



## Promotion of **P**hysical **A**ctivity of the **Y**outh through **A**ctive **M**obility to **S**chool

**NEWSLETTER NO. 1 - AUGUST 2021**

THE FIRST NEWSLETTER OF THE PAYAMOS PROJECT

### *Project Information*

PAYAMOS enjoys a diverse European partnership trying to cover inter and multidisciplinary approach to ATS, environment, and body health of the youth in different European countries. The project has both scientific and practical functions addressing the needs of academia, policymakers, and end-users. The contemporary European youth are becoming less physically active, leading to overweight and obesity. PAYAMOS aims at promoting the physical activity of children of 9–12 years and adolescents of 14–18 years in Germany, Netherlands, Poland, Greece, Italy, Croatia, and Turkey.

### *PAYAMOS Objectives*

- Providing state-of-the-art of the topic of the relationships between the mobility of children/ adolescents/ parents, their perceptions, Active Mobility to School (ATS), the built environment, the physical activity of the youth, as well as their body weight, fitness, and oxygen uptake by a uniform method applied in 7 European countries.
- Production of uniform and reliable data generated uniformly in the partner countries.
- Shorten the time the results of such academic studies reach the hand of policymakers, planners, schools authorities, and those who are supposed to intervene in the way students transport to their schools and possibly affect their physical activity.
- To fill the gap between the empirical academic studies on the above subjects with the real users, namely the families – children and their parents included.

# The Partnership



**Technische Universität Berlin, Coordinator**

<https://www.tu.berlin/>



**Politechnika Krakowska**

<https://www.pk.edu.pl/index.php?lang=pl>



**Erasmus Centre for Urban, Port and Transport Economics**

<https://www.eur.nl/>



**The Northern Greece Physical Education Teachers' Association**

<http://www.egve.gr/profile?lang=en>



**Mine Vaganti NGO**

<https://minevaganti.org/en/>



**Rijeka Sports Association for Persons with Disabilities**

<https://www.ssoi-rijeka.hr/en/home/>



**Spor Elcileri Dernegi**

<http://www.sporelcileri.org.tr>

## *PAYAMOS KICK-OFF MEETING*

The meeting was hosted by the Coordinator, Technische Universität Berlin, in Berlin-Germany on the 25<sup>th</sup> and 26<sup>th</sup> of February.

The partners talked about the foreseen work packages. The contents and implementation processes of the work packages: **3** – Children's ATS and Body weight, **4** – Adolescents' ATS and Body Weight, **6** – Raising parents' awareness and **8** – Dissemination and exploitation, were successfully discussed.





## ***TRANSNATIONAL PROJECT MEETING***

Due to the Covid-19 pandemic, the TPM meeting has been postponed and eventually took place in Rijeka, Croatia, between 1st and 2nd August 2021.

It focused on the following:

- the state-of-the-art of the project;
- WP3 collecting data process and progress.



## ***PROJECT DEVELOPMENTS***

The partners have started working on the WORK PACKAGE 3 (WP3) concerning Children's Active Transport to School (ATS) and their body weight, led by the Organization TUB. The project could not proceed as planned due to the Covid-19 pandemic and was delayed. As the schools were closed it was impossible to have and monitor the situation in schools, Payamos was extended to 2022.

The objective of WP3 is to find significant differences between ATS and children's body weight between 2016 and 2020 and, if any, in which countries there are more differences, also referring to different European regions. To make this comparison between the situations in 2016 and today, the WP3 is based on the M.A.P.S. Project (2015/2017), by using its same 21 schools in 9 cities across 7 countries as targets.

Accordingly, we are submitting the surveys (similar to those of the M.A.P.S. Project) to the schools and finalising the purchasing of the equipment (such as the Monark LC4 bike) aimed at promoting the physical activity of children.

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