

#28. ACTIVA'T ALS PARCS

Location:

Different locations in Barcelona, Spain

Year: -

Theme(s):

Partnership/ Inclusivity/ Stakeholder involvement

Languages: Spanish/Catalan

Source: <https://bit.ly/1FdvVju>

WHY IS THIS A GOOD EXAMPLE?

Activa't is an innovative social activation process that aims to strengthen the capacities, personal transformation and empowerment of people in Barcelona. It is especially suitable for people over 40, but everyone can participate in all of its activities, they are free, without any registration, so have few barriers in regards to participation.



Photo credit: <http://www.barcelona.cat/ca/>

DESCRIPTION

Activa't is a program carried out by the city council of Barcelona. It offers free outdoor physical activity sessions in different parks in Barcelona (Spain). The program aims to encourage people to be physically active while enjoying the green spaces of the city. It combines two types of activities, 30 minutes soft walk through the park with pre warm up exercises with both tai chi and chi kung, a series of gentle and harmonious movements that are combining breathing with mental concentration.

Owner

City council of Barcelona

Sant Jaume Square 1, 08002, Barcelona, Spain

<http://www.barcelona.cat/ca/>