



Hidepark



IN-HABIT - INclusive Health And wellbeing
In small and medium size ciTies

D4.1 - SUMMARY

Inclusive Transformation Plan of Nitra

Nitra's Pilot



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Nitra is the 6th largest city in Slovakia with a predominantly industrial economic base. Although most of the population are Slovak nationals and native born, there is a continually growing immigrant community due to the arrival of a number of large employers in recent years. The economic activities and influx of foreign investors are having negative effects on the city's health and well-being: increased pressure on existing facilities and services,

housing market, congestion in the city, higher production of air pollutants, permanent noise, and reduced quality of life near traffic corridors.

Dražovce is one of the most-affected parts of the city. This neighbourhood is to a large degree disjointed from the main city, having been a separate municipality until 1975. The neighbourhood has also experienced an increase in physical isolation in recent years due to redevelopment of adjacent green spaces into industrial areas.

The city is trying to resolve the problems of congestion, mobility, and geographical isolation of Dražovce and alternative transport accessibility of the industrial park by promoting alternative modes of transport, mainly bicycle transport. To this end, the city is completing an **8 km cycle corridor** linking the Dražovce neighbourhood with the industrial park, the city park, the city centre, and Hidepark along the riverbank of the Nitra River.

The initial objective of the Nitra pilot was to improve healthy lifestyles, social inclusion of migrants and ethnic minorities, social cohesion, and relational well-being among people living in Dražovce, working in the industrial park, or frequenting areas along the 8 km cycle road. The pilot aims to bring together visionary and integrated solutions (VIS) within the REMOULD (Reversible Multifunctional Open-source Urban LanDscape) concept. In Nitra, IN-HABIT will mobilise existing undervalued resources – art and environment – to boost inclusive health and well-being (IHW).

IN-HUB establishment: organisation, methods, and achievements

The Nitra **IN-HUB** was built on the principles of **polycentric governance** and Public-Private-People Partnerships, in order to create a more inclusive governance, addressing the problems of exclusion and lack of transparency, including citizens' knowledge more effectively, and creating environments and services that respond better to inhabitants' needs. The process of informing, contacting, and recruiting potential IN-HUB members was governed by IN-HABIT's Gender, Diversity, Equity, and Inclusion (GDEI) approach to health and well-being. It was adapted to local conditions to reflect the core values of the Nitra pilot (art and environment) and to reach vulnerable groups, institutional stakeholders and active people, and specific groups of pilot area users.

The core project team started **stakeholder mapping** in September-October 2020, conducting a two-stage snowball sampling social network analysis with an egocentric approach. This open-ended multiple-stage process continuously updates the scope of stakeholder involvement. A communication campaign ran alongside the stakeholder mapping. Given both the territorial and thematic scope of the Nitra pilot, traditional mass-media communication channels were less effective, so communication relied heavily on contact databases, private and professional contacts and networks of stakeholders, word-of-mouth, and targeting specific communities. During the second half of 2020 and first half of 2021, individual consultations and negotiations with prospective IN-HUB members took place. On the 1st of August 2021, the **launch** took place in the pilot area at Hidepark community and cultural centre with 11 initial members present.

The Nitra IN-HUB took the shape of an informal living lab. Its organisational structure developed gradually and organically as a result of the stakeholder engagement and VIS co-design process. The core Nitra IN-HUB is comprised of representatives of the IN-HABIT project partners

and individual and institutional representatives of key stakeholders. Community stakeholders in the core IN-HUB represent the role of the User Advisory Board. Two local community activators (LCAs) support local stakeholder/citizen engagement. Affiliated Stakeholders represent stakeholders in the pilot area or the city with interest in the project and aligned goals.



Institutional Support and Oversight represents policy representatives and representatives of public entities on municipal, regional, and national levels that have jurisdiction or vested interest in the themes and topics of the project. Members of the Nitra IN-HUB formed 6 Advisory Groups based on their respective fields of action, interests within the project, or involvement in co-design and co-deployment of specific VIS.

Co-design of VIS: top-down driven and bottom-up participative processes

The **IN-HABIT Toolkit** aims to provide guidelines, methods, and tools for the wider engagement of stakeholders in People-Public-Private Partnerships (PPPPs). It is the basis for the training process of the LCAs and provides the reference set for managing the Nitra IN-HUB. From the 23rd of March to the 16th of April 2021, IN-HABIT partners TSR, UREAD, DFC, ISIM, and BOT organised a 5 day-long online training workshop for LCAs to facilitate project tasks in the pilot cities. After the completion of the training, acquired tools, skills, and knowledge were transferred to the rest of the team by those participating.

Subjective indicators on socio-economic well-being and healthy lifestyles were selected by means of a co-design process where the theoretical and empirical assumptions of the researchers were integrated with the views of local inhabitants and representatives of local organisations.



The impact of VIS on IHW is assessed by ISIM in close collaboration with LCAs and research partners. The **baseline study** on IHW data gathering was conducted in September-October 2021 and consisted of: **1 city survey, 2 focus groups, 5 stories** collected.

