Item 7 (b) of the provisional agenda
Implementing the Paris Declaration:
THE PEP relay race (staffette)

THE PEP relay race (staffette)

Workshop on Improvement of Sustainable Urban Mobility for Better Health and Environment: Move to improve (24 - 25 September 2014, Kaunas, Lithuania)

DRAFT REPORT

Summary

The Steering Committee of the Transport, Health and Environment Pan-European Programme (THE PEP) decided at its seventh session (22–23 October 2009) to establish relay races (staffette) as a part of a new communication and implementation strategy, with a view to disseminating the key messages of the Amsterdam Declaration throughout the region (ECE/AC.21/SC/2009/4–EUR/09/5088363/4, paras. 8–10). At the Fourth High-level Meeting on Transport, Health and Environment in April 2014 in Paris, the member States renewed their commitment and re-launched THE PEP relay race. The seventh workshop in THE PEP relay race, on Improvement of Sustainable Urban Mobility for Better Health and Environment: Move to Improve was held on 24 and 25 September 2014 in Kaunas, Lithuania.

The workshop was organized by the Kaunas City Municipality in cooperation with the Ministry of Health, Ministry of Transport and Communications and Ministry of Environment of Lithuania and THE PEP Secretariat. The Workshop brought together over 150 participants from national and municipal authorities, civil society and academia, and discussed ways of improving urban transport towards more sustainable and healthy mobility.
I. Introduction

1. At the eleventh session of the Steering Committee of the Transport, Health and Environment Pan-European Programme (November, 2013), the Government of Lithuania offered to host a workshop as part of the relay race workshop series in Lithuania. The secretariat was advised to engage with the representatives of Lithuania with a view to holding a workshop in 2014, in order to launch the implementation of the forthcoming Paris Declaration after the Fourth High Level Meeting (ECE.AC.21SC.2012.9, para 30).

2. The seventh workshop of THE PEP relay race was held from 24 to 25 September 2014 in Kaunas, Lithuania. The objective of THE PEP Kaunas workshop was to share knowledge from the latest research and best practices on Sustainable Urban Mobility Plans (SUMPs) and sustainable urban development to increase the competencies of the specialists and to encourage Lithuanian municipalities to develop SUMPs. The workshop also aimed to share ideas and best practices in promotion of physical activity, awareness raising on the benefits of sustainable mobility among youth and local communities as well as empowering and involving citizens in the decision-making processes and implementation of activities related to sustainable urban development.

3. The workshop was organized in the framework of THE PEP relay race, which was launched in January 2009 at the Third High-level Meeting on Transport, Health and Environment in Amsterdam, followed by workshops in Pruhonice, Czech Republic (September 2009), Skopje, the former Yugoslav Republic of Macedonia (June 2010), Batumi, Georgia (September 2010), Kyiv, Ukraine (June 2011), Moscow, Russian Federation (June 2012) and Almaty, Kazakhstan (September 2013).

4. The workshop was organized by the Kaunas City Municipality in collaboration with the Ministry of Health, Ministry of Transport and Communications, Ministry of Environment of Lithuania and THE PEP Secretariat.

II. Participation

5. The workshop was attended by more than 190 representatives from three sectors (transport, health and environment) at the national level and cities and district municipalities at the local level as well as universities, research institutes, NGOs and community centres.

6. The workshop was also attended by representatives from Austria, Switzerland, the former Yugoslav Republic of Macedonia and UNDP in Serbia, who shared their experiences on urban planning and sustainable transport in the cities of Bern and Belgrade respectively.

7. THE PEP relay race baton was handed over to the Kaunas City by THE PEP Secretariat on behalf of the AKIMAT (municipal authority of Almaty).

III. Opening of the workshop

8. The workshop participants were welcomed by Dr. Prof. Vilius Grabauskas, Chancellor of the Lithuanian University of Health Sciences and Mrs. Ingrida Zurlite, Head of the WHO Country Office in Lithuania.
9. Opening remarks were made by Mr. Andrius Kupčinskas, Mayor of Kaunas City Municipality, Mr. Mihail Kochubovski, Chair of THE PEP, Mrs. Rimantė Šalaševičiūtė, Minister of Health, Mr. Vladislav Kondratovič, Vice-Minister of Transport and Communication and Mrs. Daiva Matonienė, Vice-Minister of Environment.

