

# VENZA ZRAF

**Expert basis**  
for  
spatial planning  
of green areas  
aimed at promoting  
physical activities  
for citizens



Properly arranged green spaces provide for many public health benefits, including psychological relief and stress reduction, increased physical activity, and the mitigation of various harmful factors such as excessive heat, noise, and air and water pollution. In order to integrate spatial planning and public health topics in expert terms, the Urban Planning Institute of the Republic of Slovenia in 2017 launched the programme entitled Expert Basis for Spatial Planning of Green Areas, aimed at promoting physical activity of citizens, which, in the framework of a tender regarding nutrition and physical activity for health in the period 2017- 2019, is co-financed by the Ministry of Health and is part of the efforts of Slovenia for more movement and healthier food.

The programme named »*Ven za zdravje*« (Going out to stay healthy) is based on the preparation of a comprehensive overview of diverse aspects relating to proper planning, renovation and management of green areas to achieve healthy and quality living environment. Its purpose is to stimulate the planning and development of towns and settlements in Slovenia and direct it in expert terms for active and healthy lifestyles for citizens of all ages and social groups.



The **aspects** of green area spatial planning aimed at promoting physical activity are diverse and closely interconnected. The programme's main emphasis is placed on the preparation of expert basis for a comprehensive understanding of green areas, their role, importance and effects on human health. The programme deals with various contents and aspects that need to be addressed in a timely manner within spatial planning framework, in order to provide specific places with useful and attractive green areas. This depends on their quantity, distribution, interconnectivity and public availability as well as quality, which is defined through the appropriate size, design, orderliness, safety, and respective equipment for their intended use.

The **quality of life** requires the possibility of using green spaces on a day-to-day basis, which is not only related to leisure, but is part of everyday routine, travel, learning and educational process. In order to provide for most effective and comprehensive approach, some important supportive elements such as the demographic characteristics of local environments, sustainable mobility, the perception of space, and collaborative planning and co-creation have been included in the planning of green areas aimed at promoting physical activity.



**The results** of the programme will be general guidelines for the planning of green areas aimed at promoting physical activity of the population and expert materials to support municipalities in devising relevant approaches and making decisions. The suitability of various aspects and testing of usefulness of the guidelines for a strategic and more detailed level of planning are checked on the example of the Kočevje municipality.

The programme will see a number of expert workshops, presentations and thematic lectures held. The final **materials** will be available on the programme's website after April 2019 and printed in the form of a manual intended for spatial planners and decision-makers.

<http://venzazdravje.uirs.si/>

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OBČINA KOČEVJE

VENZA  
ZRAVJE



REPUBLIKA SLOVENIJA  
MINISTRSTVO ZA ZDRAVJE