The bottom-up methodology was conceptualised based on resources provided by the IN-HABIT Toolkit, and knowledge and skills gained through LCA training, but adapted to the specificities of the local context and the nature of initially proposed VIS. All of the methods included are interconnected and feed into each other, allowing for a delivery of detailed innovative solutions with synergic effects and sound plans for their co-deployment and co-management. Results of methods used in one stage of the co-design process are an input for the next stage. The final results of the process are VIS and an inclusive transformation plan (ITP) built gradually from the ground up, but also validated by stakeholders on several levels. As specific VIS took shape, the initial IN-HUB expanded significantly, meaning the continuous stakeholder mapping and engagement process is an intrinsic part of the co-design.

Three **co-design workshops** were organised from August-November 2021. During the process, participants were asked to indicate locations in the pilot area that are either interesting, underutilised, need care and revitalisation, unsafe, have potential to be used in a different way, or are a point where different target groups are concentrated. Then they were asked to propose types of activities that either they or any of the target groups could do/would be interested in at that locality and specify types of users that would attract. Finally, participants proposed types of elements needed for those activities to be possible at specific localities.

In September-November 2021, some of the tasks that were part of the top-down process were of interest to the co-design of specific VIS, namely the 5 stories collected and 2 focus groups organised as a part of the IHW

baseline analysis in cooperation with IN-HABIT partner ISIM. The initial plan for VIS was re-evaluated based on discussions and negotiations with affiliated stakeholders and institutional stakeholders in terms of their feasibility. In December 2021 - January 2022, the proposed VIS were presented to and analysed by IN-HABIT Co-design Atelier.

The I CAN LAB Mindset Change workshop led by IN-HABIT partner Design for Change was held in Nitra on 12th and 13th of November 2021. Its objective was to give educators the tools to help members of the community become the primary actors and agents of change in their communities.

City-specific VIS to boost IHW

The initial plans envisaged for visionary and integrated solutions in Nitra included:

- a Reversible Multifunctional Open-source Urban Landscape along the 8 km-long cycle road, with multifunctional recreational zones, services, sports, playgrounds and leisure facilities;
- a community kitchen, community and experimental garden, and DIY café in Hidepark, to deliver public craft workshops, bike-sharing services with repair shop and service station;
- training courses for urban gardeners and therapy gardening activities;
- digital services provided throughout the IN-HABIT app to support outdoor sports activities and participation in socialisation, cultural, and training/employment initiatives;
- culinary events, vocational training, and educational activities;
- cultural initiatives and art performances, using intercultural dialogue for integration.

Co-deployment and co-management plans were also a part of the co-design process. These were initially discussed with the IN-HUB on

the 22nd of November 2021 and subsequently discussed and negotiated in meetings with IN-HUB members and other relevant stakeholders in December 2021 - February 2022. Polycentric governance and PPP principles were taken into account while formulating these plans. IN-HUB members will be actively involved in almost all of the solutions.

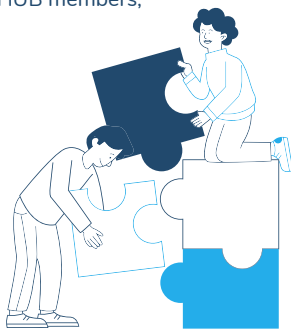
Emerging lessons and recommendations

Issues encountered during the co-design process included:

- the Covid-19 pandemic, which made site visits by transversal partners in Nitra unfeasible;
- different parts of the IN-HUB not communicating regularly, or having language challenges;
- while the pilot area is considered a public space, this isn't always reflected by the ownership;
- ensuring the GDEI perspective: without either formal institutionalised or informal representation, the Roma community and migrant community were very difficult to reach;
- explaining the project to certain target groups in terms of scope and implementation;
- managing expectations: potential members sometimes voiced unrealistic requirements;
- some IN-HUB members left the project because of the process's length, the commitment, or the feeling that issues above the standard are being addressed without basic standard of living being provided first;
- due to the relatively large territorial scope of the Nitra pilot, as well as the vastly different neighbourhoods, formalising and institutionalising decision-making within the Nitra IN-HUB was rather difficult.

The following **recommendations** are made to respond to challenges:

- to maintain local stakeholders' interest, progress should be communicated frequently;
- to ensure more effective co-deployment, an IN-HUB Office will be established where LCAs, local coordinators, and co-design facilitators will be available all-day Thursdays and Fridays;
- to establish synergic effects with other initiatives and development of policies on the city level, IN-HABIT Nitra team members are involved in other working groups;
- with the focus on certain localities, targeting vulnerable and disadvantaged groups, there is a risk the project won't have a synergic and integrative effect on the whole community. Partners and stakeholders should thus focus on the mobility and open-source nature of VIS;
- to battle Covid-19 related measures, partners will continue to develop online co-design tools to reach stakeholders and will develop incentives for local observers and IN-HUB members;
- the ITP should be an open and flexible document, periodically re-evaluated and updated along with specific VIS in accordance with the changing local situation.



This is an abstract of D4.1 Inclusive Transformation Plan of Nitra (2022), by project partner SUA and HIDE.

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