



# HEALTH & GREENSPACE

Integrated Action Plan, Hegyvidék, Budapest 12

*June 2022*



*Photos: ©Hegyvidék Municipality, ©Fortepan*

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An aerial photograph of a city, likely Hegyvidék, showing a dense residential area with many houses and trees. In the background, a large body of water, Lake Balaton, is visible. A decorative white line with stylized leaves runs across the middle of the image, framing the text.

# INTRODUCTION



## District of Hegyvidék

The 12th District of Budapest (Hegyvidék) is located in the central, mostly hilly part of the Buda side of the Hungarian capital. Hegyvidék has a population of 58,322 inhabitants and a total area of 26.67 km<sup>2</sup>. In comparison with other districts, it has one of the lowest population densities in Budapest due to its hilly topography.

On account of its extensive, contagious forests and richness in green surfaces, the district serves as the 'lung of the city'. Due to the diversity of landscapes and natural features Hegyvidék is one of the most popular destinations for hiking and recreation within the capital.

The administrative area of Hegyvidék can be divided into three easily distinguishable zones: a densely built-up inner-city zone, a less dense, sparsely built-up suburban zone, and a forest area. In the zone system of Budapest, almost the total area of the district is located in the 'hillside zone', only the most eastern part of it is categorized as the 'inner zone'.

In the 19th century, viticulture was typical in the area of the municipality. By the second half of the century, a growing number of villas were built on the hillside, and the arable fields and vineyards here began to be built.



*Normafa*  
©Hegyvidék Municipality

The 12<sup>th</sup> District of Budapest has one of the highest proportions of residents having a university degree in the country, and the employment rate is also high in the district.

Hegyvidék today is a national-level health centre, with a high number of public and private health institutions operating in the district.

## Key facts

<b>Country</b>	Hungary
<b>City</b>	Budapest 12, Hegyvidék
<b>Population</b>	58,322 inhabitants
<b>Area</b>	26.67 km <sup>2</sup>
<b>Education</b>	approximately 52% have a university degree
<b>Urban green space per capita</b>	170 m <sup>2</sup> (European average: 18,2 m <sup>2</sup> )

## The most important green areas of Hegyvidék

In terms of urban zones, the 12<sup>th</sup> District of Budapest can be divided into three areas:

- in the eastern part of the district: a densely built-up inner-city zone, with narrow streets and multi-storey apartment buildings at the foot of the Buda Hills,
- in the middle of the district: a less dense, sparsely built-up suburban garden area with a small town look on the slopes of the hills, and
- in the western part of the district: an extensive forest area on the ridge of the mountain.



*Map of the three areas  
©Hegyvidék Municipality*

A relatively large number of public parks, public gardens and memorial parks are in Hegyvidék. Although the municipality is rich in green areas, the distribution of green infrastructure is uneven. Key elements of green infrastructure include Normafa, Városmajor, Kis-Sváb-hegy and Gesztenyész Kert.

**Normafa** is the most popular hiking destination of the capital, located in Hegyvidék, on the eastern edge of the Buda Hills mountain range. It is part of the Buda Landscape Protection Area. Normafa itself is a small park-like clearing surrounded by extensive forest areas, located on a long but relatively narrow plateau of Buda Hills. In winter it is also a skiing destination.

**Városmajor** is a large public park with an area of 100,000 m<sup>2</sup>, that was established in the 18th century on the floodplain of the seasonal stream, Ördög-árok.

**Kis-Sváb-hegy** is an elevation in the Buda Hills. On a one-hectare area around the summit, which is a nature reserve, the original wildlife has been more or less preserved.

**Gesztenyész-kert** is a public park of approximately 35,000 m<sup>2</sup> in Budapest 12 district. It is a popular recreational park for the inhabitants of the Hungarian capital and often serves as a venue for events.

The urban forests in District 12th are the most important touristic-recreation spaces of the capital. Most of them are protected natural areas of national importance. An extensive network of tree alleys and street trees is also an important part of the green infrastructure of the municipality.

In addition to the significant parks, several small green areas, playgrounds, green strips, streets with trees, and pocket parks provide the fresh air of the district and the well-being of the residents.

Of course, much needs to be done in terms of both greening and better planning and use of green spaces.



## Who lives here?

The average life expectancy at birth in Hegyvidék is one of the highest in Hungary and also in Budapest. In the period between 2016 and 2018, it was at 82,1 years for women and 78,67 years for men, while the national average in 2017 was only 78,99 years for women and 72,40 years for men.

District 12th had the largest proportion of people aged over 65 in the Hungarian capital with 26,1% (the Budapest average is only 19,3%). At the same time, the proportion of young families and small children has also been on the rise in recent years. As a consequence, senior citizens and young families are the main target groups of local health policies.

Due to its excellent environmental status and characteristics, the high level of educational attainment and the relative wealth of its population, Hegyvidék is among the best-positioned districts in Budapest in terms of health status.

In the upper part of the district are condominiums with large gardens, villas and houses with gardens. Their inhabitants more or less enjoy the fresh air in their garden, gardening there, often they don't go hiking, walking or even playing in the playground - which is why it is a special challenge to attract this population group to the green areas of the district. At the same time, community activities and opportunities in the parks can add a lot to preserving and improving their health as well.



Városmajor  
©Hegyvidék Municipality



Flower distribution  
©Hegyvidék Municipality

However, in the lower, densely built-up parts of the district, for those living in large tenement houses, it is extremely important to ensure the accessibility and usability of the urban green environment, as there is no private garden available for those living here. These neighbourhoods are home to many older people for whom community activity can be health-preserving. Families with children also live in greater numbers in these areas, and the availability of playgrounds for children to move around in the open air daily and be with their buddies is very important.

## Social groups with special needs

When planning a new green space or developing an already existing one, it is crucial to focus on the special needs of different social groups. One dimension of the distinguishment of social groups by age – children, young adults, middle-aged adults and the elderly have different interests and needs.

Also, a good green space should integrate the needs of those social minorities that are less visible to the majority: children with autism or ADHD, adults fighting an addiction or depression or elder people with dementia.

Besides the involvement of experts, it is also important to engage the aforementioned target groups in the planning process of these green spaces. Regular consultation with the target groups usually leads to more successful projects and a commitment of the involved.

## The health aspect

A high proportion of the health facilities of Budapest (public and private hospitals, and clinics) are located in District 12th.

Public GP and pediatric practitioners are under the supervision of the municipality, and although doctors work according to a strict protocol and are quite overburdened, it is possible to involve them in health promotion initiatives.

There are several large public hospitals in the district with which the municipality has traditionally had good relations. Hospitals also have outpatient and inpatient care, some specializing in certain areas such as cardiovascular disease, but others in general medicine, from psychiatry to internal medicine to rehabilitation. Most hospitals also have a garden, which offers additional opportunities to connect with the green environment and health promotion.



*Elderly picnic*  
©Hegyvidék Municipality

There are many private health care institutions in the district that aim to be in close contact with the citizens, and with their advanced professionalism and significant financial capabilities, they can be exciting partners in implementing the action plan.

The richness of the available resources can be used not only for therapeutic purposes but also for health prevention in which the green spaces have a key role in this matter.



## Local policy context and ongoing initiatives

Due to the abundance of green spaces in the district, governance of urban green infrastructure is one of the priority policy areas for Hegyvidék. The **Environment Protection Programme of District 12th** for the period 2017-2022 has a section dedicated to green space development that addresses environmental conditions affecting the quality of life and human health, preservation of natural resources, promotion of healthy lifestyles, social cohesion, and participatory approaches supporting green space governance (co-design, co-development). It also includes measures linked among others to the management of street trees, installation of facilities supporting physical activity in green spaces, moderation of the urban heat island effect in the inner-city zone, and the rehabilitation of neglected forested areas.



Normafa  
© ReCity Magazin

As a member of the [Covenant of Mayors](#) initiative, Hegyvidék has prepared a Sustainable Energy and Climate Action Plan (SECAP). One of the main pillars of the SECAP is a climate adaptational strategy and action plan, which has a specific focus on heat stress.

In 2009 the municipality has adopted a **green roof policy**. It is prescribed in the Urban Development and Building Regulation of District 12th that in case of installation of a new flat roof or reconstruction of an existing one, a green roof needs to be set up on a certain part of the roof surface.

Currently, a **large-scale rehabilitation programme for Normafa** is underway. As part of the programme, car traffic will be reduced, public transport connections will be improved, a visitor centre, a canopy walkway, walking trails, running tracks, and playgrounds will be developed, and a previously built-in area will be converted into a park.

The [Healthy Hegyvidék Programme](#), launched in 2013 by the Municipality promotes preventative healthcare and health-conscious lifestyles through providing a framework for cooperation between healthcare, social, cultural and sports institutions, as well as offering measures targeting prevention and medical treatments. Key focus areas of the programme are disease prevention and rehabilitation. The programme supports health screening for children and adults, school and kindergarten awareness campaigns, educational programmes, cardiovascular disease prevention campaigns, health days, hiking and sports programmes of various difficulty, and summer camps for children.

The [Active Hegyvidék Programme](#) provides a wide range of free activities for all target groups in the district such as swimming, running programmes, hiking clubs, yoga, Zumba and other leisure activities. These programmes are being collected on a webpage as a whole and have been promoted on multiple platforms. As the programmes are quite popular they can be linked to health prevention activities in green spaces.

A **Cardio Trail** was developed as a result of the cooperation of Szent Ferenc Hospital and the municipality. The trail is primarily targeted at patients of the hospital suffering from cardiovascular diseases, hypertension, or diabetes, but it can also be used for disease prevention purposes. The programme introduces hikers to some basic health indicators and measurement methods and provides a personalized assessment of their health condition during the hike.

The municipality has launched a **Green Space Stewardship Programme** that provides a framework for involving residents in the maintenance of public green spaces. Currently, 26 areas are included in the Stewardship programme.



*Greening Ada street  
© Hegyvidéki Önkormányzat*

Hegyvidék established the **Hegyvidék Bee-friendly Programme** which aims to support pollinators in the urban region by raising awareness among residents. The Programme has relevance for Health&Greenspace as bees live in a healthy environment, and if the natural environment is preserved to allow wild pollinators to thrive, that in exchange also increases the quality of urban green spaces.

In addition, Hegyvidék supports a great variety of cultural, educational, and sports initiatives that are directly linked to green spaces, such as outdoor film screenings, an environmental education programme for local kindergartens, and walking and running clubs, organized urban walks.



## Vision

<i>"Hegyvidék - More than a district"</i>	
<b>Vision:</b>	<i>„Hegyvidék is the most popular, exclusive residential, recreational and service district of Budapest, which, taking advantage of its built and natural endowments, provides a high-quality living environment and quality of life with intelligent services.”</i> Source: Hegyvidék Municipality, City Development Concept 2015-2030
<b>Goal:</b>	<i>„The basic goal of the Hegyvidék Municipality is to implement sustainable and proactive urban development. The basis of district urban development is the validation of the environmental, social and economic aspects of sustainability.”</i> Source: Hegyvidék Municipality, Integrated City Development Strategy

### Connection to URBACT principles:

- **Integration:** The Integrated Action Plan of Hegyvidék Municipality seeks to integrate the needs and interests of all social groups living in the districts.
- **Participation:** The Integrated Action Plan of Hegyvidék Municipality is the result of a comprehensive participatory process where different local stakeholder groups were involved.
- **Action learning:** The Integrated Action Plan of Hegyvidék Municipality is inspired by several foreign best practices, however, it also tries to synthesise and further develop the already existing best practices from the district by planning pilot locations and programmes.

### Description of the planning process:

- The aim of the IAP is to create a strategy for the planning and use of health-oriented urban green spaces in the district by organizing existing and newly planned activities into an integrated and synergic system. Each objective contains action clusters, which are detailed into actions. There are three main objectives:
  - o 1. Objective (thematic): Design and development
  - o 2. Objective (thematic): Organized Activities
  - o 3. Objective (horizontal): Cooperation

### The action planning journey:

- preliminary consultations with local stakeholders
- several consultations with the Green Office of Hegyvidék Municipality
- several consultations with the Welfare Office of Hegyvidék Municipality
- several consultations with the experts and decision-makers of Hegyvidék Municipality
- emailing appr. 250 local stakeholders -> 4 workshops with local stakeholders

## Local stakeholders

The Health & Greenspace project has a ULG of about 60-80 people. Members are associated with the project at different intensities. The professional and organizational backgrounds of the members are very diverse.

The structure of ULG is as follows:

<b>Core Team of Municipality:</b>	The Core Team consists of the closest staff of the project within the municipality. 7 people belong to the core team from the staff of the Mayor's Cabinet, the Green Office, and the Welfare Office. Members meet weekly and work closely with each other.
<b>Wider Circle of Municipality:</b>	The active staff of the institutions belonging to the municipality, is about 10 people from the Hegyvidék Cultural Salon, the Hegyvidék Sports Center and other municipal partner offices. Stakeholders from the wider circle meet less frequently, mainly having thematic meetings and consultations.
<b>Wider Circle of Local Stakeholders:</b>	The entire circle of local stakeholders meet less frequently, one in half a year, and due to COVID, personal meetings have been organized less often. The members receive regular newsletters and reports, new opportunities are discussed at meetings and cooperation initiatives are created.

The wider circle of local stakeholders include:

<b>Local politics:</b>	Decision makers of Hegyvidék Municipality (mayor, vice mayors, leaders of the municipal offices and firms), Budapest Metropolitan Municipality, surrounding district municipalities
<b>Healthcare:</b>	Public and private healthcare institutions of the district (hospitals, and other health-related institutions), General practitioners
<b>Educational institutions:</b>	Universities, schools, kindergartens and nurseries
<b>Sports and cultural institutions:</b>	Public and private sports and cultural institutions in the district
<b>Religious institutions:</b>	All official religious communities of the district
<b>Social institutions:</b>	Public and private social institutions for the elderly and other groups with special needs



<b>Civil initiatives:</b>	Leaders of local communities, condominiums or thematic NGOs who are actively participating in shaping the micro-environment of local citizens
<b>Nature-related associations:</b>	Duna-Ipoly National Park (DINPI), Hungarian Ornithological Association, Association of Climate-Friendly Municipalities, Hungarian Garden Builders' Association (MAKEOSZ)
<b>Urban specialists:</b>	Architects, landscape architects, urban sociologists, environmental psychologists and other specialists from the academia
<b>Online community:</b>	The „Move freely, Hegyvidék” (Mozogj szabadon, Hegyvidék) Facebook group has a great potential to communicate with the local citizens regularly. This online group of more than 1 500 members is a great platform to share the actual programmes organised at Hegyvidék.

**The local stakeholders by name:**

<b>Local politics:</b>	Hegyvidék Municipality Green Office Hegyvidék Municipality Welfare Office Hegyvidék Municipality Education Office Hegyvidék Municipality Urban Development Office Budapest City Municipality City Planning Department
<b>Healthcare:</b>	Szent Ferenc Hospital Szent János Hospital Korányi National Institute of Pulmonology Buda Health Center Hegyvidék Health Center Városmajor Heart and Vascular Surgery Clinic SZÍVSN Association
<b>Educational institutions:</b>	ELTE Gyertyánffy István Vocational Primary School ELTE Faculty of Pedagogy and Psychology Institute of Human-Environment Transactions ELTE Faculty of Teacher and Preschool Education Károli University Interpersonal Department Normafa Kindergarten Orbánhegy Kindertartens Táltos Kindergarten Zugliget Nursery
<b>Sports and cultural institutions:</b>	Hegyvidék Local History Collection Hegyvidéki Cultural Salon MoM Cultural Center MoMSport Normafa Park
<b>Religious institutions:</b>	Evangelical Church of Budahegyvidék
<b>Social institutions:</b>	Hegyvidék Family Support and Child Welfare Center Hegyvidék Social Center

<b>Civil initiatives:</b>	Irhás-árok street community Mártonhegyi út street community Városmajor Park Friends Association
<b>Nature-related associations:</b>	Dendrology Foundation Danube-Ipoly National Park Directorate, Sas-hegy Visitor Center Living Gardens Hungarian Ornithological Association Pannon Park
<b>Urban specialists:</b>	Hungarian National Association of Green Roof and Garden Builders Platinum Group (park design) High Garden Kft. (green roof construction)

## Funding scheme

<b>Municipality budget</b>	The municipality is looking for the possibility to implement the actions of the present IAP in the annual municipal budget. Several actions in the IAP can be realised by a smaller allocation of financial and human resources. The relevant actions of the plan can be implemented into the municipality budget.
<b>EU funds</b>	The municipality will constantly look for opportunities to apply for direct EU funds. The biggest opportunities lie in the 2021-2027 periods Interreg-CE calls (early 2022), the URBACT calls coming at the end of 2022, and LIFE projects. The Municipality and the Green Office project team will allocate capacity to apply for relevant calls involving external experts, however, there is a constant risk of assuring own contributions from the municipality budget. With conscious planning, there are some ways of co-financing with other funding schemes.
<b>National funds</b>	So far there are limited national funds that are visible. In the district, the funds linked to the Operative Programmes are the well-known ones. The municipality will monitor the upcoming possibilities and act if there is something feasible

<b>Sponsors</b>	The municipality will have to create an internal strategy on how to find possible sponsors and with what conditions can they involve them. These conditions have to be in line with the municipality's internal policies and at the same time give space for the sponsors' conditions (visibility, communication). Sponsors can be companies from the private sector, multinational companies, individual sponsors, and so on.
<b>Involvement of volunteers</b>	Involving volunteers can support dealing with the capacity challenges so that fewer internal capacities have to be mobilised. However, establishing a volunteer base, and coordinating them needs extra effort in the beginning and also during implementation. The conditions of the volunteering work have to be incorporated in an overall strategy and individually as well.

## Small Scale Actions

The actions to be displayed in the Action Plan were tested and experimented with in the framework of so-called Small Scale Actions, SSAs. The project partners have had several initiatives related to the projects, from which some actions failed because there was no interest in them, or their implementation was impossible due to the COVID pandemic. In the case of other actions, we evaluated and changed during the process, and of course, we had actions that we could consider successful and included in the Action Plan.

These are briefly presented below, and they can be found detailed in the action cluster table.

### Green Prescription

The Green Prescription is a concept that perfectly combines the benefits of the urban green environment with maintaining the health of citizens. In the frame of SSA, the concept was developed with the involvement of ULG members - GPs, hospital managers, and health and movement professionals. The test plant started in January 2022.

