

# Talk to us about physical activity!

Get ready – set - go!

Physical activity and sports are not only good for our heart, but also for our spirit and soul. But many of us find it difficult to be more physically active during our everyday lives. Our project "Ganz Salzburg Bewegen" ("All of Salzburg Moving") aims to change this by finding solutions together with you.

A short project summary is given overleaf.

For more information and contact details please visit our website  
<https://fh-salzburg.ac.at/ganzsalzburgbewegen>



**We ask you to tell us your personal opinions and experiences around physical activity and sports.**

We are very interested in your ideas and suggestions for more regular physical activity and sports in Salzburg.

Our Co-Researcher would like to have a conversation with you and ask you a few questions about this topic.

- It will take about 15 minutes.
- You can speak with our Co-Researcher at any suitable time and place.
- The Co-Researcher will record the conversation using an audio recorder. This is important, so that your statements can later be used accurately for the project. After 6 months, all audio recordings will be deleted.
- The conversation is anonymous. This means that you should not state your name on the recording. Everything you say will be anonymous. Later on, it will not be possible to know that it was you who made these statements.

It is completely up to you to decide whether you wish to speak with our Co-Researcher or not. Please do not feel pressured or obliged in any way. You are free to decline at any time, and you do not need to give a reason.

For any questions regarding the processing of data, please contact the project team by emailing [ganzsalzburgbewegen@fh-salzburg.ac.at](mailto:ganzsalzburgbewegen@fh-salzburg.ac.at).

## Project Description

Project duration: 01 January to 31 December 2023

The World Health Organisation (WHO) recommends a certain minimum amount of regular heart-healthy physical activity for everybody. As Austrian national health statistics show, fewer than half of the Austrian general population meet these recommendations. Some groups tend to be less physically active than the average person: these are people aged 30-44 years, retirees, people with migration background, and those with lower income or lower education level.

Through the project „Ganz Salzburg Bewegen“ („All of Salzburg moving“), we would like to engage with these less physically active groups in the City of Salzburg. In cooperation with citizens, we would like to come up with suggestions for supporting regular heart-healthy physical activity.

In order to connect with citizens, we will organise three public events. These will be held in spring, summer and autumn of 2023 in the Salzburg district of Lehen. First, there will be a community conversation event (12. – 15. April 2023) aiming to jumpstart the conversation and exchange thoughts with citizens. Second, there will be an ideas workshop (end of July 2023) to collect and shape ideas and suggestions together with citizens. Last, there will be a public exhibition (autumn 2023) to present these ideas and suggestions to the public. The exhibition will be interactive, so that everybody can vote for their favourite ideas and suggestions. Alongside these three public events, citizens can join the project team as co-researchers and take on certain project tasks.

At the end of the project, we will have a collection of ideas and suggestions based on the perspectives and everyday experiences of citizens. In a follow-up project, these suggestions will be prioritised, implemented and evaluated.

„Ganz Salzburg Bewegen“ is conducted in collaboration between Fachhochschule Salzburg (Salzburg University of Applied Sciences), Ludwig Boltzmann Institute for Digital Health and Prevention, City of Salzburg („Bewegte Stadt“), and County of Salzburg. The project is funded by Salzburg University of Applied Sciences, City and County of Salzburg, and the Open Innovation in Science Center of the Ludwig Boltzmann Gesellschaft (Open Innovation in Science Enrichment Fund).

### Project Leads

Dr.<sup>in</sup> Melanie Roth, Fachhochschule Salzburg, [melanie.roth@fh-salzburg.ac.at](mailto:melanie.roth@fh-salzburg.ac.at)

Dr. Stefan Tino Kulnik, Ludwig Boltzmann Institute for Digital Health and Prevention, [tino.kulnik@dhp.lbg.ac.at](mailto:tino.kulnik@dhp.lbg.ac.at)