



## *Understanding Mobility of Older People*

First Training Workshop  
17<sup>th</sup> and 18<sup>th</sup> of June 2009  
City of Kraków



## Final Programme

Version 15<sup>th</sup> of June 2009

AENEAS is supported by



## The AENEAS project

AENEAS is a European project in the framework of the Intelligent Energy Europe (IEE) programme. Its acronym stands for "Attaining Energy-Efficient Mobility in an Ageing Society." The project's objective is to become the cornerstone for international reference projects in the field of urban mobility of older people. As the "car generation" is growing old, older people (50 and above) are increasingly using the private car instead of environmentally sustainable modes of urban transport. AENEAS wants to exchange good experiences among European cities on energy-efficient mobility in ageing societies. Concrete measures in the AENEAS partner cities, on mobility management; training; awareness raising and communication, are enabling and encouraging older people to use energy-efficient mobility. Find out more on [www.aeneas-project.eu](http://www.aeneas-project.eu).

## Aims of the training workshop

The main target group of the AENEAS training workshops are professionals from city mobility departments and public transport operators. Representatives from NGO's working on themes of sustainable transport are also considered as part of the target audience. There is a maximum of 30 participants for each workshop.

The aims for this first training workshop are:

- Provide participants with a basic understanding of the mobility needs of older people and what an aging society means for your city
- Provide examples of practical experiences with developing mobility projects for older people and different transport modes
- Create an interactive environment and work in small groups to enhance learning and knowledge exchange
- Give an insight into mobility in Krakow, through a technical site visit and case studies

The first day of the programme has a more plenary character, while during the second day we will break up in two groups of 15 persons for the training sessions. All participants will receive a reader before the workshop, which will contain background information on the theme, good practice examples and an introduction to the role-play and case studies. After the workshop the reader will be extended with the conclusions from the workshop.

## Workshop languages

The languages of the workshop will be English and Polish. During the first day, simultaneous translation will be available. On the second day we will work with consecutive translation into Polish, if necessary.

## Practical information

The workshop will take place in Kraków, Plac Wszystkich Świętych 3-4 (Municipality of Kraków). You can find detailed information on travel and locations at the end of this document.

If you need any additional information please e-mail to : [joanna.majdecka@um.krakow.pl](mailto:joanna.majdecka@um.krakow.pl)

## Final Programme

Wednesday 17 <sup>th</sup> of June		
<b>Part 1</b>	<b>Understanding mobility of older people</b>	
09.00	Official welcome by the city of Kraków	City of Kraków, Dietla room (1 <sup>st</sup> floor)
09.15	The AENEAS project	Matthias Fiedler, Rupprecht Consult
09.45	The physiological changes, needs and dangers of ageing	Lis Puggaard, COWI
10.15	Mobility conditions and quality of life of older people	Lidia Żakowska, University of Technology, Kraków
10.45	Instructions for the coffee break	Matthias Fiedler
10.50	Coffee Break	Portretowa room, 1 <sup>st</sup> floor
11.10	Present your neighbour and his/her experiences and interest in mobility for older people	All participants, Dietla room (1 <sup>st</sup> floor)
11.40	Overview of existing know/how & studies on older people and mobility	Kusuto Naito AGE platform
12.15	LUNCH	Portretowa room, 1 <sup>st</sup> floor
<b>Part 2</b>	<b>Experiences with mobility services for older people</b>	
13.30	<b>Public transport:</b> Training of older passengers; training of bus drivers and passenger safety	Angelika Gasteiner, Salzburg AG, Dietla room (1 <sup>st</sup> floor)
14.20	Older people and <b>walking</b>	Angelika Schlansky Gekaplan
15.00	Interactive session: <ul style="list-style-type: none"> <li>Based on experiences and needs from AENEAS network members</li> </ul>	Siegfried Rupprecht, Rupprecht Consult
15.45	Coffee break	Portretowa room, 1 <sup>st</sup> floor
<b>Part 3</b>	<b>Technical site visit</b>	
16.15	Public transport in Kraków <ul style="list-style-type: none"> <li>Ticketing, vehicles, platform infrastructure, interchanges and facilities for older people</li> </ul>	City of Kraków
	End of visit	

