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## Promotion of Physical Activity of the Youth through Active Mobility to School

**NEWSLETTER NO. 2 - JANUARY 2022**

THE SECOND NEWSLETTER OF THE PAYAMOS PROJECT

### ***ABOUT THE PROJECT***

*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.

### ***PROJECT DEVELOPMENTS***

The project has successfully finished the WORK PACKAGE 3 (WP3) concerning Children's Active Transport to School (ATS) and their body weight, led by the Organization TUB. The objective of the WP3 was to find significant differences between ATS and children's body weight between 2016 and 2020 and 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 was based on the M.A.P.S. Project (2015/2017), by using the same 21 schools in 9 cities across 7 countries as targets. We have submitted the surveys (similar to those of the M.A.P.S. Project) to the schools and finalized the equipment purchase (Monark LC4 bike) aimed at promoting the physical activity of children.

## WHAT IS NEXT?

The implementation of the WORK PACKAGE 4 (WP4) concerning Adolescents' ATS and their fitness. It is aimed at:

- searching the influences of changing the school mobility from motorized to active modes on adolescents' physical activity level, body weight and fitness;
- investigating the interrelations between ATS, built environment and fitness of adolescents in the different countries and regions of Europe.

The Turkish partner, *Sports Ambassadors Association*, will start to operate in February.

Whereas, the other work packages will be implemented from October 2021.

## 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>