According to the statistics of a Budapest clinic specializing in cardiovascular diseases, one-third of heart surgery patients die within three years after their treatment. The reason for these tragic statistics lies in the fact that these patients are unable to change their lifestyles, lose weight and exercise more, which would be essential for them to keep healthy. Therefore, more emphasis needs to be put on supporting healthy life choices by doctors. So far, physical activity provision and the healthcare system were not integrated but now, thanks to the green prescription concept originating from New Zealand more than 30 years ago, we linked them together, approaching prevention and health promotion in an interdisciplinary manner.

During the pilot, we visited the most active general practitioners, with whom we worked out the exercise categories and consulted with the organizers of the Active Hegyvidék Programme about what types of exercise are available in the district. The Green Prescription initiative was added to the website of Active Hegyvidék, where visitors can find the categories of activities and detailed information about each sports programme, so they can join them. We printed the first "green



prescriptions" that we distributed among family doctors. We started a communication campaign among citizens to promote the concept and negotiated with district hospitals regarding the further use of the prescription.

## **How to create elderly-friendly (dementia-friendly) parks - guideline**

The municipality plans to make the parks and green areas of the district suitable for the safe use of the elderly and even people with dementia, the goal is that the parks serve the health of these special groups as well. To do this, we first needed to know what outdoor programmes seniors need and what programmes work well outdoor and what kind of physical conditions are needed in the park for the elderly to spend their time safely and actively outdoor. In the fall of 2021, we started organizing a series of varied outdoor programmes for the elderly. Among the programmes were dancing, singing, outdoor painting, tai chi, petanque, etc. This series of programmes was called Senior picnic and quickly became popular among the elderly. The series of programmes will be continued by the Hegyvidéki Cultural Salon. Based on this experiment, we will then develop a guide with the help of a rehabilitation landscape architect, which will provide support for the creation and transformation of age-friendly parks not only in our district but also in other settlements.

## **Integrated nature trail for blind people**

At Normafa, Municipality would like to create an educational/adventure trail that can be used safely by blind people as well. Under the SSA, we involved organizations of blind people in planning and generated a kind of community planning process. The negotiation with these organizations brought important insights and helps a lot in the proper design of the educational path and its future usability. During the cooperation and negotiation, special attention had to be paid not only to the consideration of different needs but also to the appropriate use of words. Even choosing the name was a serious challenge, but it ended very successfully.

The cooperation continues even after the project, the plans of the educational trail are drawn up by a landscape design office based on the advice of a rehabilitation landscape architect, which we constantly coordinate with the organizations of blind people. These organizations also participate in the implementation of particular works - information boards, online information background, etc.

## **Online community building – Facebook group**

To involve the citizens as much as possible, we have built an online community on Facebook with more than 1300 members. We promote the goals of the project, local initiatives and programmes in the community. This can be the basis for a longer-term public partnership that puts the urban green environment and healthy lifestyle at the service of the community. We also have had programmes in person in this circle.

It was not easy to build such a virtual community from scratch and it is very difficult to keep it alive - this will be an important challenge for IAP.

At the beginning of the process, we popularized the initiative with various "kilometre collecting" games, with more or less success. The group, on the other hand, is a base on which we want to build in the future, so keeping and expanding it is an important task.










## Vision generation campaign involving the citizens










Involving the citizens in the green and healthy design of the district is crucial. Therefore, the municipality launched a visioning campaign, in one part of which ULG members outlined what kind of district they wanted in terms of health and the environment in 2040, and in the other part we asked the public for the same.

District residents, adults and children were encouraged to formulate in a newspaper headline, in one or two sentences, in a drawing, what our world and district should look like in 2040 in terms of green environment and health. Together with the students of the Buda School of Drawing, the received ideas will be edited in a 4-page Future Magazine and published as an appendix to the local newspaper.

During the campaign, we trialled the vision generation method for future application and roll-out as part of the municipal strategic planning.

## Legend for the actions

<b>length of the action:</b>	short term: until 2023 medium term: until 2026 long-term: until 2030	   <b>SHORT TERM</b> <b>MID-TERM</b> <b>LONG TERM</b>
<b>money-intensiveness:</b>	low middle high	   <b>LOW</b> <b>MEDIUM</b> <b>HIGH</b>
<b>human resource</b>	low middle high	   <b>LOW</b> <b>MEDIUM</b> <b>HIGH</b>

actual phase	<p>idea</p> <p>under planning</p> <p>under constuction/realisation</p> <p>pilot/completed</p>	<div>     </div> <div> <p><i>IDEA</i></p> <p><i>PLAN</i></p> <p><i>PROGRESS</i></p> <p><i>FINISHED</i></p> </div>
target age group:	<p>children</p> <p>young adults</p> <p>adults</p> <p>elderly</p>	<div>     </div> <div> <p><i>CHILDREN</i></p> <p><i>YOUTH</i></p> <p><i>ADULTS</i></p> <p><i>SENIOR</i></p> </div>
<p><b>action for people with special needs</b></p>		<div>  <p><i>SPECIAL NEEDS</i></p> </div>



# OBJECTIVE 1

## Design and development





## ***Improving the quality of existing green spaces***

*The greening of the district can be achieved in part by increasing the green areas and by planting street trees. At the same time, it is important to ensure the proper, efficient, and, if possible, community maintenance and management of green spaces. Taking climate protection considerations into account when selecting species is a new consideration that needs to be incorporated into planning.*

### ***Action cluster & actions***

#### ***1.1. Creating and improving semi-natural areas***

- 1.1.1. Bird-friendly District
- 1.1.2. Bee-friendly District
- 1.1.3. Stewardship Programme
- 1.1.4. Community gardens
- 1.1.5. Natural garden application for condominiums

#### ***1.2. Climate adaptation actions***

- 1.2.1. Green roofs
- 1.2.2. Hedges protecting yards of kindergarten and schools
- 1.2.3. Pocket Parks and parklets
- 1.2.4. Shaded Spaces
- 1.2.5. Tranquil Areas

#### ***1.3. Green spaces for prevention and rehabilitation***

- 1.3.1. Cardio trails
- 1.3.2. Healing gardens
- 1.3.3. Therapeutic gardens
- 1.3.4. Elderly and dementia-friendly parks and gardens
- 1.3.5. Braille trails
- 1.3.6. Nature-based playgrounds

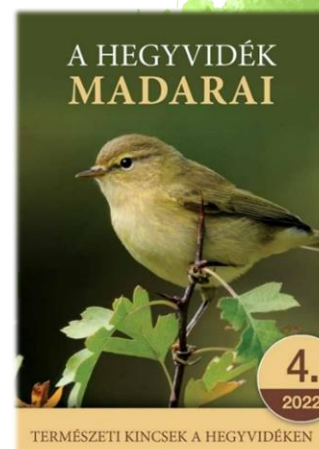


## 1.1 Creating and improving semi-natural areas

### 1.1.1 Bird-friendly District

The diverse existence of birds in an urban area can indicate the District's natural quality (including biodiversity) and healthiness. Creating artificial nests, bird feeders, and natural habitats can increase the urban area's biodiversity by giving shelter to the birds. Birds' chatter and greenery also can benefit mental health. By involving kindergartens, and schools the importance of biodiversity and birds can be addressed.

„Birds of Hegyvidék” publication  
© Hegyvidék Municipality



<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Creating and improving semi-natural areas</i>
<b>Link to Strategies</b>	<i>Local Environmental Programme</i>

<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>Birdlife Hungary</i>
<b>Potential partners</b>	<i>local residents, kindergartens, schools, hospitals, companies, Normafa Park, DINPI, Urban Development Office, Department of education, sub-contractors for park maintenance</i>

**possible risks:**

*lack of capacity for maintenance, bad  
weather conditions*

**possible solutions:**

*allocate capacity and resources for  
maintenance, create weatherproof nests*



**MID-  
TERM**



**MEDIUM**













**MEDIUM**

<b>Indicators</b>	<i>number of distributed nests / number of installed nests / number of participants on WSs / number of children participated / created trail / number of created hospital gardens</i>
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## Related specific actions

<p><b>Action 1</b> <i>Distribution of artificial nests, and bird feeders to local residents</i></p> <p> </p> <p>SHORT TERM PLAN</p>	<ul style="list-style-type: none"> <li>- distributing artificial nests and bird feeders for free to the public</li> <li>- link distribution to awareness-raising workshops (see Objective 3)</li> <li>- link it with publications</li> </ul>
<p><b>Action 2</b> <i>Installation of artificial nests and bird feeders in public spaces and parks</i></p> <p> </p> <p>SHORT TERM PLAN</p>	<ul style="list-style-type: none"> <li>- discussion with external experts and Birdlife to collect data on baseline</li> <li>- planting bird-friendly shrubs</li> <li>- communicate</li> </ul>
<p><b>Action 3</b> <i>Provision of artificial nests, and bird feeders in kindergartens (schools) and public and private spaces</i></p> <p> </p> <p>SHORT TERM PLAN</p>	<ul style="list-style-type: none"> <li>- discussion with external experts to collect data on baseline</li> <li>- involve kindergartens and schools in planting artificial nests and bird feeders</li> <li>- planting bird-friendly shrubs</li> </ul>
<p><b>Action 4</b> <i>Creation of a bird-friendly educational trail</i></p> <p> </p> <p>MID-TERM PLAN</p>	<ul style="list-style-type: none"> <li>- planning possible location</li> <li>- co-create a draft outline</li> <li>- implement installation</li> <li>- promotion</li> </ul>
<p><b>Action 5</b> <i>Bird-friendly hospital garden</i></p> <p> </p> <p>MID-TERM PLAN</p>	<ul style="list-style-type: none"> <li>- motivate the hospitals in the district to create bird-friendly gardens</li> <li>- provide knowledge and expertise</li> <li>- provide artificial nests, and bird feeders to Szent János Hospital and other hospitals if interested</li> </ul>



## 1.1.2 Bee-friendly District

In the Hegyvidék Bee-friendly programme (previously the BeePathNet project) multiple pollinator-friendly activities have been initiated in the District. All activities support biodiversity, enhance the quality of greenery by creating bee pastures, educate people and raise awareness with diverse programmes.



*Insect Hotel  
© Hegyvidék Municipality*

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Creating and improving semi-natural areas</i>
<b>Link to Strategies</b>	<i>Local Environmental Programme, Bee Friendly Network mid-long term action plan</i>

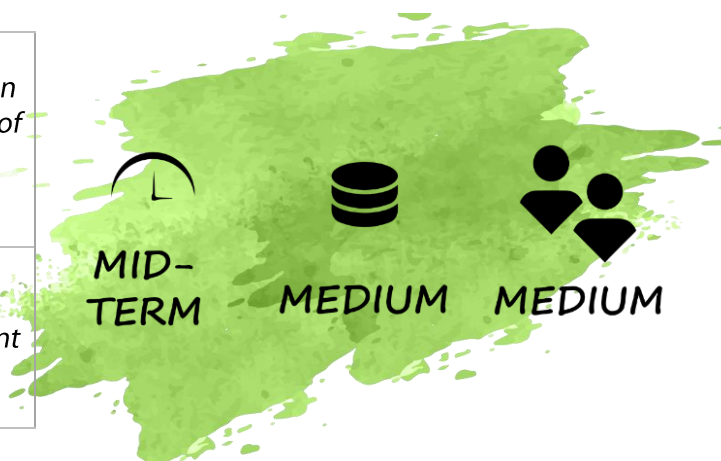
<b>Lead partner(s)</b>	<i>Members of the Hegyvidék bee-friendly network</i>
<b>Key partners</b>	-
<b>Potential partners</b>	<i>landscape architects and botanists</i>

### **possible risks:**

*decreasing amount of green spaces that can be used for bee pastures, fear of bees, lack of interest, environmental limits, aversion to planned clutter*

### **possible solutions:**

*effective awareness raising and education, planned and synergised urban development*



<b>Indicators</b>	<i>number of new bee-pasture in m2</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Create synergies between BeePathnet's mid- long-term action plan and IAP</i></p> <div data-bbox="263 465 335 510"> </div> <div data-bbox="411 488 478 521"> </div> <p><b>MID-TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- highlight relevant action from BeePathNet mid-long-term AP</li> <li>- create synergies with the relevant BeePathnet actions and the H&amp;G IAP</li> </ul>
<p><b>Action 2</b></p> <p><i>Development of bee pastures</i></p> <div data-bbox="263 761 335 806"> </div> <div data-bbox="411 784 478 817"> </div> <p><b>MID-TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- assess areas that can be developed as bee pastures</li> <li>- creating new bee pastures by involving landscape architects and botanists</li> <li>- communicate with residents directly, near the bee pastures</li> </ul>





## BEST PRACTICE

### Bee-friendly programmes

In Hegyvidék's bee-friendly, pollinator-friendly programme, the municipality and their partners create habitats for pollinators (by seed spraying and reducing mowing to create bee pastures), monitor insects and install insect hives with the help of a collaborative network.

A "honey breakfast" programme (honey tasting and games about pollinators for children) is run in all their kindergartens, as well as beekeeping visits for both children and adults.

The municipality also organises awareness-raising lectures, walks, short films, and publications and also a pollinator education trail has been developed.



*Honey breakfast*  
© Hegyvidék Municipality



*Bee pastures*  
© Hegyvidék Municipality



### 1.1.3 Stewardship Programme

Small green public spaces in the district can be maintained and developed by the residents, companies and other organizations with the support of the municipality and external experts. This can increase the quality of the small green spaces (better biodiversity) in Hegyvidék and create special ownership and responsibility between the so-called stewards. This can also affect the air quality and the mental and physical health of the stewards.



*School children planting, Szent Orbán Square  
© Hegyvidék Municipality*

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Creating and improving semi-natural areas</i>
<b>Link to Strategies</b>	<i>Hegyvidék Environmental Programme</i>

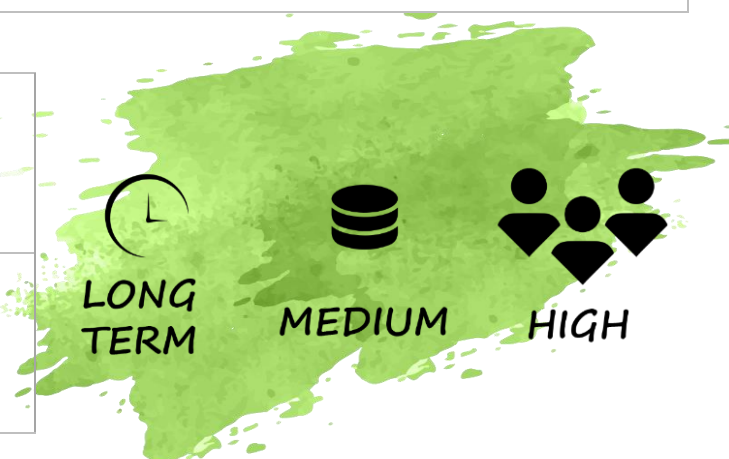
<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>local condominiums, local residents</i>
<b>Potential partners</b>	<i>landscape architects, botanists, companies (sponsors)</i>

#### **possible risks:**

*lack of interest, residential complaints, lack of engagement, low capacity*





#### **possible solutions:**

*sponsors, a survey of needs, planning, find key stakeholders, effective communication*



<b>Indicators</b>	<i>evaluated survey / number of key points of changes / successful pilot programme / defined responsible partner</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Evaluation of the programme, developing a new support system</i></p> <div>   </div> <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- evaluation of the programme so far – what needs to be changed?</li> <li>- involvement of thematic experts in the discussion</li> <li>- residential survey of local needs</li> <li>- based on the survey highlight possible changes</li> <li>- pilot the programme</li> <li>- re-evaluation</li> </ul>
<p><b>Action 2</b></p> <p><i>Sustainability of the new programme</i></p> <div>   </div> <p><b>MID-TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- based on the previous points create a methodology that can support the programme in the long run</li> <li>- find internal and/or external capacity for coordination</li> <li>- communicate</li> </ul>





## 1.1.4 Community and kindergarten gardens

In the District's downtown, densely built-up area there is a lack of possibilities to create community gardens. However, there could be some areas owned by the municipality or a private actor that could be used for community gardening purposes. Even for a shorter term (a few years), it would be beneficial for the surrounding residents to care for a small community garden and enjoy the results of it. Elevated garden beds with spices or other plants could be installed in the smallest unused or underused areas.



*School garden application  
Iskolakertek.hu*

Community gardens support air quality and encourage community engagement and health-consciousness.

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Creating and improving semi-natural areas</i>
<b>Link to Strategies</b>	<i>Hegyvidék Environmental Programme, SECAP</i>

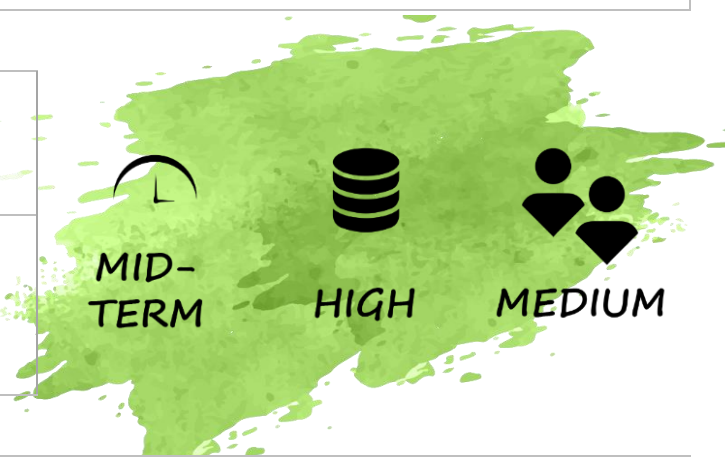
<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>Department of education, kindergartens</i>
<b>Potential partners</b>	<i>MAKEOSZ, lecturers, sponsors</i>

### **possible risks:**

*lack of budget (high expenses), lack of goodwill and interest*

### **possible solutions:**







*effective communication and awareness raising, looking for sponsors, and funds, looking for low-cost solutions*



<b>Indicators</b>	<i>participants of surveys / successful pilot programme</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Supporting the implementation of a community garden at Hegyvidék</i></p> <div>   </div> <p><b>MID-TERM</b>     <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- residential survey on the demand for a community garden in the district</li> <li>- communicate, raise awareness, attract participating residents</li> <li>- creation of a pilot community garden at the previously planned location</li> </ul>
<p><b>Action 2</b></p> <p><i>Exploring further options about community gardens - residents</i></p> <div>   </div> <p><b>LONG TERM</b>     <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- creation of a baseline study with the data of the unused or underused areas available for an installation of a community garden (even for a short term)</li> <li>- decision-making about an area to be prepared for a community garden</li> <li>- finding collaborative partners among local residents</li> </ul>
<p><b>Action 3</b></p> <p><i>Exploring further options about community gardens - institutions</i></p> <div>   </div> <p><b>LONG TERM</b>     <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- find other possible partners (public institutions, kindergartens, maybe schools) for a community garden</li> <li>- promotion of the School Garden programme, support for applications</li> <li>- supporting the institutions (with training, tools or helping the implementation)</li> </ul>



## 1.1.5 Natural garden application for condominiums and residents

Small green spaces owned by condominiums and residents in the district can be maintained and developed with the support of the municipality and external experts. This can increase the quality of the small green spaces (better biodiversity) in Hegyvidék and create special ownership and responsibility between the residents of the condominiums. This can also affect the air quality and the mental and physical health of the residents of the condominiums.



