. The design of each Wonder reflects its motto. Here are three examples: One Wonder resembles a Mayan pyramid. Uneven stone steps lead to different heights. Another Wonder is inspired by the Eiffel Tower. This

design in the shape of a tower consists of various metal lattice steps. Another Wonder resembles the Leaning Tower of Pisa, with sloping and inclined steps leading up and down. All designs offer several paths to reach the top. People can compare their own speed and skill at climbing these stairs with others. Handrails are included to provide support for those who need it.



- 1 Baron-Schwarz-Park
- 2 Spielplatz Teisenberggasse
- 3 Krauthügel
- 4 Preuschenpark



→ Idea 7

WILL YOU WALK WITH ME?

65 People like this project

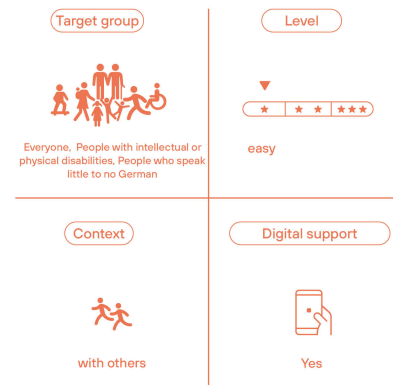
Numerous „Will you walk with me?“ park benches along the Salzach river invite you to take a walk together with others. The purpose is to meet and get to know people from different walks of life.

The popular walking route along the Salzach river is gaining a new attraction: 15 colorful and creatively designed park benches invite you to take a walk together with a new acquaintance. Sitting on one of these benches means that you are interested in taking a walk with someone else.

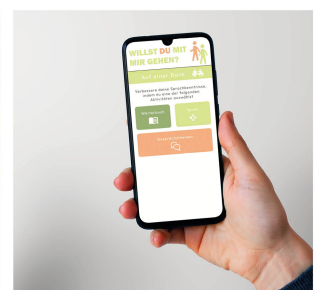
At each bench, a screen displays the app „Will you walk with me?“ and suggests different routes. Using the filter function of the app, you can find walking routes that are

most suitable for you (e.g., routes suitable for strollers, rollators or wheelchairs). The app gives information on the duration of the walk, the type of path surface, and the availability of seating and toilets along the way. If assistance is needed, this can be organized via the app. The app can be accessed on the screen display at each bench and on a smartphone.

To accommodate different languages, the app offers a dictionary, ice-breaker games, and suggestions for conversation starters.



- 1 Josef-Mayburger-Kai
- 2 Glanspitzpark
- 3 Lehenpark
- 4 Elisabethkai
- 5 Cafe am Kai
- 6 Fisch Krieg
- 7 Christuskirche
- 8 Mozartsteg
- 9 Volksgarten
- 10 Überfuhrsteg
- 11 Bienenhof



→ Idea 8

MOVEMENT HOT SPOT SALZBURG

42 People like this project

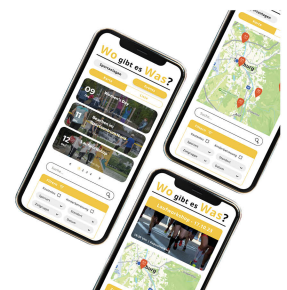
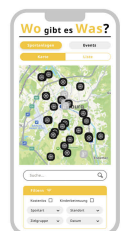
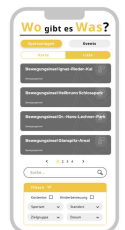
The initiative “SalzburgTreffpunktBewegung” encourages and connects people for physical activity. The associated app „Wo gibt's was?“ makes it easier to find suitable physical activity options and to meet people with similar interests.

SalzburgTreffpunktBewegung consists of electronic information boards, a mobile “Infobus” and the „Wo gibt's was?“ app. The Infobus is available from Monday to Saturday at six different locations in the City of Salzburg. The electronic information board with a touchscreen is permanently installed at every stop of the Infobus. The information boards display the „Wo gibt's was?“ app, providing information on current offers and infrastructure for physical activity, exercise and sports in the City of Salzburg. The app also has a search function and provides information about the Infobus. Of course, the app can also be accessed via smartphone. A staff member

is available in the Infobus to assist with navigating the “Wo gibt's was?“ app and to answer questions. The Infobus also features a letterbox in which people can place queries and requests about physical activity options or wishes to find someone to exercise together. The staff member processes these queries, stores the contact details in accordance with data protection regulations, and coordinates replies and follow-ups to these queries. Infobus staff are a reliable point of contact for all queries regarding physical activity in the City of Salzburg, and they work to keep the app and electronic information boards up to date.