Thursday 18 <sup>th</sup> of June		
<b>Morning training session</b>		
09.00	Introduction to the day	Lea room (2 <sup>nd</sup> Floor)
09.15	Role Play: <i>A new mobility concept for the "Haymarket" neighbourhood in Aeneas City</i>	Group 1: Lea room (2 <sup>nd</sup> floor) Group 2: Dietla room (1 <sup>st</sup> floor)
10.45	Joint Coffee break	Kupiecka room, (2 <sup>nd</sup> floor)
11.00	Case study: <i>Transferring the Salzburg Passenger Training Concept to other cities</i>	Lea room (2 <sup>nd</sup> floor)
12.30	LUNCH	Kupiecka room (2 <sup>nd</sup> floor)
<b>Afternoon training session</b>		
14.00	Brainstorm: <i>Planning for Measures Older People Mobility in Kraków</i>	Group 1: Lea room (2 <sup>nd</sup> floor) Group 2: Dietla room (1 <sup>st</sup> floor)
16.00	Joint Coffee break	Kupiecka room (2 <sup>nd</sup> floor)
16.15	Conclusions from afternoon training session and evaluation of the day	Lea room (2 <sup>nd</sup> floor)
16.45	End of the training workshop	

**For the Role Play:** *A new mobility concept for the "Haymarket" neighbourhood*

The participants receive the general introduction to the theme of the role-play in the Workshop Reader so you have the chance to think it over. Specific instructions will be provided at the start of the session. Participants will be asked to represent different stakeholders including: Public transport company, Lord Mayor, Opposition party, older citizens, older people associations and Chamber of Commerce.

**For the Case study:** *Transferring the Salzburg Passenger Training Concept to other cities*

We will investigate in which ways the concept of older passenger training could be implemented in cities from different areas in Europe. Small groups will prepare implementation plans for different cities and present them in a plenary session.

**For the Brainstorm:** *Planning for Measures Older People Mobility in Kraków*

Based on reality and future plans from the city of Kraków two local measures will be discussed in depth in two groups:

- Providing assistance to older people at mayor bus stops
- New ways of marking places/seats dedicated to older people in public transport vehicles

Representatives from the city of Kraków will provide a description of the planned measures as an introduction to the session.

For each of the sessions during the second day, more information is available in the workshop reader.