„Kertjeinkben a természet” application winner  
© Hegyvidék Municipality

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Creating and improving semi-natural areas</i>
<b>Link to Strategies</b>	<i>Hegyvidék Environmental Programme</i>

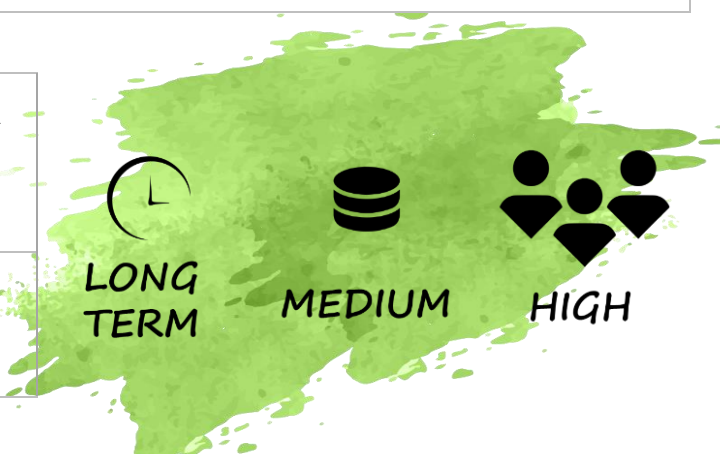
<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>local condominiums, local residents</i>
<b>Potential partners</b>	<i>landscape architects, botanists, companies (sponsors)</i>

### **possible risks:**

*lack of interest, residential complaints, lack of engagement, low capacity*





### **possible solutions:**

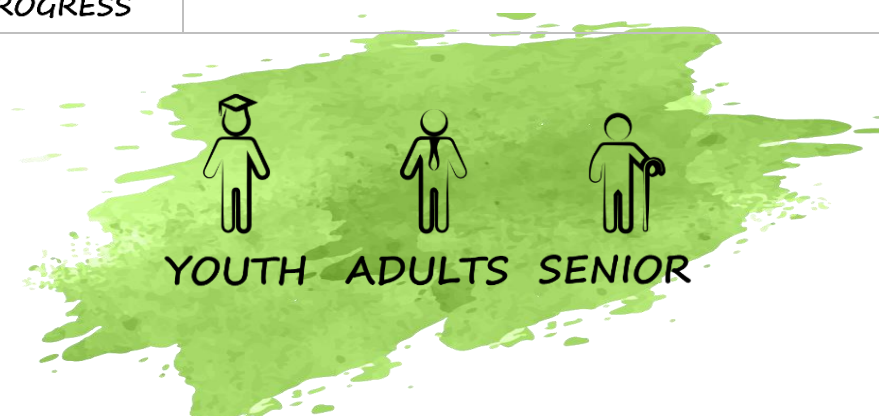
*sponsors, a survey of needs, planning, find key stakeholders, effective communication*



<b>Indicators</b>	<i>participants of surveys / successful pilot programme</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Developing a condominium greening programme</i></p> <div>   </div> <p><b>SHORT TERM IDEA</b></p>	<ul style="list-style-type: none"> <li>- collecting experience and expertise from other district municipalities of Budapest</li> <li>- involvement of thematic experts in the discussion</li> <li>- development of the project description and the requirements for applicants (condominiums) including: <ul style="list-style-type: none"> <li>o inner gardens of the condominiums of Hegyvidék</li> <li>o balconies, hanging corridors etc. of the condominiums</li> </ul> </li> <li>- pilot programme</li> <li>- monitoring of the pilot programme</li> </ul>
<p><b>Action 2</b></p> <p><i>Evaluation of the flower distribution programme of Hegyvidék, developing a new support system</i></p> <div>   </div> <p><b>SHORT TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- evaluation of the programme so far – what needs to be changed</li> <li>- residential survey of local needs</li> <li>- based on the survey highlight possible changes</li> <li>- re-evaluation</li> <li>- find the possibilities for involving condominiums</li> <li>- widening the variety of plants to be distributed (shade-loving plants, bee-friendly plants)</li> </ul>



## 1.2 Climate adaptation actions

### 1.2.1 Green roofs

In the District's downtown, densely built-up area there is a lack of possibilities to create small parks, and tree rows. However, there are plenty of opportunities in the public and also in the private sector to establish green roofs on the top of flat buildings. With well-prepared local grants supported by the municipality, the private sector can increase the number of green roofs.

Green roofs support air quality, lower PM in the air, buildings isolation, biodiversity, and mental health.



Green roof of Hegyvidék Municipality  
©Gergely Vizi

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Climate adaptation actions</i>
<b>Link to Strategies</b>	<i>Hegyvidék Environmental Programme, SECAP</i>

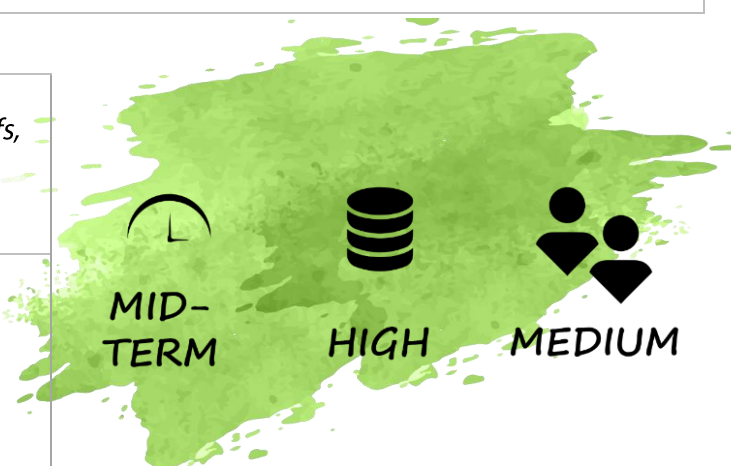
<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>local condominiums, local residents</i>
<b>Potential partners</b>	<i>MAKEOSZ, Lecturers, LIFE in Runoff project</i>

#### **possible risks:**

*difficult to monitor the created green roofs, legal issues (GDPR), lack of budget (high expenses), lack of goodwill and interest*

#### **possible solutions:**




*sing orthophotos and satellite images, effective communication and awareness raising, looking for sponsors, and funds, looking for low-cost solutions*



<b>Indicators</b>	<i>upgraded regulations / created monitoring system / successful pilot investment / created green roof guide</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Supporting the implementation of the Green Roof Regulation of Hegyvidék - regulations</i></p>  <p><b>SHORT TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- creation of a baseline study with the data of the district private and public building stock, and collecting data with a questionnaire – what are the needs, possible surfaces,</li> <li>- analysing local regulations on green roof creation, looking for possibilities to integrate creativity into the legislation</li> </ul>
<p><b>Action 2</b></p> <p><i>Supporting the implementation of the Green Roof Regulation of Hegyvidék – pilots</i></p>  <p><b>MID-TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- create a monitoring system</li> <li>- pilot testing of the monitoring system (orthophoto check)</li> <li>- find potential sponsors, funds for support</li> <li>- creation of a financial support system (local grant) for private green roof establishment, by involving thematic experts</li> <li>- pilot the local private green roof grant</li> <li>- evaluate the pilot project</li> <li>- communicate, raise awareness</li> </ul>
<p><b>Action 3</b></p> <p><i>Elaboration of a green roof guide</i></p>  <p><b>MID-TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- based on the pilot evaluation, the creation of a green roof guide, involving thematic experts</li> <li>- allocating the right funding (such as a LIFE project)</li> <li>- link pollinator-friendly green roofs</li> <li>- host thematic workshops to introduce the guide to the experts and the public</li> </ul>

## 1.2.2 Hedges protecting yards of kindergarten and schools

In the densely built-up area in the District, there are limited spaces to install greeneries, and due to the traffic, the air pollution can be high. By installing hedges next to the kindergartens and schools it can absorb air pollution and protect children and nearby residents. This type of greenery can also support mental health.



Protecting hedges  
womanexpertus.com

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Climate adaptation actions</i>
<b>Link to Strategies</b>	<i>Local Environmental Programme</i>

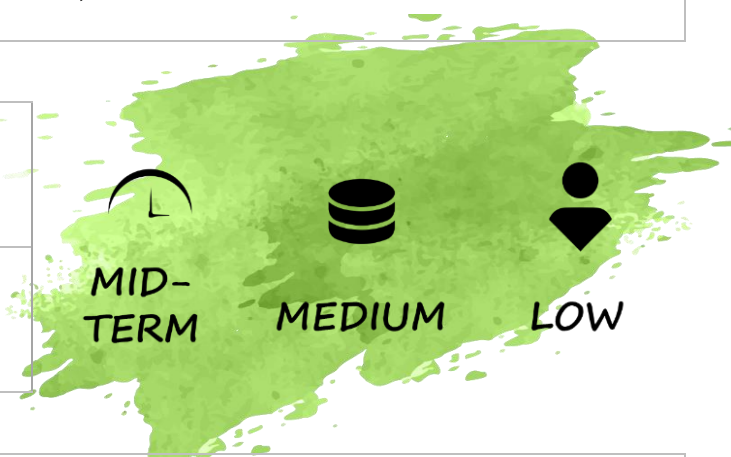
<b>Lead partner(s)</b>	<i>Green Office, Urban Development Office</i>
<b>Key partners</b>	<i>kindergartens</i>
<b>Potential partners</b>	<i>landscape architects, schools</i>

### **possible risks:**

*lack of funds, and lack of interest*





### **possible solutions:**

*sponsors, effective communication*



<b>Indicators</b>	<i>number of kindergartens or schools in the programme / lower CO<sub>2</sub>, NO<sub>2</sub>, NO<sub>x</sub>, SO<sub>2</sub>, PM<sub>10</sub>, PM<sub>2,5</sub></i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Assessment of potential school and kindergarten yards that can be protected by hedges</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- collect data on possible locations</li> <li>- involve potential kindergartens and schools</li> <li>- involve experts and create plans</li> <li>- use of hedges to filter air pollutants next to busy roads</li> <li>- it can be a pollinator-friendly</li> </ul>
<p><b>Action 2</b></p> <p><i>Installing hedges at the pilot site(s)</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- organize installation involving the parents and kindergarten teachers</li> <li>- measure the change in air quality</li> <li>- communicate</li> </ul>



### 1.2.3 Pocket Parks and parklets

One of the key themes of the Health&Greenspace project is providing equal access to green spaces for all district residents. We need to create more green space for the citizens of the lower areas that are densely built. The goal of this is manifold: creating more public access to green spaces, enhancing air quality, reducing the heat island effect and also run-off water created by heavy storms.



Parklet, Limerick

© Limerick Municipality

Positive effects of pocket parks and parklets:

- Creating more access for the public to green spaces: options could include opening up kindergarten and public institutions' yards and gardens to the public and creating public parks of healthcare institutions' green spaces.
- Improving air quality: the greening of bus stops and creating more green roofs in the district.
- Reducing heat island effect: heat islands should be explored and the heat island effect should be reduced with the smart use of greenery.
- Reducing floods: Smart use of greenery, such as creating rain gardens can reduce floods created by heavy storms and at the same time they can also improve air quality and reduce the heat island effect.

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Climate adaptation actions</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék, Local Environmental Programme</i>

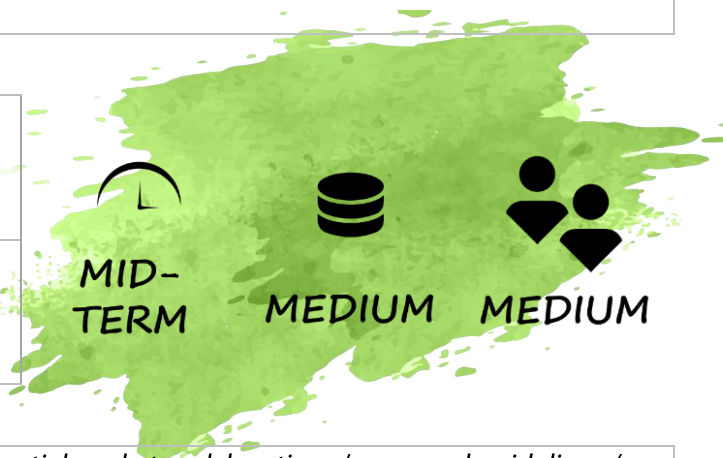
<b>Lead partner(s)</b>	<i>Green Office, Urban Development Office</i>
<b>Key partners</b>	<i>local condominiums, local residents, public institutions</i>
<b>Potential partners</b>	<i>LIFE Run-off project</i>

#### **possible risks:**

*lack of potential spaces, lack of interest, lack of funds, parking problems*

#### **possible solutions:**







*change in mentality (municipality), awareness raising, fundraising, sponsors*



<b>Indicators</b>	<i>number of potential pocket park locations / prepared guidelines / prepared plans for the pocket parks, parklets / number of pocket parks and parklets</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Assessment of potential places for creating pocket parks or parklets</i></p> <div>   </div> <p>MID-TERM PLAN</p>	<ul style="list-style-type: none"> <li>- using city survey for the residents assessment of the relation between the pocket parks or parklets and the Stewardship Programme</li> <li>- compare GIS maps with the survey results</li> </ul>
<p><b>Action 2</b></p> <p><i>Development of a programme of pocket parks and parklets</i></p> <div>   </div> <p>MID-TERM PLAN</p>	<ul style="list-style-type: none"> <li>- examining the proposed places</li> <li>- decision on the locations in cooperation with the municipal offices and the local residents</li> <li>- creation of main guidelines (how to create a pocket park)</li> <li>- decision making</li> </ul>
<p><b>Action 3</b></p> <p><i>Pilot pocket park installation</i></p> <div>   </div> <p>LONG TERM PROGRESS</p>	<ul style="list-style-type: none"> <li>- creation of a pilot pocket park with the involvement of the neighbourhood</li> <li>- promotion of the park</li> <li>- evaluation</li> </ul>



## 1.2.4 Shaded Spaces

In the densely built-up area, there is limited space for greenery and so the heat-island effect can increase during the summer. All type of natural shadings can decrease this effect and cools the surrounding area. Installing green shades can also increase the quality of the air and protect the health of the residents.



*Street flower garden  
© Hegyvidék Municipality*

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Climate adaptation actions</i>
<b>Link to Strategies</b>	<i>Local Environmental Programme</i>

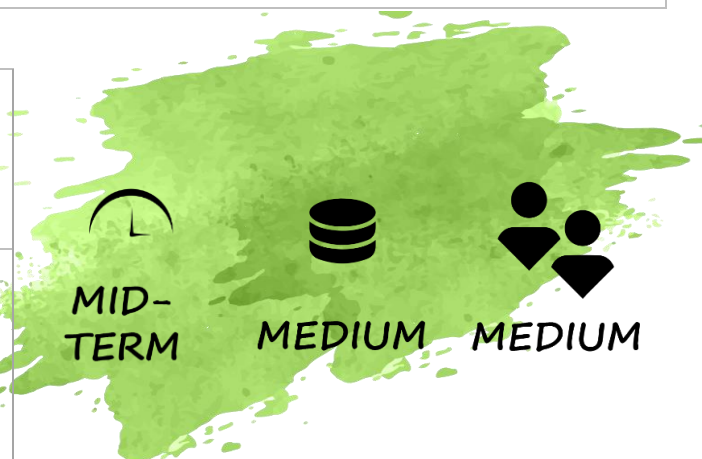
<b>Lead partner(s)</b>	Green Office, Urban Development Office
<b>Key partners</b>	<i>local residents</i>
<b>Potential partners</b>	<i>landscape architects, Association of Dendrologists, botanists, National Meteorological Service</i>

### **possible risks:**

*lack of space to establish, lack of resources  
(funds, humans), regulatory limitations*







### **possible solutions:**

*detailed mapping of the district, co-finance,  
find sponsors, review regulations and find  
the best solution (windows of opportunities)*



<b>Indicators</b>	<i>created shading strategy for the district / number of created shaded spaces / the tendency of decreased heat island effect (long-term) / established pilot activity</i>
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## Related specific actions

<b>Action 1</b> <i>Assessment of the District</i>   <b>MID-TERM PLAN</b>	<ul style="list-style-type: none"> <li>- collecting data based on heat measurements to answer where are the hottest areas in the District</li> <li>- analyse data and find potential solutions for shading with green</li> <li>- create a shading strategy based on the data</li> <li>- discovering the “shaded corridors” that can be suggested for the elderly to use</li> </ul>
<b>Action 2</b> <i>Creation of shaded spaces/corridors based on the strategy</i>   <b>MID-TERM PLAN</b>	<ul style="list-style-type: none"> <li>- create a programme for the installation of the green shades/corridors by involving external experts</li> <li>- organize the installation</li> <li>- the potential programmes can be: planting trees, shade-loving plants, green walls, woodbine, ivy, arbours, etc.</li> <li>- create a programme for green bus/tram stops in cooperation with the public transport services</li> <li>- communicate the results</li> <li>- measure the change for the long-term</li> </ul>
<b>Action 3</b> <i>Pilot: planting creepers</i>   <b>MID-TERM PLAN</b>	<ul style="list-style-type: none"> <li>- identify the location where the pilot can be established</li> <li>- involve a botanist in the procedure to find the best creeper species for the location</li> <li>- organize maintenance for the long-run</li> <li>- install the plants</li> <li>- measure the change and communicate</li> </ul>



## 1.2.5 Tranquil Areas

Physical health is only one aspect of health, mental health should be also taken into consideration. Stress relief is one of the key issues for city dwellers and it is scientifically proven that green spaces can play a huge role in it therefore, based on [Limerick's "Hush city" project](#), we would like to explore and map tranquil areas of the district where residents can escape from the noise and hustle of the city and they can practice relaxation, meditation, mindfulness, or even, yoga. We are involving psychologists in the (re)design of some tranquil areas to serve better the function of mental health improvement and stress relief.