IV. Key issues and challenges for sustainable urban mobility in Lithuania

10. The workshop included four sessions dedicated to discussing current challenges; improvement of sustainable urban mobility; the role of community, civil society and different actors in sustainable urban mobility and follow up actions. For each of the sessions, speakers from transport, health and environment sectors in Lithuania made presentations on a wide range of topics such as: sustainable urban mobility planning; traffic safety; sustainable mobility and the link to tourism opportunities; public transport systems; promotion of physical activity through cycling and walking; increasing the role of cyclists’ associations in decision-making in urban mobility planning; and challenges and opportunities for the promotion of sustainable mobility and transportation.

11. UNECE presented its transport initiatives on Sustainable Public Transport and Mobility and For Future Inland Transport Systems (ForFITS), as well as the results of the analyses on GHG emissions scenarios carried out for Kaunas City. The WHO Regional Office for Europe presented THE PEP Health Economic Assessment Tools (HEAT) for walking and cycling, including a health economic benefit estimation of the current levels of cycling in Kaunas.

V. Main outcomes

12. Participants discussed various measures and actions to be taken at both national and local level to improve urban mobility planning and promote sustainable mobility. At the national level recommendations were proposed such as: ensuring both horizontal and vertical integration for sustainable and healthy urban transport; promoting a whole-of-government approach by all relevant sectors including education, finance, interior so that they are actively involved in the sustainable and healthy urban mobility concept and policy development; empowering municipalities through providing enabling conditions to take actions at the local level; and joining THE PEP Partnership on Cycling. At the local level the proposed measures were: supporting community-based interventions by involving all relevant actors; focusing on disadvantaged and vulnerable groups, especially in rural areas; promoting safe walking and cycling as an everyday opportunity for sustainable and healthy urban mobility; developing an attractive and efficient public transport system and integrate it with other modes, such as walking and cycling; assessing the return on investment in walking and cycling in economic terms in addition to environmental, health and transport benefits; putting in place enabling conditions and both incentives and disincentives to increase public transport and active mobility, and reduce motorized transport; and making use of existing tools to support decision-making in Kaunas including ForFITS and HEAT.
VI. Launching of a new cycling path

13. During the workshop, a new 5.5 km-long cycling path along the Neris River bank – Jotvingių Street was launched. At the opening ceremony, Andrius Kupčinskas, Mayor of Kaunas City, noted that Kaunas city has a vision of becoming a green city through sustainable mobility, which is the responsibility of all. Kaunas City is already the proud owner of the longest (2 km) pedestrian street in Europe. The city will further promote cycling as part of the sustainable mobility policy by extending the cycling path up to 130 km.

VII. Commitment of the Kaunas City Municipality

14. At the end of the two day workshop, the Mayor and other representatives from the Municipality of Kaunas adopted a number of commitments, containing specific measures to help achieve sustainable and healthy mobility and transport by 2023 (Annex 1). These are the contributions of Kaunas to the implementation of the commitments taken by the Lithuanian Government in the Declaration of the Fourth High-level Meeting on Transport, Health and Environment in Paris on 15 April 2014. The progress on the implementation of these commitments will be reported at the Fifth High-level Meeting on Transport, Health and Environment to be held in Vienna in 2019.

15. The final programme of the workshop is attached in Annex II.
Annex I

Transport, Health and Environment Pan-European Programme (THE PEP) guided by United Nations Economic Commission for Europe and World Health Organisation Regional Office for Europe

Relay Race Workshop “Improvement of Sustainable Urban Mobility for Better Health and Environment. Move to Improve”

Kaunas City Municipality

24–25 November 2014

DECLARATION
On the occasion of THE PEP workshop “Improvement of Sustainable Urban Mobility for Better Health and Environment” on 24–25 September 2014 in Kaunas (Lithuania) and as a contribution of the Kaunas City to the implementation of the commitments taken by the Lithuanian Government in the Declaration of the Fourth High-level Meeting on Transport, Health and Environment in Paris on 15 April 2014, the Municipality of Kaunas City is taking the following commitments.

