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

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THE THIRD 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 4 (WP4) consisting of data collection for analyzing the ATS, physical activity and fitness of adolescents. We investigated the change of the school mobility mode from motorized modes to active modes. 2 surveys were conducted, to assess the body weight and fitness of the sample group and these were measured in an interval of about 9-12 months after the change of transportation mode. The results gave insight into the correlation between ATS, the built environment and adolescent fitness of youngsters between 14 and 18 years old in six European countries. Also, research was concluded on the variations in the fitness, weight, and ATS of teenagers among different European nations and areas.

## WHAT IS NEXT?

The implementation of WORK PACKAGE 5 (WP5) and 6 (WP6).

WP5 consists of preparing results and send them to policy makers in forms of small booklets written in a non-technical style.

Booklets will summarize results from the two studies written in WP3 and WP4 so that they can implement recommendations and promote quickly physical activity of children and adolescents in their communities.

The booklet will also have a special look at safe routes to schools and at the preparation of the urban form of active transportation to school.

WP6 will raise the awareness of families and their youth including children and adolescents. To do so, the results of WP3 (Children's ATS and their body weight) and WP4 (Adolescents' ATS and their fitness) will be shared with parents (the main target) and children in an understandable way by organizing a series of workshops and events in the schools of the partner countries.

## 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>