*Tranquil areas in Limerick  
@Diarmuid Greene*

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Climate adaptation actions</i>
<b>Link to Strategies</b>	<i>Local environmental Programme, Healthy Hegyvidék</i>

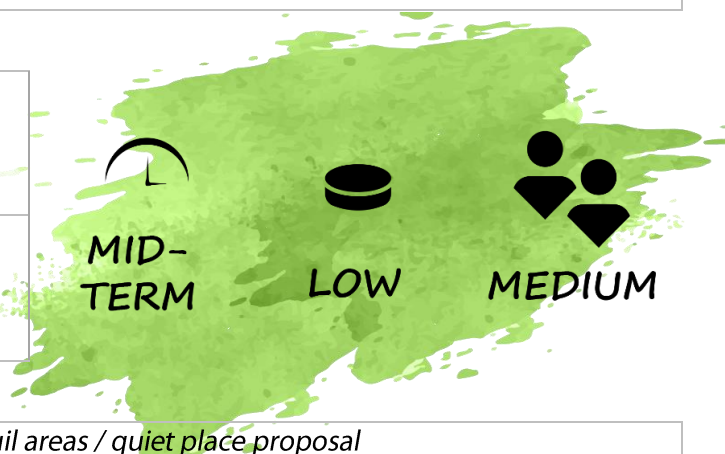
<b>Lead partner(s)</b>	<i>Green Office, Urban Development Office</i>
<b>Key partners</b>	<i>local residents</i>
<b>Potential partners</b>	<i>ELTE Institute of Psychology, Hush City project, citizens, Urban Development Office, Department of Welfare, GIS company</i>

### **possible risks:**

*low capacity, low priority, low interest*

### **possible solutions:**





*effective communication campaign*

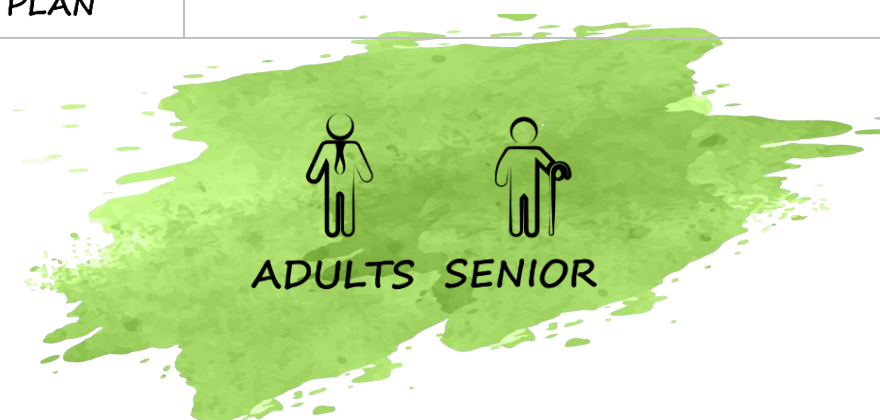


<b>Indicators</b>	<i>map of tranquil areas / quiet place proposal</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Using citizen science for the identification of tranquil areas</i></p> <div>   </div> <p><b>MID-TERM PLAN</b></p>	<ul style="list-style-type: none"> <li>- to involve citizens in the creation of a subjective "quiet places" map - residents indicate tranquil areas on Google map</li> <li>- compare the result with existing sound maps</li> <li>- if necessary measure the streets and squares of the district with sound meters</li> </ul>
<p><b>Action 2</b></p> <p><i>Development of a quiet district proposal</i></p> <div>   </div> <p><b>LONG TERM PLAN</b></p>	<ul style="list-style-type: none"> <li>- examine the subjective perception of quietness</li> <li>- develop a proposal to create as many quiet places as possible</li> </ul>



## 1.3 Green spaces for prevention and rehabilitation

### 1.3.1 Cardio Trails

The trail is primarily targeted at patients of the hospital suffering from cardiovascular diseases, hypertension, or diabetes, but it can also be used for disease prevention purposes. The programme introduces hikers to some basic health indicators and measurement methods and provides a personalized assessment of their health condition during the hike.



Cardio trail at Hárs-hegy  
© Szent Ferenc Hospital

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

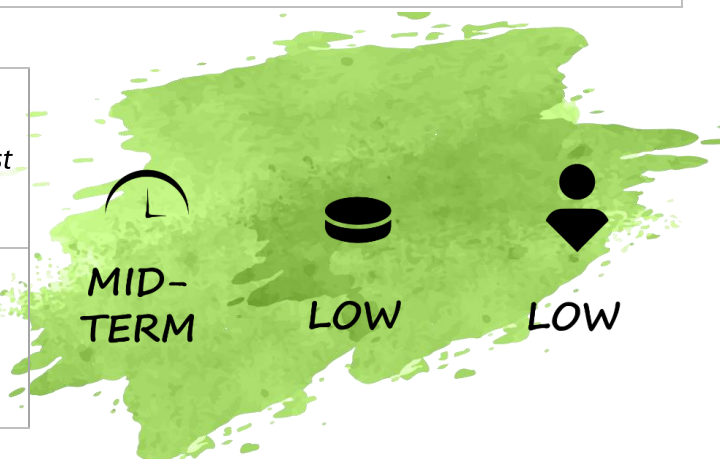
<b>Lead partner(s)</b>	<i>Szent Ferenc Hospital, Hegyvidék Welfare Office</i>
<b>Key partners</b>	<i>Normafa Park</i>
<b>Potential partners</b>	<i>hospitals (Szent Ferenc Hospital, Korányi Hospital), Normafa Park</i>

**possible risks:**

*lack of institutional budget, lack of availability of relevant locations, low interest*




**possible solutions:**

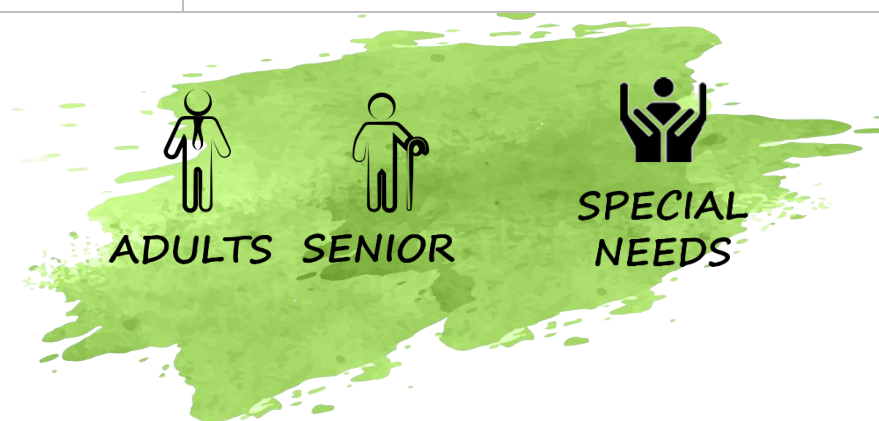
*co-funding and mapping funds, proper planning and timing, increased communication efforts*



<b>Indicators</b>	<i>number of cardio trail users / approved implementation plan / number of developed cardio trails</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Upgrading the Normafa Cardio Trail</i></p>  <p><b>SHORT TERM    PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- refresh the signs on the trail</li> <li>- promotion</li> <li>- providing support to Szent Ferenc Hospital (developer and user of the trail)</li> </ul>
<p><b>Action 2</b></p> <p><i>Assessment of the need and the potential location of new cardio trails</i></p>  <p><b>MID- TERM    PLAN</b></p>	<ul style="list-style-type: none"> <li>- survey of the green areas (also hospital gardens), and needs to create shorter-longer or easier-advanced cardio hiking trails</li> <li>- designate appropriate routes and assess needs</li> </ul>
<p><b>Action 3</b></p> <p><i>Coordinating the development of Korányi Hospital's and Szent János Hospitals' cardio trail</i></p>  <p><b>MID- TERM    PLAN</b></p>	<ul style="list-style-type: none"> <li>- after examining the area of Korányi and Szent János Hospitals and assessing the needs, use the experience of St. Ferenc Hospital to designate the cardio trail and develop it based on the advice of DINPI and MME</li> <li>- organize a health support background for the operation of the route</li> </ul>



## BEST PRACTICE

### Cardio trail at Normafa

The cardio trail is maintained by Szent Ferenc Hospital on Normafa (and some other places).

The learning trail is primarily designed for people living with cardiovascular disease or high blood pressure, as well as people with diabetes. At the same time, the tour programme is also recommended for healthy participants, to prevent illness (and enjoy outdoor community activities).

It is possible to attend organized tours led by professionals, but it is also possible to use the trail individually. At the hiking points, the participants check their stress level by measuring their heart rate, and they can also hand in the hiking card at a collection point, which is evaluated by the hospital's doctors. In this way, more serious diseases can be revealed in time.



*Cardio trail at Normafa*  
© Hegyvidék Municipality





## 1.3.2 Healing Gardens

Healing gardens help patients heal by accommodating a properly designed environment. Enjoying the garden, and walking in nature have a beneficial effect on patients, both in terms of mental and physical health.



Korányi Hospital  
ittlakunk.hu, 12th district

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>depends on the target area</i>
<b>Potential partners</b>	<i>hospitals (Szent János Hospital, Szent Ferenc Hospital, Korányi Hospital)</i>

### **possible risks:**

*low interest (not priority)*

### **possible solutions:**

*keeping the momentum up*



**MID-TERM**



**HIGH**

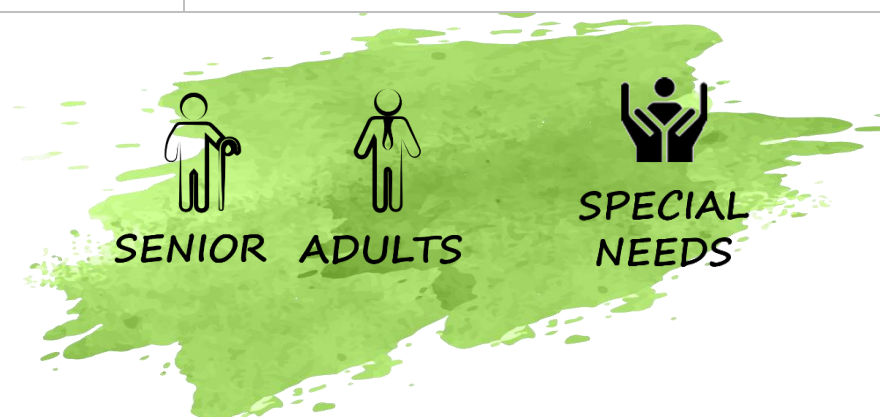


**MEDIUM**

<b>Indicators</b>	<i>collection of best practices, feasibility study</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>To study the healing effects of Healing Gardens</i></p> <div>   </div> <p><b>SHORT TERM</b>      <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- collecting worldwide best practices</li> <li>- interviews with health professionals</li> </ul>
<p><b>Action 2</b></p> <p><i>Assess the need and identify possible locations for healing gardens</i></p> <div>   </div> <p><b>MID- TERM</b>      <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- interviews with district hospitals</li> <li>- assess the potential private and public spaces (for example, Barabás Villa could be a pilot target area)</li> </ul>



### 1.3.3 Therapeutic Gardens

The therapeutic gardens contribute to the healing of patients, - especially the mentally ill, the elderly, and dementia patients -, through active use. Gardening, community activity, and active participatory observation of nature have been proven to have a good effect. The best option for creating such gardens is in the courtyard of hospitals, where both patients and medical staff are available.



Therapeutic garden  
©Gábor Kapócs

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

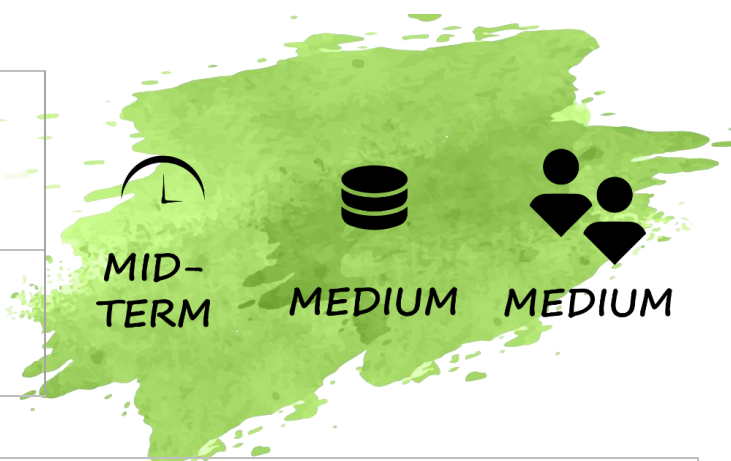
<b>Lead partner(s)</b>	<i>Szent János Hospital</i>
<b>Key partners</b>	<i>Green Office, Welfare Office</i>
<b>Potential partners</b>	<i>National Institute for Blind People, Szent Ferenc Hospital, Korányi Hospital</i>

#### **possible risks:**

*low funding, lack of capacity from the hospitals*



#### **possible solutions:**

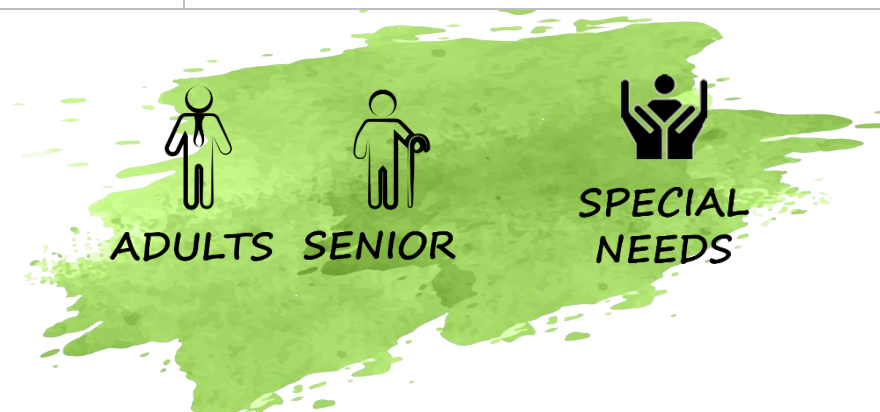
*co-finance, create win-win situations*



<b>Indicators</b>	<i>collection of best practices, feasibility study</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Supporting the development of the therapeutic bio-garden at Szent János Hospital</i></p>  <p><b>SHORT TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- provision of equipment (compost frames; benches, tables for social activities)</li> </ul>
<p><b>Action 2</b></p> <p><i>Promotion of the János Therapeutic Garden and supporting the upscaling of the scheme across the district</i></p>  <p><b>MID-TERM PLAN</b></p>	<ul style="list-style-type: none"> <li>- good practice case study</li> <li>- new therapeutic gardens at various health institutions (National Institute for blind people)</li> <li>- communicational posts, articles in media</li> </ul>





## BEST PRACTICE

### Therapeutic garden in Szent János Hospital

In the psychiatric department of Szent János Hospital, the doctors and nurses, with the involvement of some patients, created raised beds, where they began to grow vegetables and fruits. The garden became more beautiful and more diverse with the help of an enthusiastic district local patriot and an organic gardener. It is cultivated by patients visiting the department under the guidance of doctors. Gardening is part of the weekly therapeutic work. Gardening, care, closeness to plants, outdoor activity in the community, and the clear appearance and enjoyment of the fruits and results of the work bring a demonstrable improvement in the patients' condition.



*Therapeutic Garden in Szent János Hospital*  
© Gábor Kapócs



### 1.3.4 Elderly and dementia-friendly parks and gardens

There are an increasing number of dementia patients and the elderly population of the district may also be increasingly affected by this problem. Therefore, it is important to create the appropriate environment for them. Dementia patients and their caring relatives often disappear from public spaces, they are often invisible, do not go to the city, and do not appear among people in everyday life. For them, urban spaces are usually uncomfortable and unsafe. We need to help to make green spaces elderly and dementia-friendly and to organize programmes that can help improve the condition of dementia people and integrate them into society.



Őszi Fény retirement home, Alsómocsolád  
© Alsómocsolád Municipality

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

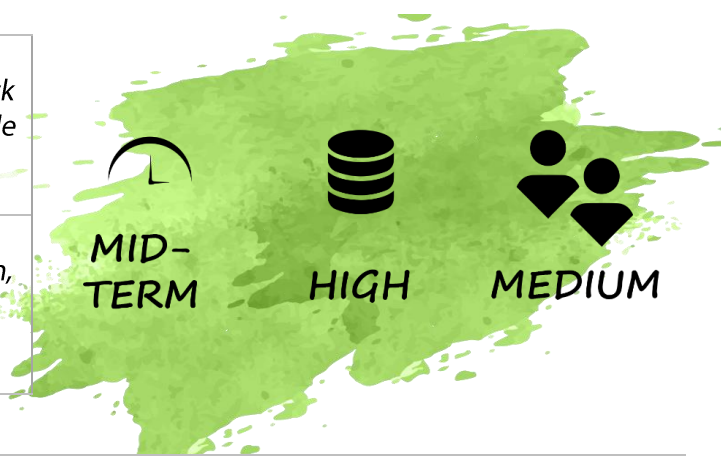
<b>Lead partner(s)</b>	<i>depends on the target area</i>
<b>Key partners</b>	<i>Green Office, Welfare Office</i>
<b>Potential partners</b>	<i>Urban Development Office, Green Office, Szent János Hospital Psychiatric Department, Eötvös University Environmental Psychology Department, DINPI, Rehabilitation landscape architect</i>

**possible risks:**

*lack of interest from other departments, lack of funds, too many functions of the available green spaces*




**possible solutions:**

*planned promotion and careful preparation, getting strong support from decision-makers, looking for sponsors, participatory planning*



<b>Indicators</b>	<i>prepared guide, number of re-created elderly-friendly parks</i>
-------------------	--

## Related specific actions

<p><b>Action 1</b></p> <p><i>Development of a guide on elderly and dementia-friendly parks and gardens</i></p> <div>   </div> <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- create a safe and comfortable yet inspiring environment with specific conditions (universal accessibility, several conditions must be met in an elderly-friendly environment)</li> <li>- develop a guide that can help to transform the district's green spaces into elderly-friendly ones in the future</li> </ul>
<p><b>Action 2</b></p> <p><i>Creating elderly (dementia)-friendly parks and gardens</i></p> <div>   </div> <p><b>MID-TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- renovate the district's parks for the elderly and, if possible, for dementia people is essential in the long run.</li> <li>- elderly and dementia-friendly pilot park (special aspects: be accessible, have a significant number of seniors live nearby, be near a church, etc.)</li> </ul>



### 1.3.5 Braille trails

The blind population of the district (and also the surrounding districts) need safe spaces where they can do walks and exercises. Therefore, it is important to create the appropriate environment for them. For them, urban spaces are usually uncomfortable and unsafe. We need to help to make green spaces old and blind-friendly and to organize programmes that can help improve the condition of blind people and integrate them into society.