1. Development of sustainable of transport

Taking into account the General Territorial Plan of Kaunas City Municipality and Sustainable Urban Mobility Plan and aiming at reducing transport related noise and air pollution, increasing safety of pedestrians and cyclists, and improving environmental quality, measures for restricting the use of personal motorized transport means will be used, charging schemes for entering sensitive areas of the city, such as city centre and old town, will be introduced and a sustainable increase of parking places will be introduced providing priority for public and non-motorised transport. Charging schemes for the private motorised transport will not seek to increase the income of the city budget but rather will aim to reduce traffic flows in the sensitive territories.

It will be sought for funds to be collected from parking to be used only for renewing public transport, public health programmes and development of non-motorized transport infrastructure (cycling and pedestrian lanes, regulated pedestrian crossings and traffic restriction measures for motorised vehicles). While constructing new and reconstructing existing streets and if possible always install or renovate pavements for pedestrians, street sides at pedestrian crossings, street crossings adapted to bicycles, disabled people, and baby and children trolleys (cycling paths are established according to the Special Cycling Path Plan of Kaunas City).

2. Providing priority for public transport and cycling

While using the EU financial support of 2014–2020 until 2020, public transport means will be constantly renewed in Kaunas City through an improved public transport routing system, ticketing system, increased safety in public transport. Increasing attractiveness of its use it will be sought that using public transport in the city becomes faster and cheaper than using private motorised transport. Developing public transport substantially contributes to achieving noise reduction goals. Complex measures such as “Bike and ride”, “Park and ride” will be introduced, programmes encouraging the habits of using public transport will be applied and public perception of public transport and its use will be improved. The number of inhabitants in Kaunas City is expected to be reduced substantially by 2020, however, the City will seek to keep the same number of public transport users.

While implementing the objectives of the Special Cycling Path Plan of Kaunas City in the nearest future the City plans to establish new cycling paths: „Old Town – Aleksotas – Naujamiestis“ (8 km), „Eiguliai – Kalniečiai – Žaliakalnis“ (5.4 km) by applying for EU financial support. Using its own funds the Municipality will construct the cycling path in Užnemunė Street which is going to connect the cycling path of the city with Kaunas Region.

3. Promoting cycling and public transport for the reduction of noise and air pollution

At present eighty per cent of air pollution is related to automobile transport pollution in Kaunas. Maximums of NO2 and nitrogen monoxide levels in the City coincide with morning and evening traffic peaks. Good practice examples of cycling promotion and development in Scandinavian countries show us that northern climate conditions and unfavourable relief cannot be the convincing reasons for not using bicycles for our everyday travel. An increase of journeys by bicycles has a positive impact on air quality, reduces noise level and transport volume and improves the overall health of the city’s inhabitants.
A passive life style is prevailing in our society and physical passiveness is one of the key factors of chronic non-infectious diseases risk. Physical activeness helps to reduce the risk of such diseases, strengthens physical capacity. Well-developed urban infrastructure contributes to the increase of citizens' physical activeness encouraging them to cycle or walk on foot and at the same time improves the quality of life. Therefore, development of cycling paths will be continued, existing cycling infrastructure and safety of cyclists will be improved, and priority for cycling will encourage inhabitants to use it every day.

The City will assure that individual skills of healthy life style and healthy behaviour are developed by continuous activities helping to prevent diseases and protect health of the citizens of Kaunas City and to create healthy environment. In 2015, public health specialists will start introducing the fundamentals of healthy life style not only at schools but also at pre-school educational institutions.

We will seek that the Government and the Ministries together with the guidelines for sustainable urban mobility development will pass to municipalities the right and power to choose and use necessary financial instruments for fulfilling these goals.

We will report on the progress of the implementation of these commitments at the Fifth High-level Meeting on Transport, Health and Environment in Vienna in 2019.

Mayor of Kaunas City Municipality

Andrius Kupčinskas

Administration Director

Dainius Ratkelis

Head of Transport and Traffic Management Division

Head of Health Division

Head of Environment Protection Division

Paulius Keras

Donatas Senikas

Radeta Savickiené
Kaunas City Municipality
Transport, Health and Environment Pan-European Programme (THE PEP)

Relay Race Workshop

Improvement of Sustainable Urban Mobility for Better Health and Environment
Move to improve

24–25 September 2014, Kaunas (Lithuania)

Venue: Grand Hall, Kaunas City Municipality, Laisvės al. 96.

