



## Active City Innovation

### Capacity-Building Workshop

### Concept Paper

#### **Aims**

The ACI Capacity-Building Workshop aims to:

- To increase the awareness of stakeholders about:
  - the manifold (health, etc.) benefits of promoting Sport for All, physical activity, joy of movement
  - the significance of the city setting to promote Sport for All and physical activity
  - the role they can play in related projects and initiatives
- To build the capacity of those stakeholders to design innovative strategies, initiatives, programmes and events to promote Sport for All, physical activity and joy of movement through innovation
- To support host organisations, innovate in priority sectors that they have identified in the field of Sport for All, physical activity and joy of movement

#### **Workshop target groups**

- Municipalities
- Municipal bodies
- Municipality Stakeholders
- Academia
- NGOs active in this topic area
- National Sport / Sport for All organisations and authorities
- National Olympic Committees

#### **Format**

- The workshop is available in 2 different versions, both including a mix of top-down presentations (introducing the concept of Active City Innovation - ACI) and interactive sessions (participants engage in an innovation process)
  1. 1-day physical event (preferably two ½ days & overnight)
  2. Virtual event over two half days separated by 2 weeks to engage hosts in “homework”



- The workshop can be organised in three different settings:
  1. For a single organisation and its staff, with the aim to develop their organisational capacity and processes
  2. For multiple organisations working in the same city/ecosystem, with the aim to develop a joint approach and solution concept
  3. For multiple cities/organisations coming together, with the aim to raise awareness and provide target groups with opportunities to share knowledge, experiences, good practices...
- The workshop is based on a written preliminary questionnaire and online meeting between the host organisation and ACI team member, aimed at identifying needs and expectations, as well as defining clear objectives prior to the event. This serves to adapt the base programme – which is standardised with a degree of flexibility - to local interests.
- Number of participants: +/- 20
- Delivered by ACI-trained facilitators
- Use and delivery of ACI Guidelines and THInK - The Holistic Innovation Kit including its 8-steps holistic innovation methodology as supporting resources
- Sustainability:
  - Potential follow-up online calls with ACI team in the following months
  - Link with Innovation Hub (in preparation)

## Requirements

Any interested municipality or organisation working within the setting of a city is welcome to host an ACI capacity-building workshop.

Host organisations are responsible for:

- Decision makers' approval/mandate to organise the workshop
- Selecting pool of participants that is ideally composed of a mix of decision-makers, managers and operators from various departments/sectors to ensure highest buy-in and operational sustainability
- In the case of physical workshops, the host shall also provide a workshop venue & necessary technical equipment, as well as meals for participants & facilitators

The host shall cover:

- Honoraria (amount to be defined) of facilitators
- Administrative fee for the preparation and organisation of the workshop
- International and local travel costs, accommodation and other expenses (e.g. visa fees) for ACI facilitators – in case of physical event.



**Onsite Base Programme\* (settings 1 and 2 – workshop for single organisation and its staff or multiple organisations within the same city)**

*\*to be adapted to each host based on preliminary questionnaire results.*

**Day 1**

13.30 – 13.50	<b>Opening of workshop</b>  Introduction of objectives and methodology (incl. benefits of an Active City and an innovation focus)
13.50 – 14.20	<b>Introductions &amp; Warm Up</b>  Interactive & active session: Participants get to know each other and as warm up reflect on different perspectives of an Active City (Health, Quality of life, Marketing, Resilience, Green Spaces...)
14.20 – 15.00	<b>What is Innovation?</b>  Input and Discussion: What is innovation and what are the requirements for innovation to happen (what commitment of the city is needed, co-creation with citizens, resources, communication...) incl. 3 Steps of holistic evaluation: Prepare, Create, Valuate
15.00 – 15.45	<b>Key Areas to foster Innovation for Active Cities</b>  Input and discussion (incl. example innovations and city-specific input)
15.45 – 16.00	<b>Break</b>
16.00 – 16.45	<b>Innovation Opportunities and Target Vision</b>  Interactive session: Participants reflect on innovation opportunities and success factors in their setting (InnovationContextSystem-Poster) and define a Target Vision: “What do we want to achieve?”
16.45 – 17.30	<b>Idea Generation</b>  Interactive session: Participants generate first innovative ideas to foster Sport for All, physical activity participation and joy of movement in the city setting
17.30 – 19.00	<b>Move &amp; Experiment</b>  Active Session: Get inspired, move and experiment together; testing of new ideas and concepts
19.00	Networking Dinner & Network Activities



## **Day 2**

08.30 – 08.45

### **Reflecting on Day 1**

Interactive Session: setting the stage for Day 2

08.45 – 09.15

### **Selected Examples from Sinn-i**

Presentation and discussion: Promoting Sport for All, physical activity and joy of movement – examples from the International Sports-Innovation Network.

09.15 – 10.30

### **From Idea Generation to Programming**

Interactive Session: participants form groups and set up example projects

10.30 – 10.45

### **Break**

10.45 – 11.15

### **Presentation of Results and Discussion**

Group presentations and discussions

11.15 – 11.45

### **Connecting the Dots**

Interactive Session: System design, Implementation strategies and supporting actions for example projects networking, collaborations and partnerships as key elements to foster innovation dynamics

11.45 – 12.00

### **Break**

12.00 – 12.40

### **First Roadmap**

Interactive Session: What comes next? First roadmap towards realization and implementation (Including feedback and personal commitment).

12.40 – 13.00

### **Joint reflexions and lessons learnt & conclusions.**



**Online Base Programme\* (settings 1 and 2 – workshop for single organisation and its staff or multiple organisations within the same city)**

*\*to be adapted to each host based on preliminary questionnaire results.*

**Day 1**

09.00 – 9.20

**Opening of workshop**

Introduction of objectives and methodology (incl. exciting examples and benefits of an Active City and an innovation focus)

9.20 – 9.40

**Introductions & Online Tool**

Interactive & active session: Introduction into online tool and Participants get to know each other and reflect on different perspectives of an Active City (Health, Quality of life, Marketing, Resilience, Green Spaces...) by rating predefined categories

9.40 – 10.10

**What is Innovation?**

Input and Discussion: What is innovation and what are the requirements for innovation to happen (what commitment of the city is needed, co-creation with citizens, resources, communication...) incl. 3 Steps of holistic evaluation: Prepare, Create, Valuate

10.10 – 10.45

**Key Areas to foster Innovation for Active Cities.**

Input and discussion (incl. example innovations and city specific input)

10.45 – 11:00

**Break**

11:00 – 11:30

**Innovation Opportunities and Target Vision**

Interactive session: Participants reflect on innovation opportunities and success factors in their setting (InnovationContextSystem-Poster) and define a Target Vision: "What do we want to achieve?"

11:30- 12:15

**Idea Generation**

Participants generate first innovative ideas to foster Sport for All, physical activity participation and joy of movement in the city setting

12:15 – 12:45

**Reflections and "Homework"**



## **Day 2**

14:00 – 14:15	<b>Introductions and Scope of Day 2</b>
14:15 – 14:45	<b>Input of Participants (presentation of results of homework)</b>
14.45 – 15.15	<b>Sharpening of ideas</b>
15:15 – 16:00	<b>From idea generation to programming</b> Participants form groups and set up example project sin 2-4 Groups
16:00 – 16:15	<b>Break</b>
16:15 – 16:30	<b>Presentation of Results</b>
16:30 – 17:00	<b>Implementation Strategies (if spontaneously possible also for one of the new ideas)</b>
17:00 – 17:30	<b>Next steps, wrap up &amp; conclusions</b>

## **Contact:**

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