*Whispering woods, Georgia  
©Evan Barnard*

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

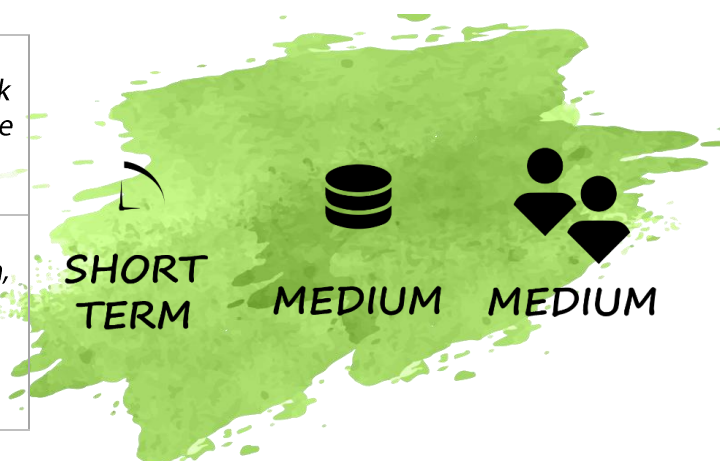
<b>Lead partner(s)</b>	<i>Urban Development Office, Normafa Park</i>
<b>Key partners</b>	<i>National Institute for blind people, Hungarian National Association Of The Blind And Visually Impaired People, School for Blind Children, Hermina Association of the Blind and Visually Impaired People</i>
<b>Potential partners</b>	<i>DINPI, Rehabilitation landscape architect</i>

**possible risks:**

*lack of interest from other departments, lack of funds, too many functions of the available green spaces*

**possible solutions:**



*planned promotion and careful preparation, getting strong support from decision-makers, looking for sponsors, participatory planning*



<b>Indicators</b>	<i>length of developed braille trails</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Evaluation of green spaces from the aspect of blind people</i></p>  <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- evaluation of the possible areas for creating Braille trails</li> <li>- researching territorial demand for new Braille trails from the blind people</li> </ul>
<p><b>Action 2</b></p> <p><i>Development of Braille trails</i></p>  <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- involving experts to prepare a plan for a Braille trail</li> <li>- community planning with blind people</li> <li>- choose a name for the trail with the target community</li> <li>- build a pilot trail</li> <li>- promote the new trail</li> </ul>



### 1.3.6 Nature-based playgrounds

Nature-based playgrounds provide a great experience for children while also developing their physical skills. Creating playgrounds that are made of natural materials can make these spaces more sustainable. Also, a barefoot trail can enhance the interest of young users.



Natural playground Poznań  
© Poznań Municipality

<b>Main Objective</b>	<i>Improving the quality of existing green spaces: Green spaces for prevention and rehabilitation</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék Strategy</i>

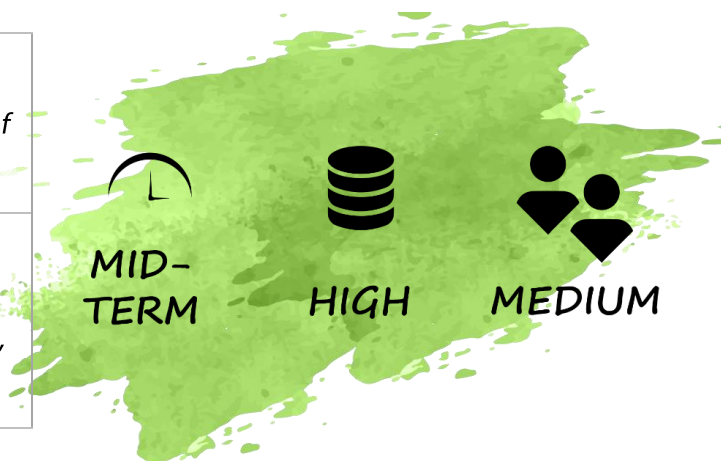
<b>Lead partner(s)</b>	<i>Urban Development Office</i>
<b>Key partners</b>	<i>Green Office</i>
<b>Potential partners</b>	<i>Szent János Hospital Psychiatric Department, Eötvös University Environmental Psychology Department, DINPI, Rehabilitation landscape architect</i>

**possible risks:**

*lack of funds, complex legal background,  
high maintenance cost, lack of awareness of  
natural playgrounds*





**possible solutions:**

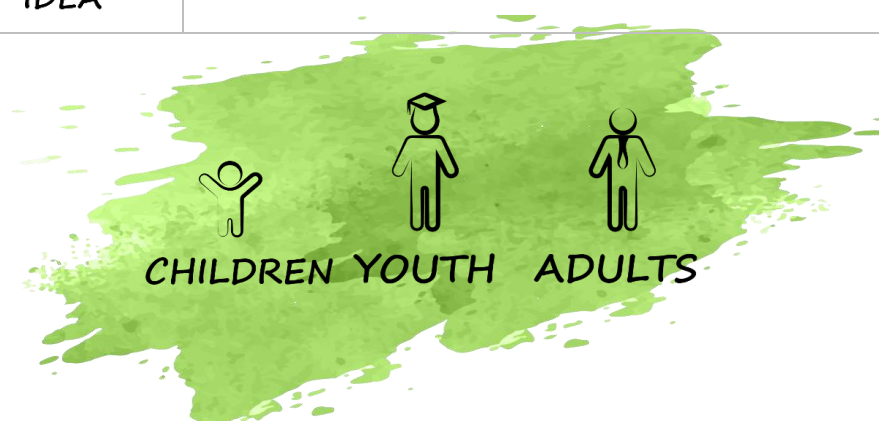
*awareness raising, planned promotion and  
careful preparation, getting strong support  
from decision-makers, looking for sponsors,  
participatory planning*



<b>Indicators</b>	<i>number of nature-based playgrounds</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Developing nature-based barefoot trails at Hegyvidék</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- find possible locations for nature-based barefoot trails</li> <li>- involving experts to prepare a plan of nature-based barefoot trails</li> <li>- construct a pilot nature-based barefoot trails</li> </ul>
<p><b>Action 2</b></p> <p><i>Developing a nature-based playground at Hegyvidék</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- find possible locations for a nature-based playground (such as playgrounds to be renewed)</li> <li>- involving experts to prepare a plan for a nature-based playground with barefoot trails</li> <li>- community planning with children and their parents</li> </ul>







## **OBJECTIVE 2**

### Organized Activities





# ***Improving Wellbeing with the use of Greenery in Hegyvidék***

*The sight of the green environment, the natural sounds and scents, and the fresh air have proven to have a good effect on the general well-being of the citizens. The positive effect can be further strengthened if people enjoy the green environment in the community, collaborate with others, doing joint activities. If it all involves movement and physical activity, we do a lot for the well-being of urban communities. Therefore, the design, use and animation of the urban green environment are of strategic importance.*

## ***Action cluster & actions***

### ***2.1. Semi-nature programmes***

2.1.1. Bird-friendly activities

2.1.2. Bee-friendly activities

### ***2.2. Preventive healthcare programmes***

2.2.1. Elderly-friendly parks as social space

2.2.2. Guided walks

2.2.3. Health information campaigns

2.2.4. Sports programmes, competitions

2.2.5. Open gardens of Hegyvidék

### ***2.3. Green prescription***

2.3.1. Planning of the Green Prescription Programme

2.3.2. Promotion of the GPP with a short video campaign

2.3.3. Regular consultation with GPs and distribution of the green prescriptions

2.3.4. Linking outdoor programme providers with the GPP

2.3.5. Regular communication of the Green Prescription Programme

2.3.6. Dissemination of the GPP to other municipalities

2.3.7. Integrating new programme elements into the Active Hegyvidék Programme

2.3.8. Monitoring/evaluation programme for the GPP

## 2.1 Semi-nature programmes

### 2.1.1 Bird-friendly activities

In line with Bird-friendly activities, increasing the habitat of birds can also improve well-being through education and awareness raising. Several activities can be organized to see birds in the urban area and learn their importance where at the same time it can also benefit the participant's mental health.



Guided birdwatching walk  
©Hegyvidék Municipality

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék: Semi-nature programmes</i>
<b>Link to Strategies</b>	<i>Local Environmental Strategy</i>

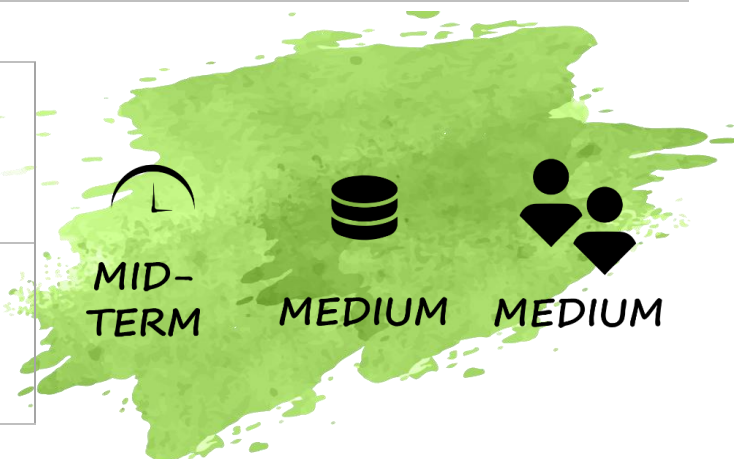
<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>Birdlife Hungary, local kindergartens, local residents</i>
<b>Potential partners</b>	<i>other public and private healthcare institutes of Hegyvidék, cultural institutes, organizers of city walks</i>

#### **possible risks:**

*pandemic, bad weather conditions*




#### **possible solutions:**

*not relevant*



<b>Indicators</b>	<i>number of involved kindergartens / number of events and participants</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Madárovi – Environmental education at kindergartens</i></p>  <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- involve external educator of the Madárovi programme and discuss the training programme</li> <li>- involve kindergartens to facilitate educational events with the external lecturer in line with the activities in AC 2.3</li> <li>- communicate the events</li> </ul>
<p><b>Action 2</b></p> <p><i>Group of children visiting local parks with environmental educators (Birdlife)</i></p>  <p><b>SHORT TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- organize field visits for kindergartens group together with Birdlife Hungary</li> <li>- identify relevant local parks where birds are nesting and can be an approach for educational purposes</li> <li>- integrate these field visits into several other thematic aspects like pollinators, bee pastures etc.</li> </ul>
<p><b>Action 3</b></p> <p><i>Guided birdwatching walks and bird ringing programmes</i></p>  <p><b>SHORT TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- organize guided bird watching walks and bird ringing events for the general public in the District including Normafa park</li> <li>- involve Birdlife Hungary to host these walks and events</li> <li>- communicate and promote</li> </ul>



## 2.1.2 Bee-friendly activities

In the Hegyvidék Bee-friendly programme (previously BeePathNet project) multiple pollinator-friendly activities have been initiated in the District. With bee-friendly walks and with other awareness-raising programmes about their benefits the presence of bees could be more accepted in society.



Bee pasture  
© Hegyvidék Municipality

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék: Semi-nature programmes</i>
<b>Link to Strategies</b>	<i>Local Environmental Programme, Bee Friendly Network mid-long term action plan</i>

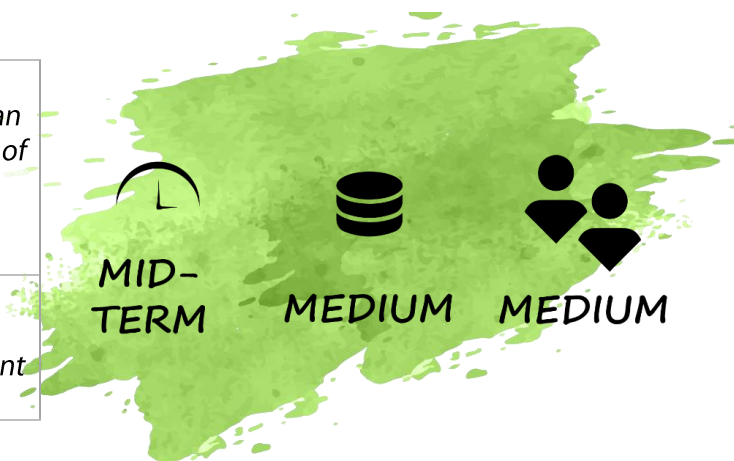
<b>Lead partner(s)</b>	<i>Members of the Hegyvidék bee-friendly network</i>
<b>Key partners</b>	-
<b>Potential partners</b>	<i>landscape architects and botanists</i>

### **possible risks:**

*decreasing amount of green spaces that can be used for bee pastures, fear of bees, lack of interest, environmental limits, aversion to planned clutter*

### **possible solutions:**





*effective awareness raising and education, planned and synergised urban development*



<b>Indicators</b>	<i>number of events and participants</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Promoting the organization of bee-friendly walks</i></p>   <p><b>SHORT TERM</b> <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- develop and up-grade the bee-friendly walk, involve experts from Hegyvidék bee-friendly network</li> <li>- pilot the bee-friendly walks (organize and host)</li> <li>- evaluate and upgrade</li> <li>- create a series of organized city walks</li> <li>- promoting the pollinator-friendly educational trail</li> </ul>
<p><b>Action 2</b></p> <p><i>Awareness raising about the benefits of pollinators</i></p>   <p><b>SHORT TERM</b> <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- organize lectures and workshops for the general public</li> <li>- create a communication campaign</li> <li>- organize honey breakfast in kindergartens</li> <li>- create an evaluation for the campaign and measure the programmes</li> </ul>



## 2.2 Preventive healthcare programmes

### 2.2.1 Elderly-friendly parks as social space

Having a population of 25% above 65, one of the main goals of Hegyvidék's health strategy is health prevention and providing opportunities for an active life. Exercise is key for maintaining health at an older age therefore green spaces have to be organized and managed in a way that provides sample opportunities for senior citizens to move and be socialized. Besides providing these opportunities, we have to focus on mental health as well, as building and managing communities for the ageing society.



*How to design a functional senior park?*

[lappset.com](http://lappset.com)

With our partner, Active Hegyvidék and the walking clubs of the Cultural Salon, we aim to make these options visible for all by providing the healthcare system with the green prescription concept.

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék</i>

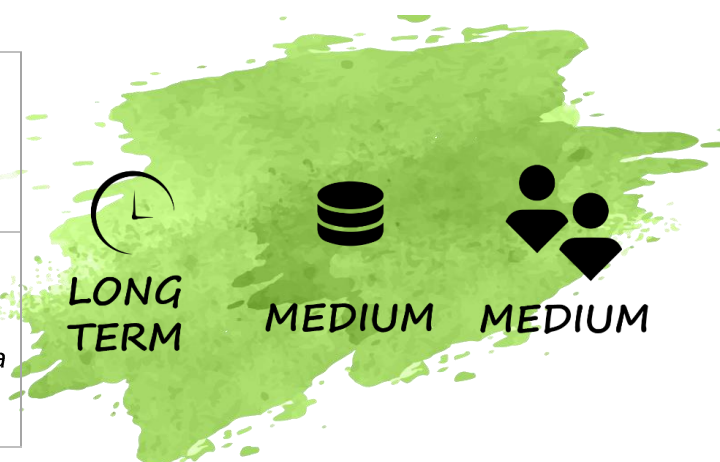
<b>Lead partner(s)</b>	<i>Welfare Office</i>
<b>Key partners</b>	<i>Cultural Salon, Active Hegyvidék</i>
<b>Potential partners</b>	<i>local healthcare institutions</i>

#### **possible risks:**

*low capacity, lack interest, pandemic, missing key organization who can host the programmes in the future*









#### **possible solutions:**

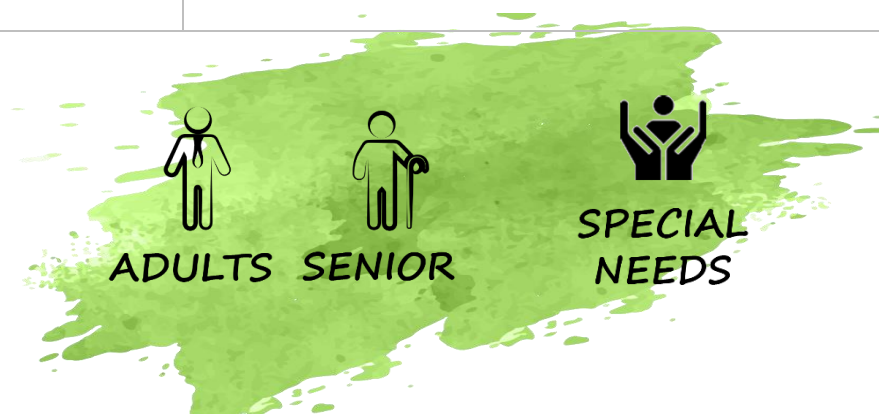
*conscious planning, awareness raising and promotion, green prescription, mapping NGOs and making them on board, creating a business model*



<b>Indicators</b>	<i>number of events and participants / number of organised events / evaluation of the survey and the programmes</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>The organisation of programmes for elderly people and dementia patients and caretakers</i></p>   <p><b>LONG TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- animate the parks for dementia patients and elderly people –in the frame of a Small Scale Action we are testing the different events, and programmes for the target groups</li> </ul>
<p><b>Action 2</b></p> <p><i>Organizing elderly picnic series as a pilot (part of SSA)</i></p>   <p><b>SHORT TERM</b>   <b>PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- organise elderly friendly picnics as a test in the green spaces: spiritual conversation, painting outdoors, activity in the green, literary conversation, getting to know a therapeutic dog</li> <li>- survey of the participants</li> <li>- measure the success of the types and needs of elderly-friendly programmes</li> <li>- test the physical conditions of a good elderly-friendly urban green space</li> </ul>
<p><b>Action 3</b></p> <p><i>Promoting Alzheimer's walks and other elderly-friendly integrated events</i></p>   <p><b>MID-TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- involvement of target group family members and caretakers of dementia patients</li> <li>- promote events and programmes for dementia patients and caretakers and other relevant target groups</li> </ul>
<p><b>Action 4</b></p> <p><i>Organizing programmes in the parks</i></p>   <p><b>LONG TERM</b>   <b>PLAN</b></p>	<ul style="list-style-type: none"> <li>- map potential programmes and link with the Green Prescription Programme</li> <li>- organize programmes in elderly-friendly parks together with relevant organisations, and companies nearby</li> <li>- find a host for these programmes</li> <li>- evaluate the programme and develop a proposal for its extension</li> </ul>



## BEST PRACTICE

### Picnic for elderly

„Időspiknik” (Picnic for elderly), a series of mini-programmes within the Health&Greenspace project, aimed to combine the positive physiological effects of the green environment with mental health and prevention elements. Restrictions under the pandemic have left elderly people confined to their homes, with even less outdoor exercise, and many of them suffering from anxiety and depression. With “Időspiknik” we build community, provide free opportunities for socialisation and do it in a healthy



*Tai chi*

©Hegyvidék Municipality



*Outdoor painting*

©Hegyvidék Municipality

outdoor environment - in the lovely garden of the MOM Cultural Center which is easily accessible to the residents. Programmes covered a wide and varied offer for the elderly such as the technique of doing housework safely, grief processing conversation and animal-assisted therapies - all of which were delivered by experts. The series also provided outdoor painting, joint dancing and singing, Tai chi, and petanque.