Lithuania is famous for its reputation as a very green country where people have lived in concord with nature for many centuries; however, the effects of the economic growth and increasing population in urban areas set challenges to manage and prevent the pollution of city environment and create favourable health-friendly conditions for the citizens. European Commission also encourages the Member States and their regions and cities not to postpone decisions in this field taking proper measures under the basis and principles of sustainable urban mobility planning.

THE PEP Relay Race Workshop in Kaunas aims to foster a better vertical and horizontal cross-institutional and cross-sectorial cooperation among the policy makers, international organisations, NGOs, academic researchers and local authorities providing the platform of discussion for the specialists of transport, health and environment.
The objectives of Kaunas Workshop include sharing the knowledge from the latest research and best practices of Sustainable Urban Mobility Plans and sustainable urban development to increase the competences of the specialists and to encourage the development of SUMP in Lithuanian municipalities in the nearest future. Moreover, the workshop aims to share ideas and best practices in promotion of physical activity, awareness rising of the benefits of sustainable mobility among youth and local communities as well as empowering and including citizens into decision making and implementation of sustainable urban development.

The workshop is a part of THE PEP relay race, a series of capacity-building events to share best practices across different regions. The relay race was launched in January 2009 in Amsterdam, followed by workshops in Pruhonice – Prague, Czech Republic (September 2009), Skopje, The former Yugoslav Republic of Macedonia (June 2010), Batumi, Georgia (September 2010), Kiev, Ukraine (June 2011), Moscow, Russian Federation (June 2012) and, Almaty, Kazakhstan (September 2013). In April 2014 the Lithuanian delegation of the three Ministries of Transport and Communications, Health and Environment and a representative from Kaunas City welcomed THE PEP baton during the Fourth High-level Meeting on Transport, Health and Environment in Paris.

**Programme**

**ARRIVAL DAY, 23 SEPTEMBER 2014 (TUESDAY)**

Arrival of international experts and guests.
Check-in at the hotel Daniela, Kaunas, Best Western Santaka.
19.00 Dinner (at the hotel restaurant Kaunas “55”) on behalf of the Ministry of Environment of the Republic of Lithuania

**DAY 1, 24 SEPTEMBER 2014 (WEDNESDAY)**

9.00–10.00 Registration of participants and coffee

**10:00 – 10:30. OPENING SESSION**

*Moderators: Dr. Habil. Prof. Vilius Jonas Grabauskas, Chancellor of Lithuanian University of Health Sciences, Medical Professor, Member of the Executive Board of World Health Organisation and Ingrida Zurlytė, Head of World Health Organisation Country Office in Lithuania*

10.00–10.05 Welcome by the Mayor of Kaunas City Municipality Andrius Kupčinskas
10.05–10.10 Welcome by the Chair of THE PEP Mihail Kochubovski
10.10–10.15 Welcome by the Minister of Health Rimantė Šalaševičiūtė
10.15–10.20 Welcome by the Vice-Minister of Transport and Communication Vladislav Kondratovič
10.20–10.25 Welcome by the Vice-Minister of Environment Daiva Matonienė
10.25–10.30 A representative from the Embassy of the Republic of Kazakhstan passes the baton of the workshop to Kaunas. Family photo.

10.30–11.00 Press Conference (high level representatives: the Minister, Vice-Ministers, Kaunas Mayor, Dr. Habil. Prof. Vilius Jonas Grabauskas, Ingrīda Zurlytē (World Health Organisation Country Office in Lithuania), Ivonne Higuero (United Nations Economic Commission for Europe) and Christian Schweizer (World Health Organisation). Moderator: Jolanta Šaltenienė, e-mail: jolanta.salteniene@smlpc.lt (Center for Health Education and Disease Prevention).