- 1 Südtirolerplatz
- 2 Bachstraße
- 3 Josef-Kaut-Straße
- 4 Hans-Webersdorfer-Straße
- 5 Forellengewiesludung
- 6 Auer-von-Welsbach-Straße



→ Idea 9

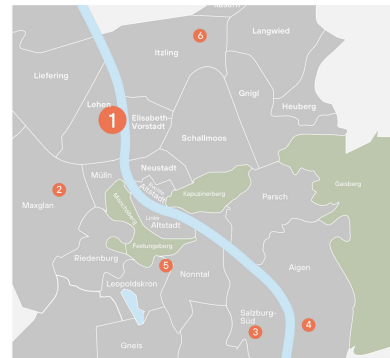
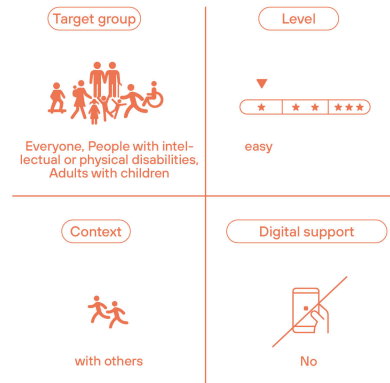
SWINGING TOGETHER

115 People like this project

A swing set consisting of cooperative swings makes it possible to have fun swinging together despite different capabilities.

Swinging together (GemeinsamSchaukeln) involves a series of swings that encourages adults and children to exercise together. The swing set consists of six swings, three classic and three cooperative ones. The cooperative swings work particularly well when several people swing together. Two of the swings are specifically designed for adults and children to swing together. The adults need to start the swinging motion, and the children are needed to keep it going. The third swing is suitable for wheelchair users and can be set

in motion using the handlebars. This allows both people to participate in the swinging motion. With the aim of having fun by swinging together, all cooperative swings require teamwork. The swing set is positioned so that the six swings are facing each other to encourage communication between those swinging.



- 1 Leherer Park
- 2 Stölzpark
- 3 Spielpark Süd
- 4 Spielplatz Slavi-Soucek-Straße
- 5 Hans-Donnerberg-Park
- 6 Spielplatz Rauchenbühl
- 7 Spielplatz Taxham



DANCE ALONG!

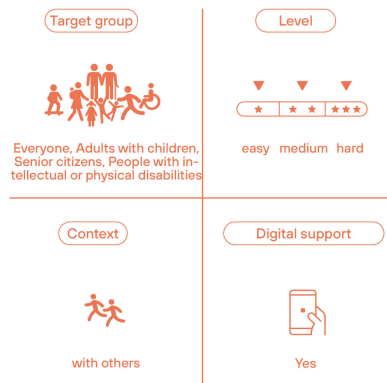
186 People like this project

The „Tanz mit!“ bus brings music and dance to everyone, regardless of skill levels, in public spaces in Salzburg. Children can dance along or be supervised in the play area of the bus.

The „Tanz mit!“ bus is an environmentally friendly double-decker bus that is electrically powered and fitted with solar panels. The bus stops at various public locations in the City of Salzburg and offers music and dance for 2-3 hours at a time. Registration is not required, people can join in spontaneously.

Inexperienced dancers, advanced dancers and people who dance while seated are all instructed simultaneously to the same music. The three instructors dance on an elevated platform, so that they are clearly visible to

all participants. For individuals, who prefer dancing while seated, folding chairs are provided. Children can dance along or can be supervised in the play area of the bus. The bus-bar sells healthy snacks and refreshing drinks. Retractable shading is used to provide protection from sun and rain. The location, time, music genres and dance styles are advertised in local media, on posters, and in the „Tanz mit!“ app. There are themed weeks with different music genres and dance styles from across the world and for all generations.



- 1 Europark
- 2 Volksgarten
- 3 STADTWERK Lehen
- 4 Vinzenz-Pallotti-Platz
- 5 Vogelspielplatz
Lerchenstraße
- 6 Preuschenpark
- 7 Goethesiedlung