The programs organized by the Municipality's Welfare Office will be continued by the Hegyvidék Cultural Saloon to the great joy of the district's elderly.





## 2.2.2 Guided walks

Organising guided walks among residents of Hegyvidék can support both mental and physical health. The theme of the walks can be varied, paths can be linked to natural attractions such as local trees, springs or even cultural and historical themes, which helps to reach a wider audience. It is worth considering a live tour guide, and also an automated solution that can be tracked by phone.



Guided walk at Hegyvidék  
© Hegyvidék Municipality

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék, Local Environmental Programme</i>

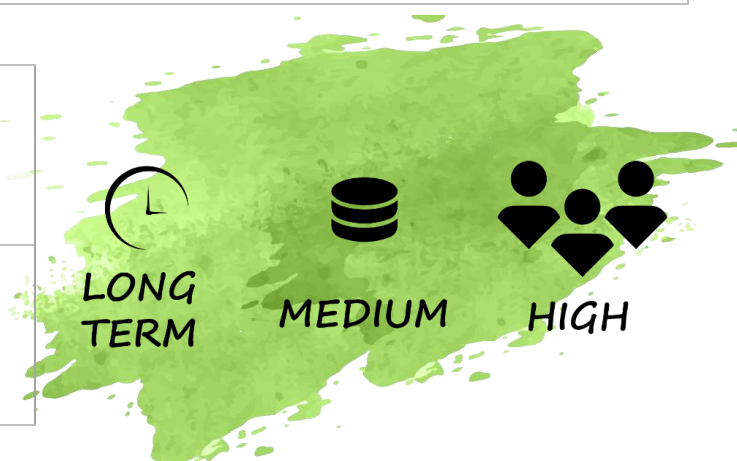
<b>Lead partner(s)</b>	<i>Cultural Salon, Green Office</i>
<b>Key partners</b>	<i>depends on the theme</i>
<b>Potential partners</b>	<i>Active Hegyvidék Programme, Collection of Local Heritage, Health and Welfare Department, GPs, hospitals, DINPI, Normafa Park,</i>

### **possible risks:**

*lack of capacity and funds*







### **possible solutions:**

*careful planning and allocating capacity*



<b>Indicators</b>	<i>number of programmes and participants</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Promoting guided walks on cardio trails through the Green Prescription Programme</i></p> <div>   </div> <p><b>LONG TERM</b>      <b>IDEA</b></p>	<p>Involve the cardio trail in the Green Prescription Programme, introduce it to the general practitioners participating in the Green Prescription Programme and promote it in the local newspaper and other platforms, and the communication channels of the Green Prescription Programme</p>
<p><b>Action 2</b></p> <p><i>Organising guided walks with a live tour guide</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- organising guided historical walks in cooperation with the Local History Museum</li> <li>- organising guided walks with local artists' involvement</li> <li>- organising a Jókai-themed tours</li> <li>- organising herbal tours</li> <li>- organising outdoor hiking programmes in Sashegy with DINPI</li> <li>- exploring and promoting the possibilities of accessibility tours</li> <li>- promoting programmes of Normafa Park</li> </ul>
<p><b>Action 3</b></p> <p><i>Organising guided walks with an automated solution</i></p> <div>   </div> <p><b>MID-TERM</b>      <b>IDEA</b></p>	<ul style="list-style-type: none"> <li>- development and creation of nature trails</li> <li>- marking walking routes with QR code</li> <li>- promotion of local geocaching</li> </ul>



## 2.2.3 Health information campaigns

There are already many health information presentations, and programmes in the district. These programmes need to be continued, like the Healthy Hegyvidék programme, which has been in operation for some time but hasn't been quite active recently. It may be worth investing energy in its revival and also expanding it, concentrating on specific topics such as cardiovascular diseases, addiction, obesity, postcovid effects or burnout.



Screening, Healthy Hegyvidék Program  
© Hegyvidék Municipality

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék, Local Environmental Programme</i>

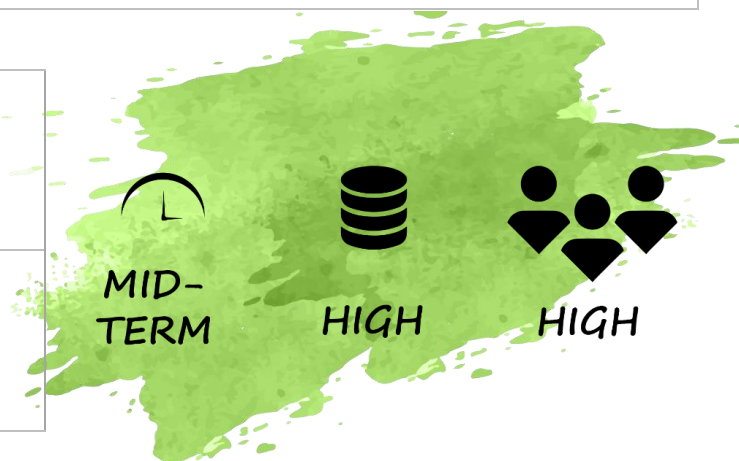
<b>Lead partner(s)</b>	<i>Welfare Office</i>
<b>Key partners</b>	<i>Green Office, Hegyvidék Healthcare Center</i>
<b>Potential partners</b>	<i>sports, cultural and health institutes</i>

### **possible risks:**

*lack of capacity and funds*





### **possible solutions:**

*careful planning and allocating capacity*



<b>Indicators</b>	number of programmes and participants
-------------------	---------------------------------------

## Related specific actions

<p><b>Action 1</b></p> <p><i>Extend the Healthy Hegyvidék programme</i></p>   <p><b>MID-TERM PROGRESS</b></p>	<ul style="list-style-type: none"> <li>- evaluation of the previous experience of the Healthy Uplands programme</li> <li>- including new topics in the programme (like addiction, obesity, postcovid effects, burnout)</li> <li>- finding links with Active Hegyvidék</li> <li>- communicate and promote the programmes</li> </ul>
<p><b>Action 2</b></p> <p><i>Restart Healthy Hegyvidék Days</i></p>   <p><b>SHORT-TERM IDEA</b></p>	<ul style="list-style-type: none"> <li>- planning and organising thematic Health Days</li> <li>- organising health screening days</li> <li>- combining health and sports days</li> </ul>





## 2.2.4 Sports programmes, competitions

The physical well-being of children, youngsters and adults should also be taken into consideration. They can be the target groups of sports programmes, and sports competitions in the district. Different running pieces of training or competitions, and yoga events can contribute to the regular physical activity of local citizens. One example of an awareness-raising and enjoyable running event is the "Overtake the Cogwheel!" competition, where participants have to compete with the cogwheel running on the hills of Hegyvidék.

*„Előzd meg a Fogaskerekűt!” running*  
© Hegyvidék Municipality



<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék</i>

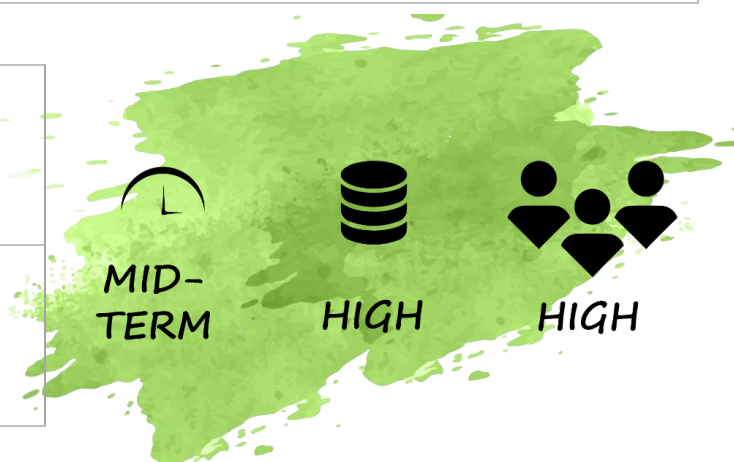
<b>Lead partner(s)</b>	<i>Active Hegyvidék Programme</i>
<b>Key partners</b>	<i>Welfare Department of Municipality</i>
<b>Potential partners</b>	<i>sport and cultural institutes</i>

### **possible risks:**

*lack of capacity and funds*

### **possible solutions:**

*careful planning and allocating capacity*



<b>Indicators</b>	number of programmes and participants
-------------------	---------------------------------------

## Related specific actions

### Action 1

Collecting and widening the ongoing sports events in the district



MID-  
TERM



PROGRESS

- collect the available sports programmes, competitions
- create a website to reach all the opportunities - communicate, promote
- preparing new sports events for different target groups in the district



## BEST PRACTICE

### Active Hegyvidék Programme

The Active Hegyvidék programme has been operating since 2004 in the 12th district. The initiative, which provides free sports opportunities for residents, is a huge success. The sports professionals move nearly 400 residents of the district every week to the various courts and halls.

The goal of the municipality is that everyone in the district should have the opportunity to exercise and lead a healthy lifestyle. Most of the programmes can be visited all year round, except for a short summer break. The programme mainly includes sports that can be enjoyed by all age groups and require little equipment. These include outdoor gymnastics, yoga, Zumba, strength sports, running, table tennis, etc.



*Active Hegyvidék programme*  
© Hegyvidék Újság

Our programmes are held annually with more than 11,000 visitors. All sessions take place in facilities located in our district.



## 2.2.5 Open gardens of Hegyvidék

There are several green spaces at Hegyvidék that are underused or closed to the public, however, they possess a hidden potential for other citizens. These gardens are owned by hospitals, schools, kindergartens, churches etc. A well-prepared campaign or programme could raise public attention to the quality and importance of these spaces. A special event could be organised called "Open gardens of Hegyvidék".



Aerial view of Szent János Hospital  
©Szent János Hospital

<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék, Local Environmental Programme</i>

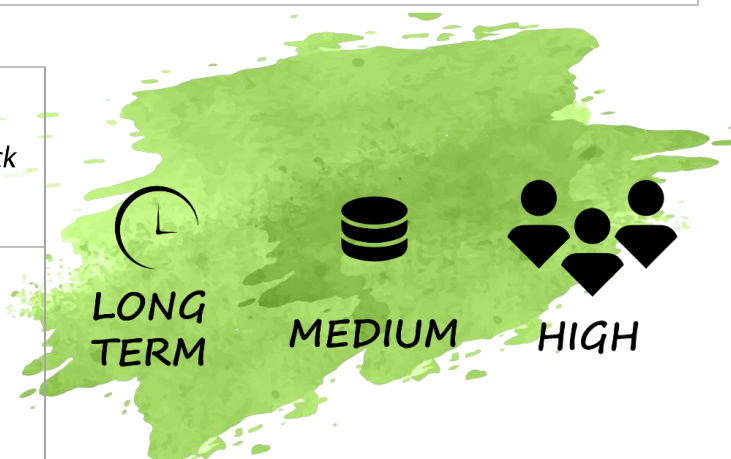
<b>Lead partner(s)</b>	<i>Welfare Office, Green Office</i>
<b>Key partners</b>	<i>depends on the target area</i>
<b>Potential partners</b>	<i>hospitals, kindergartens, schools, public institution</i>

### **possible risks:**

*lack of capacity and funds, lack of trust, lack of awareness*

### **possible solutions:**







*careful planning and allocating capacity, awareness raising, negotiation with stakeholders*



<b>Indicators</b>	<i>number of garden openings</i>
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## Related specific actions

<p><b>Action 1</b></p> <p><i>Mapping potential open gardens at Hegyvidék</i></p> <div>   </div> <p>MID-TERM IDEA</p>	<ul style="list-style-type: none"> <li>- research to find the potential locations of the programme</li> <li>- prepare an informative map that visualises the greeneries that could be used more frequently by local pedestrians</li> </ul>
<p><b>Action 2</b></p> <p><i>Preliminary negotiations for the Open Gardens of Hegyvidék</i></p> <div>   </div> <p>MID-TERM IDEA</p>	<ul style="list-style-type: none"> <li>- negotiate to settle the details, and rules of the programme with the providers of the programme locations</li> </ul>
<p><b>Action 3</b></p> <p><i>Preparing the programme table for the Open Gardens of Hegyvidék</i></p> <div>   </div> <p>LONG TERM IDEA</p>	<ul style="list-style-type: none"> <li>- prepare a detailed programme to attract locals to the event: cultural, sports and similar programmes can be organised.</li> <li>- a well-functioning benchmark could be the popular programme „<a href="#">Budapest 100</a>”, where the residential buildings with a 100th anniversary are open for city dwellers for a specific day</li> </ul>



## 2.3 Green prescription

Originating from New Zealand and implemented in a few European countries such as the UK, the concept of „green prescription” means a health professional's written advice to a patient to be physically active, as part of the patient's health management. It's a smart and cost-effective way to help people stay healthy.



<b>Main Objective</b>	<i>Improving Wellbeing with the use of Greenery in Hegyvidék</i>
<b>Link to Strategies</b>	<i>Healthy Hegyvidék</i>

<b>Lead partner(s)</b>	<i>Welfare Office</i>
<b>Key partners</b>	<i>General Practitioners, Active Hegyvidék Programme</i>
<b>Potential partners</b>	<i>other public and private healthcare institutes of Hegyvidék, cultural institutes, organizers of city walks</i>



Green prescription, ©Hegyvidék Municipality

## 2.3.1 Planning of the Green Prescription Programme (GPP)

In Hegyvidék we are experimenting with this concept, connecting the already existing, free outdoor exercise programmes (e.g. Active Hegyvidék) to the local healthcare system. Our goal is to make the options for exercise more visible and accessible for all Hegyvidék patients and connect prevention options to healthcare.

With an interdisciplinary mindset, we are including cultural events and educational walks, educational trails as well (e.g. city walks, botanical walks, pollinator-friendly educational trails) into the green prescription selection.

Also, regarding the fact that one-quarter of our residents are seniors over 65 and alienation affects this population severely, we put special emphasis on mental health, offering community activities and activities dealing with stress reduction.

### **possible risks:**

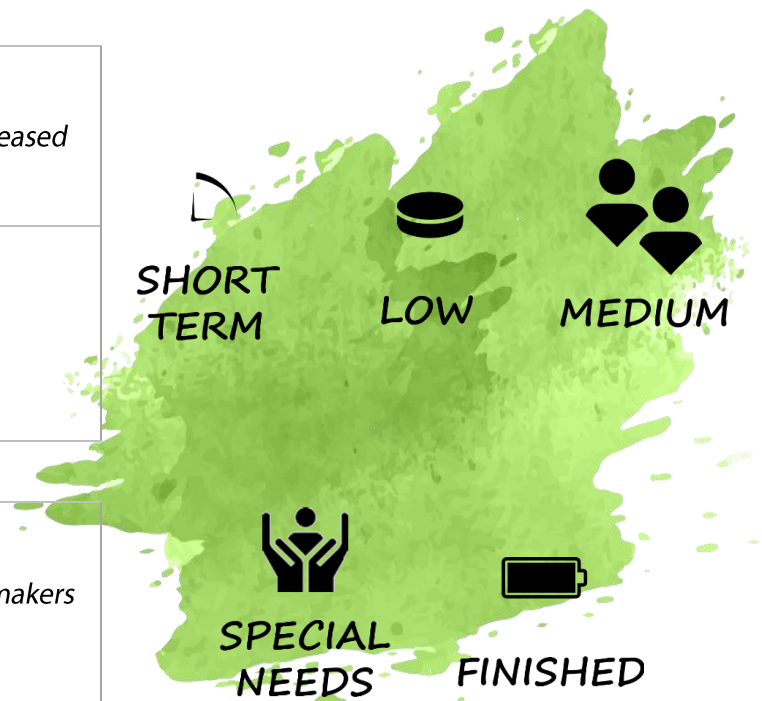
*lack of capacity or interest of GPs increased scepticism from the resident's side*

### **possible solutions:**

*creating a support system; clear, professional communication toward residents*

### **Indicators**

*confirmed detailed plan by decision makers / established call centre and website*



## 2.3.2 Promotion of the GPP with a short video campaign

Green Prescription Programme is an innovative tool to engage local citizens in sports and cultural programmes in the district and ameliorate their mental and health conditions while improving their community involvement, too. However, it has been a challenge to reach a vast number of local citizens with the Green Prescription Programme so far.

Therefore, the offices of the Hegyvidék Municipality plan to launch a short, catchy video for local citizens to raise their attention to the programme. The video would contain a short description of the programme and would explain the main steps to participate in it. The video is planned to be distributed on different online platforms of the municipality such as its Facebook page, Instagram page, Youtube channel etc.

