



METAMORPHOSIS



ACTIVE MOBILITY

*Promoting walking and cycling over the use of cars
to increase physical activity and health*

AIM

A major aim of METAMORPHOSIS is to empower children to become more independent users of active mobility and public space. When children get used to walking and cycling at an early age it is easier to continue with such acquired capabilities in the future.

GOALS

- **Encourage** the use of public space as a playground and a meeting point.
- Raise the **awareness** for the topic public space.
- **Strengthen** neighbourhood feelings.

Examples

Walking and cycling - all seven cities

To encourage children to walk and cycle to school and at the same time increase their road safety and health.

Workshops and training activities

All seven cities

At the schools to increase the bike competence of children.

Bike repair courses

Meran, Tilburg and Zurich






To enable children to carry out simple maintenance work on the bikes.

Interactive apps, innovative media

Munich, Tilburg

And registration programmes are developed to encourage children participation.

More information: <http://www.metamorphosis-project.eu/>

     **EU Metamorphosis Project**



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