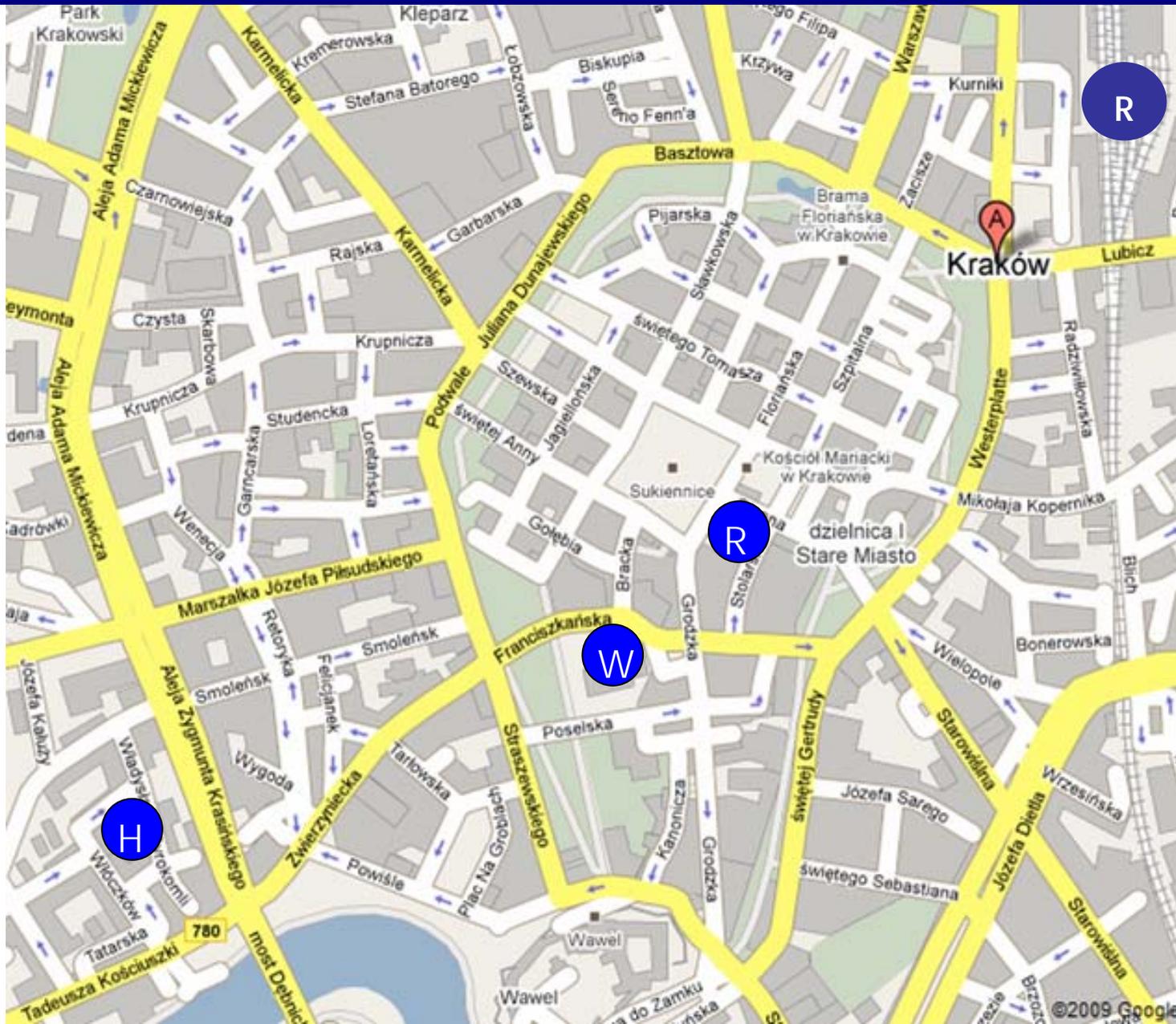
W - Main workshop venue - UMK headquarters, Plac Wszystkich Swietych 3-4

H – Hotel IBIS CENTRUM, Syrokomli Str. 2

RS – Main Railway Station + Galeria Krakowska

R - Restaurant „Wesele”, Main Market Square, 10

- dinner on 18 June, 20:00h



## TRAVEL INFORMATION

### KRK BALICE AIRPORT to CITY CENTRE ([www.krakowairport.pl](http://www.krakowairport.pl))

The best option would be to take the airport shuttle train. It takes ca.16 minutes from Balice KRK Airport to the Main Railway Station (city centre).

The Costs are 6 PLN (1.3 EUR), ticket to be purchased inside the train.

The Main Railway Station is ca.15-20 minutes walking from our conference location and ca.30 minutes to the IBIS Hotel at Syrokomli Street (via Main Market Square).

From Main Railway Station you can take bus no.179 from the stop „Dworzec Główny Zachód – Galeria” in direction „Os. Kurdwanów” and exit on 7th bus stop named „Jubilat”. Than turn right and walk ca.3 minutes to the IBIS Hotel at Syrokomli Street.

PT information at [www.mpk.krakow.pl](http://www.mpk.krakow.pl)

Concerning taxi from the Airport: It will take 20-30 minutes and will cost ca.50-60 PLN.

### HOTEL IBIS CENTRUM – MUNICIPALITY (UMK – workshop venue)

Best option is to walk via Zwierzyniecka Street (ca.15 minutes)