### **possible risks:**

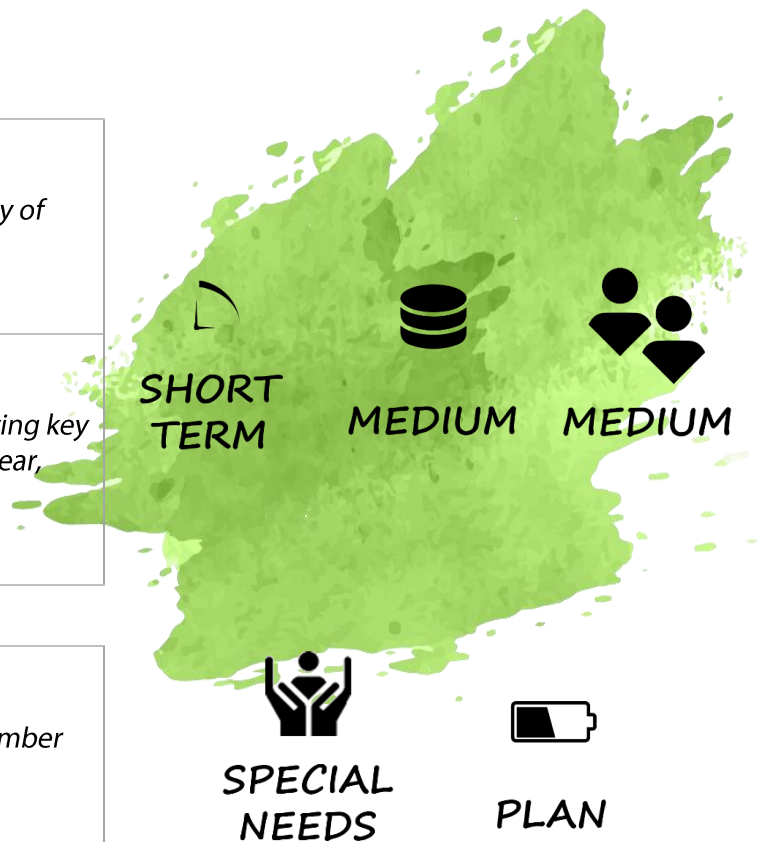
*lack of capacity and funds; inefficiency of communication channels; increased scepticism from the resident's side*

### **possible solutions:**

*careful planning, sponsoring; identifying key GPs for direct, personal promotion; clear, professional communication toward residents; organizing local events*

### **Indicators**

*short promotion video launched / number of views of the video*





## 2.3.3 Regular consultation with GPs and interested hospitals and distribution of the green prescriptions

For the long-lasting success of the Green Prescription Programme, it is crucial to involve the GPs of Hegyvidék regularly and implement their suggestions for the programme. The green receipts, when distributed can be attached to a short and informal meeting with GPs to channel feedback about the practical experience of the programme.

### **possible risks:**

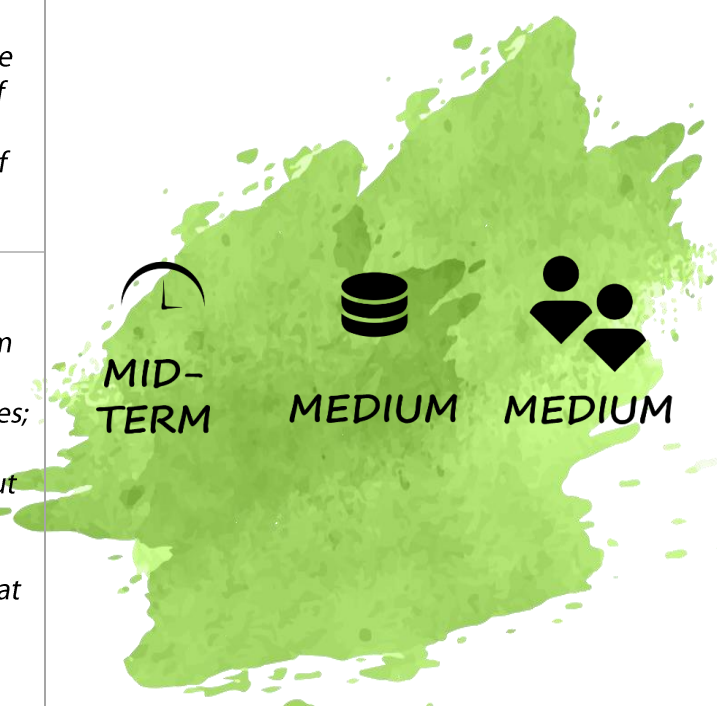
*Programs of Active Hegyvidék are available only for the residents of the district; lack of knowledge in the high-level legal environment; lack of capacity or interest of GPs*

### **possible solutions:**

*opening the programme for residents from outside the district; encouraging other municipalities to develop alike programmes; allowing hospitals with national competence to use the GPP; learning about the national regulatory environment and adaptation of the program following the legislation disseminating the programme at a higher level; clear, professional communication toward GPs*

### **Indicators**

*number of GPs involved in the programme / number of distributed green prescriptions by GPs*



  
**SPECIAL  
NEEDS**

  
**PROGRESS**

## 2.3.4 Linking outdoor programme providers with the GPP

The local companies, associations, and clubs offering sports and cultural activities need to be identified, evaluated and frequently monitored to develop and ameliorate the programmes according to the needs of the local target groups..

### **possible risks:**

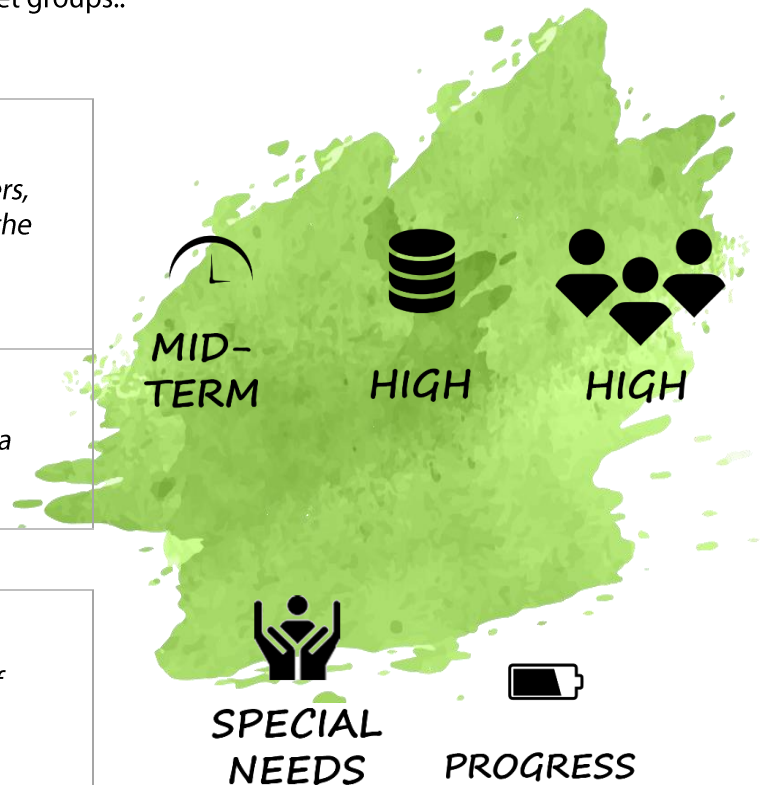
*lack of interest from the sports suppliers,  
lack of capacity to efficiently monitor the  
attendance generated by the Green  
Prescriptions*

### **possible solutions:**

*effective communication, developing a  
monitoring system*

### **Indicators**

*numbers of programmes / numbers of  
participants*



## 2.3.5 Regular communication of the Green Prescription Programme

Regular and well-planned communication through offline and online local media is also a prerequisite for the success of the Green Prescription Programme. The active involvement of GPs who participated in the pilot action is an important aspect of the development of the communication agenda.

### **possible risks:**

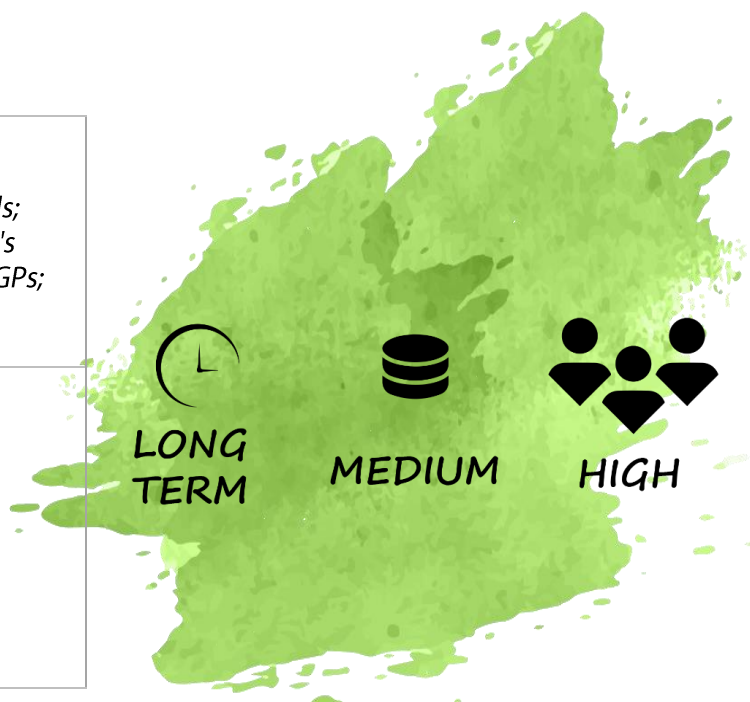
*inefficiency of communication channels;  
increased scepticism from the resident's  
side; lack of capacity or interest of the GPs;  
lack of management support*

### **possible solutions:**

*identifying key GPs for direct, personal  
promotion; clear, professional  
communication toward residents;  
organizing local events; continuous re-  
evaluation and iteration; effective  
persuasion of GPs and senior levels*

### **Indicators**

*finished and distributed leaflet / finished  
communication campaign*



**SPECIAL  
NEEDS**

**PLAN**

## 2.3.6 Dissemination of the GPP to other municipalities

The best practices of the Green Prescription Programme can be interesting for other municipal districts of Budapest or other Hungarian cities. Hegyvidék Municipality can be a pioneer and also a role model for other municipalities. The dissemination of the Green Prescription Programme can be an opportunity to meet other colleagues from the public sphere and change ideas, experience and build cooperation.

### **possible risks:**

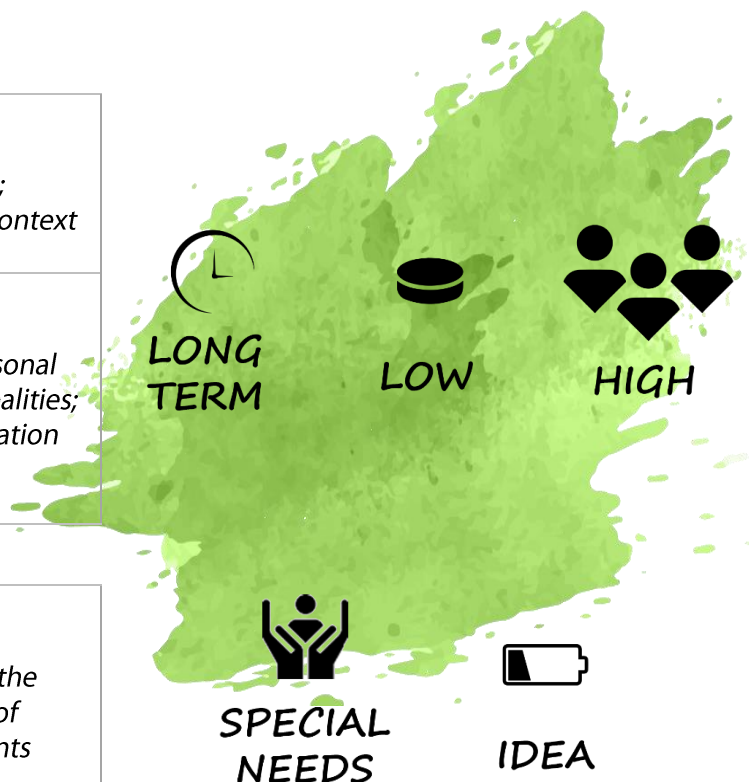
*lack of capacity and funds; scepticism;  
skipping the adaptation to the local context*

### **possible solutions:**

*clear communication; organizing personal  
meetings with the interested Municipalities;  
site visits; sponsors; facilitating integration  
into the healthcare system*

### **Indicators**

*number of municipalities involved in the  
dissemination programme / number of  
participants of the dissemination events*





## 2.3.7 Integrating new programme elements into the Active Hegyvidék Programme

Presently the Active Hegyvidék Programme provides several activities related to sports for the local citizens. However, other initiatives could also be integrated. Cultural events, lectures, concerts, or local historical walks could enhance the diversity of the programme. Furthermore, the activities with participation fees could be incorporated as well. In summary, the Active Hegyvidék Programme can be an integrator of different initiatives organized in the district..

### **possible risks:**

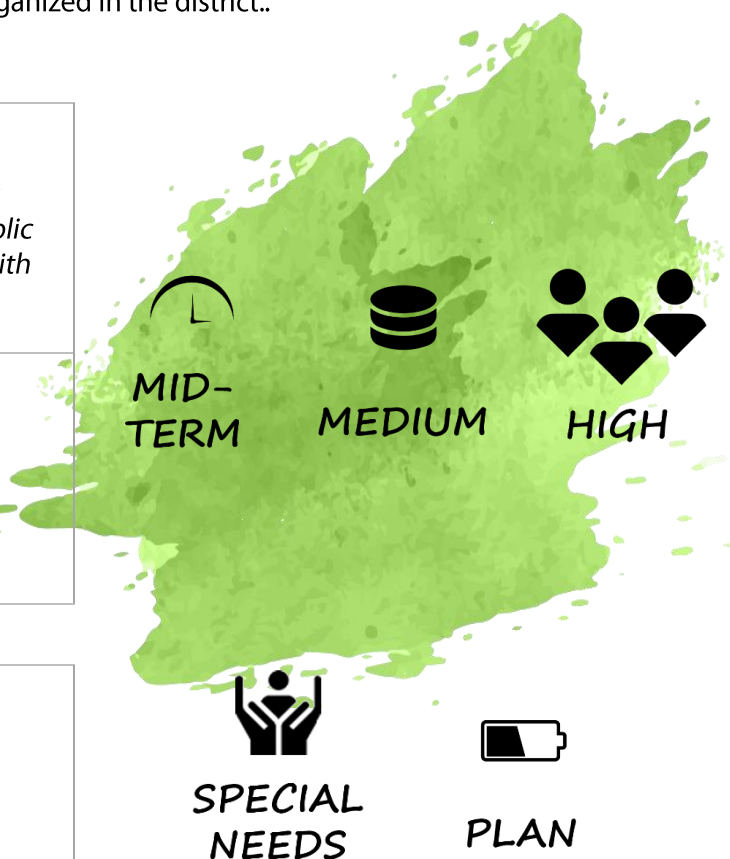
*lack of capacity of the Active Hegyvidék Programme's organizers; the lack of public attention; risk of integrating activities with unaffordable entrance fees*

### **possible solutions:**

*careful planning and local government support; adequate and active communication; affordable prices and sponsorship system for entrance fees*

### **Indicators**

*description of the monitoring system approved by decision-makers*



## 2.3.8 Monitoring/evaluation programme for the GPP

The goal of this action is to frequently evaluate the progress of the Green Prescription Programme and give room for future iterations.

### **possible risks:**

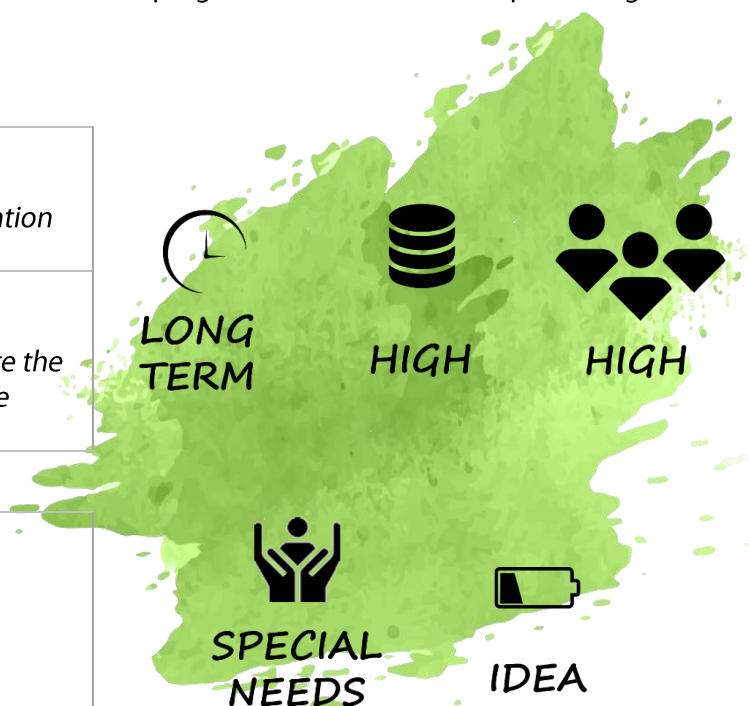
*lack of capacity and thematic coordination*


### **possible solutions:**

*creating a dedicated post to coordinate the full monitoring/evaluation programme*

### **Indicators**

*description of the monitoring system approved by decision-makers*





## **OBJECTIVE 3**

### Cooperation



## ***Strengthening cooperation and motivation of ULGs***

*The goal of this objective is to create a framework for how to implement the parts of the IAP with the strong involvement of the ULGs. The ULGs are the key to achieving the short-term, medium-term and long-term goals of the IAP. There are many already existing good practices in Hegyvidék that can be upgraded, and further developed and there are plenty of possible new activities too, but the crucial point that is needed for these activities to happen is motivation from the ULGs.*



### ***Action cluster & actions***

#### ***3.1. Expert forums and meetings***

*3.1.1. Small forums with specialists*

*3.1.2. Greater forums with local stakeholders*

*3.1.3. Developing regular communication with local stakeholders and citizens*

#### ***3.2. Evaluation of expert forums and meetings***

*3.2.1. Going back to the drawing board*

*3.2.2. Re-evaluation of ULG member*

*3.2.3. Continuing the Health & Greenspace Academy*

*3.2.4. Harmonisation and iteration of the IAP and the policy documents of Hegyvidék*



## 3.1 Expert forums and meetings

<b>Main Objective</b>	<i>Strengthening cooperation and motivation of ULGs Expert forums and meetings</i>
<b>Link to Strategies</b>	<i>Health &amp; Greenspace IAP</i>

<b>Lead partner(s)</b>	<i>Green Office, Welfare Office</i>
<b>Key partners</b>	<i>all specialists mentioned in the stakeholder analysis</i>
<b>Potential partners</b>	<i>all specialists mentioned in the stakeholder analysis</i>

### 3.1.1 Small forums with specialists

To carry out successful projects, it is important to have regular consultations with specialists. One possible way to communicate with local stakeholders is to hold small forums with specialists. These small forums can be thematically organised. The goal of these meetings can be to discuss the details of the tasks connected to the IAP.