10.40–13.00 SESSION I. SETTING THE SCENE: CURRENT CHALLENGES AND EMERGING TRENDS TO ADDRESS THEM

Moderators: Vitalijus Auglys, Director of Pollution Prevention Department, Ministry of Environment of the Republic of Lithuania and Matthias Rinderknecht, Advisor International affairs, Federal Office of Transport, Switzerland

10.40–11.00 Strategic Aims of Transport Sector in Promotion of Sustainable Mobility. (Gražvydas Jakubauskas, Director of Road Transport and Civil Aviation Policy Department, Ministry of Transport and Communication of the Republic of Lithuania)

11.00–11.20 Strategic Goals of Health Sector in Pursuit for Improvement. (Dr. Rita Sketerskienė, Head of Health Risk Management and Resorts Division of Health Promotion Department of Ministry of Health of the Republic of Lithuania)


11.40–12.00 Sustainable Public Transport and Mobility. Results of the UNECE analysis on sustainable public transport and mobility. (Konstantinos Alexopoulos, Acting Chief of Sustainable Transport Section, Transport Division, United Nations Economic Commission for Europe)

12.00–12.20 Air quality in Lithuania, main problems and challenges. (Donatas Perkauskas, Head of Air Quality Evaluation Division of Environment Evaluation Department, Agency of Environment Protection)

12.20–12.40 Kaunas: Towards a Greener City. (Andrius Kupčinskas, Kaunas City Mayor)

12.40–13.00 Questions and discussion

13.00–14.00 Lunch
14:00–17:00 SESSION II. TOWARDS IMPROVED SUSTAINABLE URBAN MOBILITY: TOOLS TO SUPPORT POLICY INTERVENTIONS

Moderators: Gražvydas Jakubauskas, Director of Road Transport and Civil Aviation Policy Department, Ministry of Transport and Communications of the Republic of Lithuania and Mihail Kochubovski, Head of Sector of Environmental Health, Institute of Public Health, The Former Yugoslav Republic of Macedonia

14.00–14.20 Regional Transport and Urban Design Concept of the Greater Berne. (Urs Gloor, Deputy Head of Mobility Planning, City of Berne, Switzerland)

14.20–14.40 Support to Sustainable Transport in the City of Belgrade. (Miroslav Tadic, Portfolio Manager, UNDP Office Belgrade, Serbia)

14.40–15.00 ForFITS. (Konstantinos Alexopoulos, Acting Chief of Sustainable Transport Section, Transport Division, United Nations Economic Commission for Europe)

15.00–15.30 Coffee break. Stand presentations at the Small Hall

15.30-15.45 Urban Planning Challenges in Lithuania. (Dr. Dalia Bardauskienė, Vilnius Gediminas Technical University)

15.45–16.00 Towards Sustainable Urban mobility planning in Lithuania. Guidelines of SUMP. (Gintarė Zorskaitė, Ministry of Transport and Communication)

16.00–16.15 Tourism Ring in Kaunas Region for Healthy Life. (Valerijus Makūnas, Mayor of Kaunas District Municipality)

16.15–16.30 HEAT for Walking and Cycling: Unlocking the Value of Walking and Cycling. (Christian Schweizer, Technical Officer, World Health Organization Regional Office for Europe)

16.30–16.45 Questions and discussion.

17.00–18.30 Opening of a New Cycling Path Šilainiai – Old Town along the River Neris. Public Transport and Cycling Tour for 9 km and Awareness-Raising Rally

Start – Kuršių Street, finish – Rotušė (Town Hall) Square. Length of the tour – 9 km.

Please change your shoes into comfortable wear before this tour. City buses of public transport will take the participants from the main entrance of Kaunas City Municipality in Sapiegos Street). 50 bicycles will be available for this tour, so those who would like to cycle please mention this while registering for the conference. The rest can take the tour by city buses.
This year Kaunas City Municipality is finishing implementing the Project „Establishment of the Cycling Path the Neris River bank – Jotvingų Street“. The new cycling path laid during the Project is 5.5 km long. The overall goal of the Project aims to modernise the system of public transport services in systematic way in pursuit to reduce the pollution of the air and assure more effective communication for the citizens, to encourage the mobility of labour, reduce traffic jams, improve the safety on the roads and insure high quality of public transport services.

The new cycling path will take the riders along the bank of the beautiful River Neris, the picturesque park of the confluence of two rivers The Nemunas and Neris, Kaunas Castle and will finish in the Town Hall Square with some closing speeches and sharing of impressions on the cycling infrastructure with the participation of Kaunas Wind Instrument Orchestra “Ąžuolynas” and Media.

