

Fact sheet (City of Flensburg; Germany)

Intervention theme:	Physical activity
User group:	Adolescents (14 to 17 years)
Used methods:	Focus group, design thinking
Used eTools:	An App for improving the physical activity is going to be developed

Further information about the pilot:

Our partner PHA from Germany is the “house of health” from the city of Flensburg. Their user group are children and adolescents (pupils) aged of 14 and 17 years. Together with the pupils the partner conducts various workshops. Goal is to the one hand to sensitize the pupils for physical activity and on the other hand to develop a new app together with the pupils and a selected SME (Groundkeepers). This app will be focused on activities in and around Flensburg. The workshops are structured according to the intervention model, which has been developed in the project. Furthermore, they also include tools and methods from the toolboxes that have also been developed. The first step was to carry out a requirement and needs analysis with the pupils. The **focus group** method was used for this purpose. In the further process of the pilot phase (start: December 2018 – end: May 2019) further workshops are/have already been implemented. In these workshops the method “**design-thinking**” was used. This comprises several small methods that build on each other and form an overall construct with the aim of preventing a “social problem”, in this case a lack of physical activity. While following a participatory approach. In the workshops three parties – pupils (user group), SME (developer) and PHA (implementer) – come together to achieve the best possible solution. Another

important point is the cooperation between PHA and SME. The exchange of different expertise regarding health promotion and IT, and the resulting further development of both parties will achieve one of the Interreg aims (cooperation, establishing contacts and learning from each other).

The developed app should be completed by the end of the project period and should be available as a sustainable eSolution for the City of Flensburg.

The methods used and the intervention model applied will be evaluated and adapted during and after the pilot phase in order to increase user-friendliness and implementability.