#### **possible risks:**

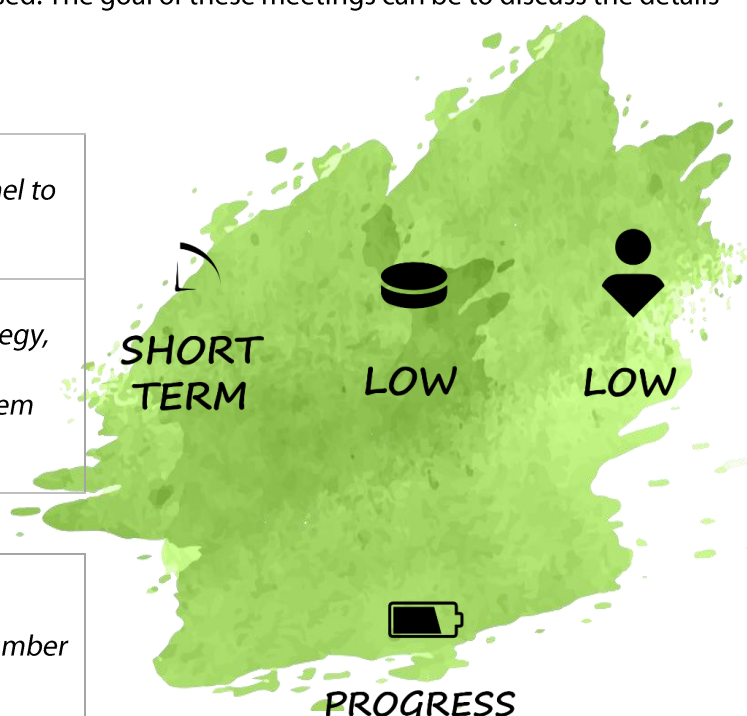
*finding the best communication channel to different stakeholders*

#### **possible solutions:**

*preparing a short communication strategy, mapping different online and offline communication channels and using them consciously, frequent debriefing of the decision makers*

#### **Indicators**

*number of small forums organised / number of specialists who participate*



### 3.1.2 Greater forums with local stakeholders

One of the most important challenges is to activate the different local stakeholders. To find the best style of communication and develop mutually beneficial, long-lasting cooperation, it is crucial to communicate regularly with the target groups.

**possible risks:**

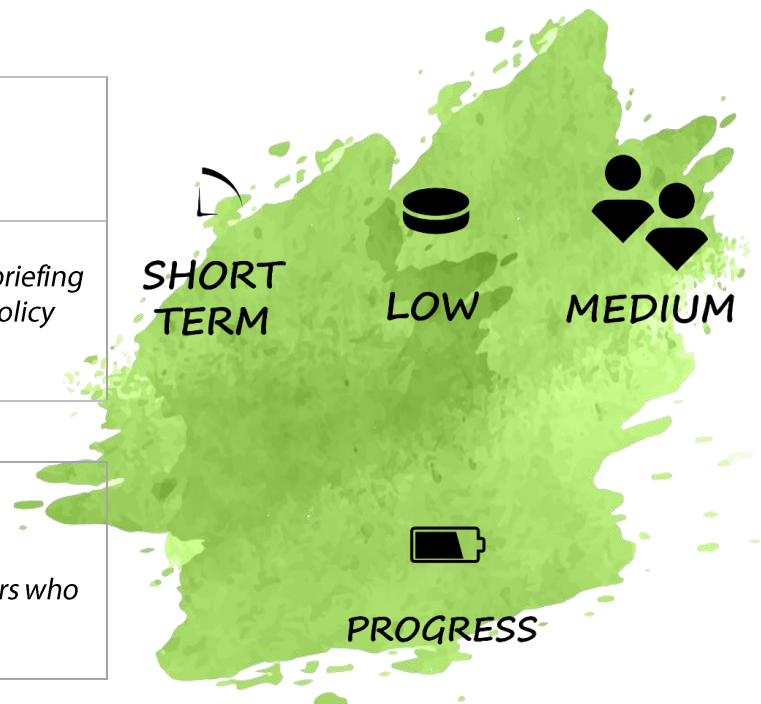
*lack of capacity, changing of legal circumstances and policy priorities*

**possible solutions:**

*conscious preparations, frequent debriefing of the decision makers, monitoring policy changes*

**Indicators**

*number of greater forums organised  
/number of relevant local stakeholders who participate*



### 3.1.3 Developing regular communication with local stakeholders and citizens



"Move Freely" FB group  
©Hegyvidék Municipality

Regular and well-planned communication through offline and online local media is also a prerequisite for the success of the implementation of the IAP. A communication strategy should be planned for the different online and offline platforms of Hegyvidék Municipality.

#### **possible risks:**

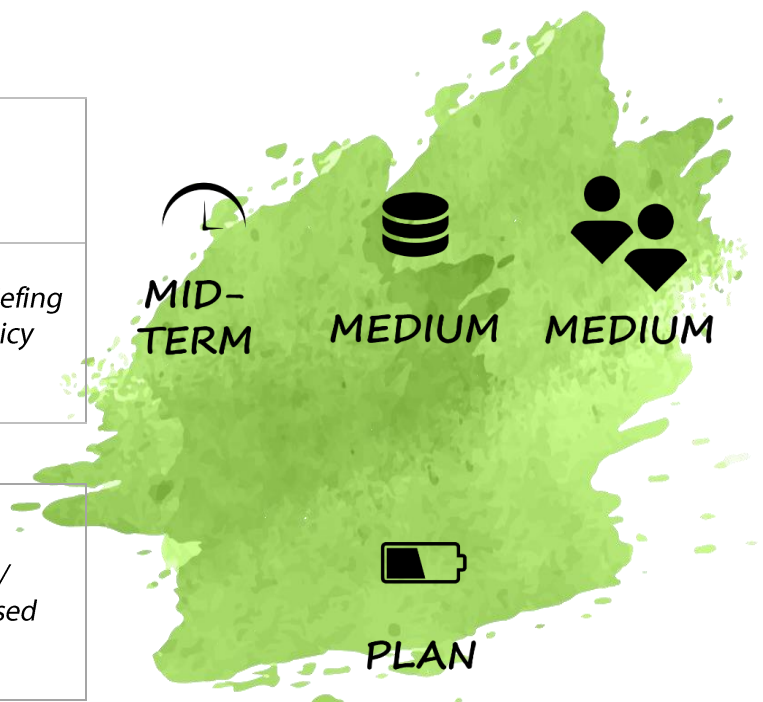
*lack of capacity, changing of legal circumstances and policy priorities*

#### **possible solutions:**

*conscious preparations, frequent debriefing of the decision makers, monitoring policy changes*

#### **Indicators**

*number of local stakeholders involved /  
number of communication channels used  
for the implementation of IAP*



## 3.2 Evaluation of expert forums and meetings

<b>Main Objective</b>	<i>Strengthening cooperation and motivation of ULGs Expert forums and meetings</i>
<b>Link to Strategies</b>	<i>Health &amp; Greenspace IAP</i>

<b>Lead partner(s)</b>	<i>Green Office</i>
<b>Key partners</b>	<i>all relevant local stakeholders mentioned in the stakeholder analysis</i>
<b>Potential partners</b>	<i>all relevant local stakeholders mentioned in the stakeholder analysis</i>

### 3.2.1 Going back to the drawing board

The goal of this action is to frequently evaluate the progress of the joint work on the implementation of the IAP and give room for iterations if needed and change the IAP.

The municipality and other district institutes have several strategies relevant to the topic that need to be considered when designing and implementing the IAP. The aim is for these strategies and the actions contained in them to create synergies and reinforce each other. The output of this action is a new evaluation system focusing on group dynamics.

#### **possible risks: /**

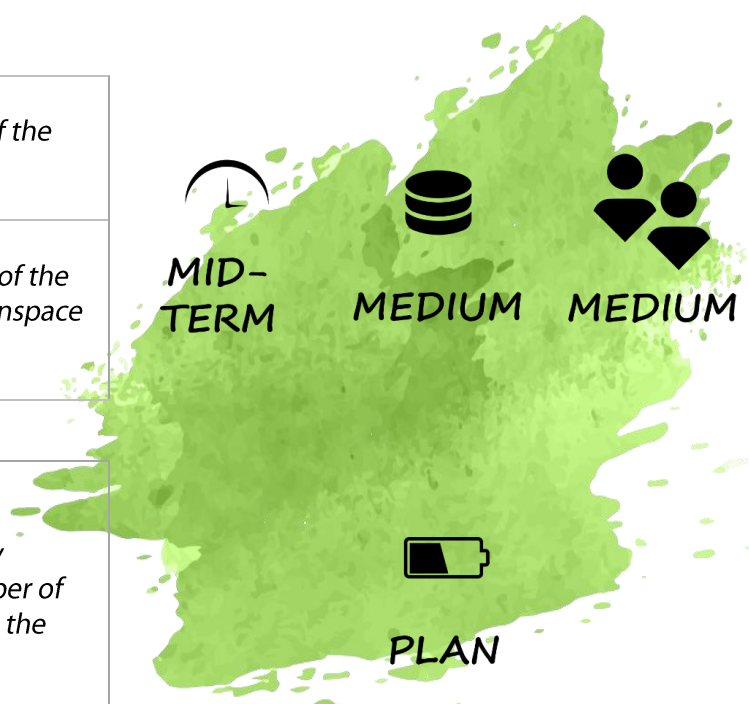
*lack of capacity for regular revision of the related projects,*

#### **possible solutions:**

*easy-to-follow guide for the revision of the projects related to the Health & Greenspace IAP*

#### **Indicators**

*stakeholder evaluation methodology approved by decision-makers / number of endorsements of relevant policy into the strategies/concepts*





### 3.2.2 Re-evaluation of ULG members

The goal of this action is to frequently evaluate the ULGs one by one how active they are, and what kind of impact and interest do they have on the project? The goal is to find who could be the game changer for some of the tasks and activities in the IAP while keeping an open door for new ULG as well. This action includes the development of a stakeholder (ULG) evaluation system/framework that can help measure the level of activity, impact and interest in IAP.

Firstly, it is planned to use the evaluation tool each year to check ULGs' performance and measure their interest/impact and motivation. Secondly, this action aims to map new stakeholders constantly as new ideas come up and contact them, take them on board and upgrade the stakeholder list. Thirdly, in the framework of the evaluation system, it is important to find the tools to maximize the involvement of the stakeholders.

#### **possible risks:**

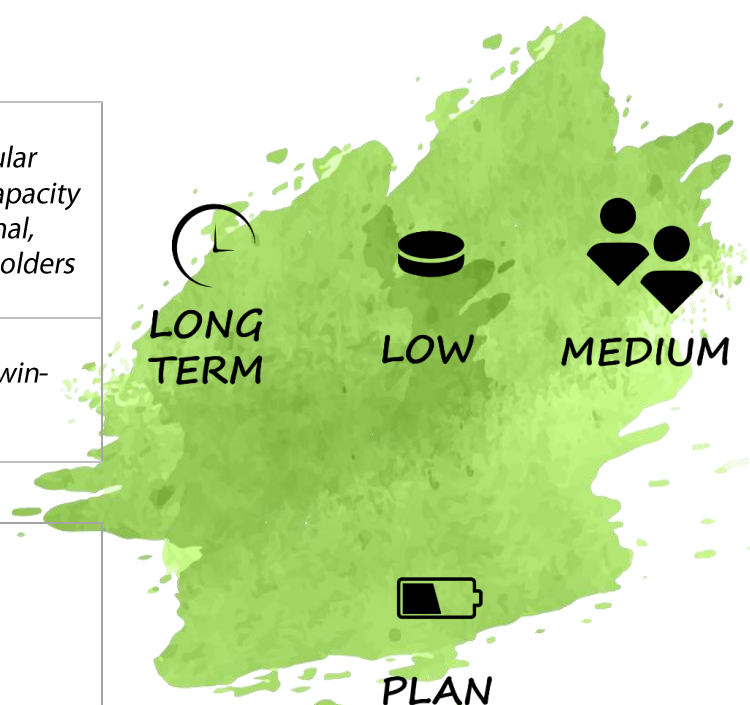
*lack of capacity or motivation for regular revision of the related projects, low capacity (internal, external), lack of time (internal, external), low motivation from stakeholders*

#### **possible solutions:**

*conscious capacity planning, finding win-win situations for stakeholders*

#### **Indicators**

*yearly updated stakeholder list with evaluation aspects*



### 3.2.3 Continuing the Health & Greenspace Academy



*Health & Greenspace Academy online event  
@Hegyvidék Municipality*

The [Health & Greenspace Academy](#) has been a successful sequence of events that the Green Office of Hegyvidék Municipality would be happy to continue with new editions. The previous editions can be seen on the Youtube channel of the Green Office.

- Finding financial and human resources for continuing the Health & Greenspace Academy.
- Planning the topics of the academy, and contacting specialists to participate in the videos. Possible topics can be prepared with be

contents of the IAP. Also, the partner cities from the Health & Greenspace project could be involved in the programme.

- Preparing the videos with cooperation among the municipality, the invited specialists and the producers of the video content.

#### **possible risks:**

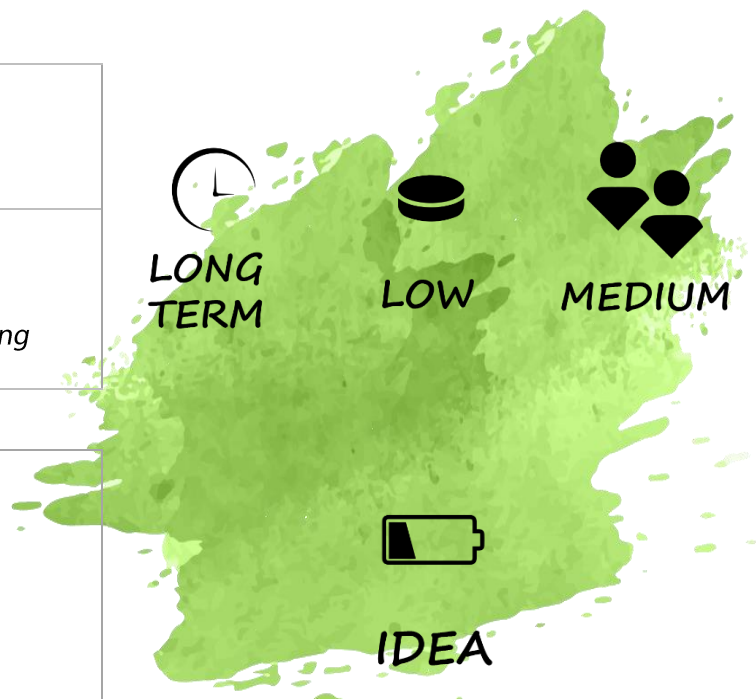
*low capacity (internal, external)*

#### **possible solutions:**

*involvement of motivated experts, presenters, conscious capacity planning*

#### **Indicators**

*number of events*



### 3.2.4 Harmonisation and iteration of the IAP and the policy documents of Hegyvidék

The Integrated Action Plan can contribute to the activities of the municipality better if integrated into and harmonised with the other policy documents of Hegyvidék. The Integrated Action Plan provides a way of thinking about greenspaces and health issues. When planning a new investment or development, it is important to bear in mind not only the aspects of environmental sustainability but also the needs of special social groups:

- Having an overview of the incumbent policy documents of Hegyvidék.
- Policy analysis: researching the actual policy documents by the aspects provided by the Health & Greenspace project.
- Making suggestions for the new investments and developments on how to implement the measures that can be taken to lighten the needs of special local groups.

#### **possible risks:**

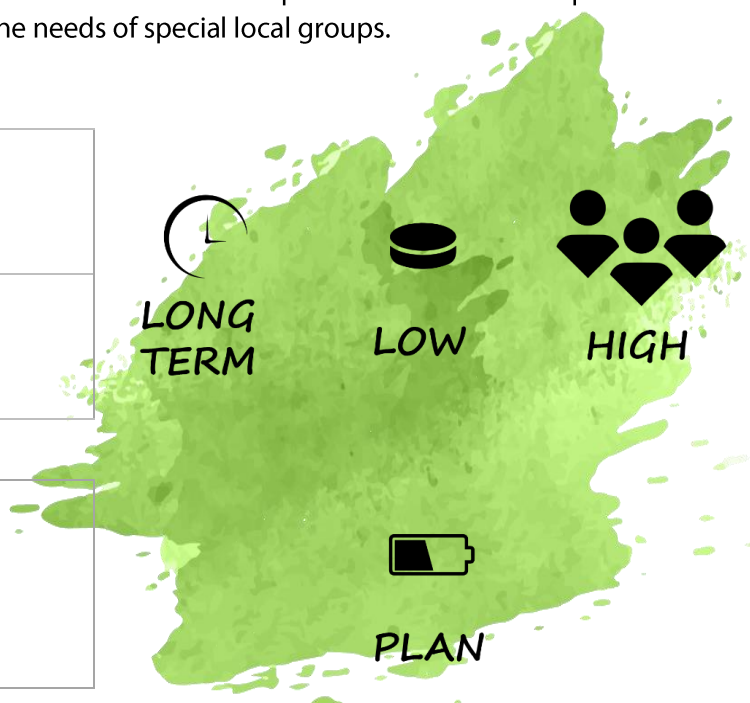
*low capacity (internal, external)*

#### **possible solutions:**

*conscious capacity planning*

#### **Indicators**

*yearly harmonized policy documents*



## Conclusion

The district of Hegyvidék, Budapest is characterized by a high proportion of green areas, which encourages the Municipality and other stakeholders to appreciate and smartly benefit from this great advantage.

Firstly, the present Integration Action Plan defines the essential operations considering the design, development, and maintenance of green spaces, while focusing on different social groups - also with special needs - at Hegyvidék. Secondly, the Plan provides a variety of ideas to fill the green spaces with inclusive programmes and other community activities.

Furthermore, the Plan presents various actions with a different profile, time-scale, financial, and human resource intensiveness. It provides an easy-to-follow, inspiring overview of possible actions, which can also be implemented in other policy documents and provide a basis for the relevant part of the municipality budget.

It should be also highlighted that the Plan proposes many small-scale actions - the so-called low-hanging fruits - that can bring spectacular results with little effort. In addition, it connects several initiatives that were already present in the district, showing that a significant change can be achieved by properly synthesizing the rich program offering and already running actions.



*Hegyvidék, ©Ákos Nagy*

Finally, the Health&Greenspace action planning generated an improved operational process and tight cooperation of the stakeholders. The traditional, sector-specific municipal workflow started to transform into a broad collaboration among the different departments. Moreover, the applied methodology proved to be a local pioneer in bringing together diverse experts who had not used to operate together in such a set-up previously. Such advanced cooperation occurred especially between landscape architects, medical institutions, artists, and cultural and sports associations. As a result, the joint effort of the stakeholders significantly boosted the overall quality of work.

In conclusion, the proposed Action Plan contributes to an integrative approach to developing and leveraging green areas while supporting the inhabitants' physical and mental health at Hegyvidék, Budapest. Beyond being a comprehensive guide for policy planning and actual interventions, the Plan incites broad, multi-disciplinary cooperation between public and private institutions, NGOs, and residents.





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