18.45 A Reception of the Minister of Health of the Republic of Lithuania and Kaunas City Mayor at the historical Town Hall, Rotušės a. 15. (On behalf of the Ministry of Health of the Republic of Lithuania)

DAY 2, 25 SEPTEMBER 2014 (THURSDAY)


**Moderators: Audrius Ščeponavičius, Director of Health Promotion Department, Ministry of Health of the Republic of Lithuania and Ivonne Higuero, Chief of Operational Activities and Review Section, United Nations Economic Commission for Europe**

9.30–9.50  Promotion of Health-Enhancing Physical Activity – Recommendations for Decision-Makers. (Prof. Dr. Rasa Jankauskienė, Vaiva Balčiūnienė, Lithuanian Sports University)


10.10-10.30 THE PEP Partnership on Cycling. (Robert Thaler, Head, Division of Transport, Mobility, Human Settlement and Noise, Federal Ministry of Agriculture, Forestry, Environment and Water Management, Austria)

**10.30–11.00  Coffee break. Stand presentations at the Small Hall**

11.00-11.20  Integration of Public Transport in Klaipėda. The Positive Affect of Feeder Route Public Transport System on Environment. (Gintaras Neniškis, Director of PI “Klaipėda Passenger Transport“)
Physical Activity of School-Aged Children in Lithuania. (Dr. Apolinaras Zaborskis, Lithuanian University of Health Sciences)

Involvement of the Cyclers’ Communities into the Decisions Making. Sharing Best Practice. (Linas Vainius, Lithuanian Cyclers’ Association)

Promotion of Physical Activity and Prevention of Road Traffic Injuries. (Dr. Asta Garmienė, Director of Kaunas Public Health Bureau, Member of Association of Municipal Public Health Bureaus)

Questions and discussion.

Lunch

Walking Workshop and Awareness-Raising Rally

Please change your shoes and maybe clothes into comfortable wear before this tour.

Physical activity is a very important issue in central Europe where 80 % of people go less than 1 km per day and 75 % feel pain in their back and joints. According to the data of Eurobarometre (2014), 59 % of Europeans are not physically active enough which leads to increasing risk to become ill with cardiovascular diseases, II type diabetes and obesity, intestine diseases, breast cancer, high blood pressure, lipid disorder, osteoporosis, anxiety and depression.

Nordic Walking is a great form of physical activity preserving good health and suitable for people of various age and physical capacity. It enables to use 90 % of body muscles, trains physical and power endurance, balance of movement, helps to reduce body mass and improves metabolism, bloodstream and respiratory system.

Kaunas Public Health Bureau promotes and teaches Kaunas citizens Nordic Walking on regular basis and invites the participants of the workshop to an interesting guided and tutored Nordic Walking tour which starts at Kaunas City Municipality and goes along the central pedestrian avenue Laisvės alėja, up the Green Hill by the historical interwar funicular, along beautiful Green Hill streets to the natural Oak Grove Park included into the list of Natura 2000 – one of the most popular recreational and sports areas in Kaunas City and come to Žalgiris Arena for the final part of the conference. The Nordic Walking tour will take about 2 hours and will end near Žalgiris Arena.
16.00–17.30 SESSION IV: CONCLUSIONS AND FOLLOW UP ACTIONS
Venue: Amphitheatre of Kaunas Žalgiris Arena (Karaliaus Mindaugo pr. 50)

Moderators: Vygintas Grinis, Head of Investment and Strategic Management Division, Kaunas City Municipality and Robert Thaler, Head of the Division of Transport, Mobility, Human Settlement and Noise, Federal Ministry of Agriculture, Forestry, Environment and Water Management, Austria.

16.00–16.20 Challenges and Opportunities in Switching to Healthy and Environmentally Friendly Transport. Experiences and Views of the Young. (Dovilė Adamonytė, European Environment and Health Youth Coalition)
16.20–17.00 Discussion
17:00 – 17:30 Adoption of the commitment document

17.30–19.00 Closing dinner on behalf of the Ministry of Transport and Communications of the Republic of Lithuania at the restaurant of Kaunas Žalgiris Arena “1410”.

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