

## The International Awards for Liveable Communities 2010



**“The Healthy City of Chrudim – a liveable community“**

## **“The Healthy City of Chrudim – a liveable community”**

### **Table of Contents :**

1. Enhancement of the Natural and Built Landscapes	3 - 6
2. Arts, Culture and Heritage	7 - 9
3. Environmental Best Practices	10 – 12
4. Community Participation and Empowerment	13 – 15
5. Healthy Lifestyle	16 – 19
6. Strategic Planning	20 - 21



**The chief idea of the project is continuous development of an open, flourishing, competent, and sustainable Town to provide a good-quality life to its citizens and enable them to have an active share in making decisions about the Town's overall development.**

**For nine years already Chrudim has been involved in the WHO Healthy City and Local Agenda 21 projects. Our town develops systematically in harmony with international documents: Health 21, Agenda 21 and National Plan of Action for Health and the Environment.**

In 2009, Chrudim adopted the Aalborg Charter and the Aalborg Commitments (GOVERNANCE, LOCAL MANAGEMENT TOWARDS SUSTAINABILITY, NATURAL COMMON GOODS, RESPONSIBLE CONSUMPTION AND LIFESTYLE CHOICES, PLANNING AND DESIGN, BETTER MOBILITY and LESS TRAFFIC, LOCAL ACTION FOR HEALTH, VIBRANT AND SUSTAINABLE LOCAL ECONOMY, SOCIAL EQUITY AND JUSTICE, and LOCAL TO GLOBAL).

Our aims are directed at improving the quality of life and taking care of the health of the citizens of Chrudim, while respecting the principles of sustainable development and acting in harmony with strategic planning and involving the general public into all of this.

**The motto we would like to follow is**

**“Act locally, think globally or, in other words, keep the future in mind.”**

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This report has been compiled by Šárka Trunečková, the coordinator of the Healthy Town and Local Agenda 21 projects with the support of the Healthy Town and Local Agenda 21 commission in Chrudim in May 2010

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## 1. Enhancement of the Natural and Built Landscapes

The total area of Chrudim is 3 320 ha. A full  $\frac{3}{4}$  of the total area is utilised as agricultural fund. The portion of farm land is over 90%, most of the farm land is arable – 61.8%, only a small portion is used for gardens – 4.7% and orchards – 3%, as well as grass land 5.18%. Forests in the municipality cover 454.3 ha, i.e. 14% of the total area, while greenery covers over 15 ha, i.e. 0.45% and parks take up 0.33 % of the total area. In line with monitored European Common Indicators (ECI), full 67 % of Chrudim's inhabitants are within 300 m from parks, which cover 5.000 m<sup>2</sup>, while 87% can reach other green areas.

The basic material that governs enhancement of the landscape is the **municipal (territorial) plan**. It lays down a comprehensive concept for the Town's development. There are **implementation zone plans for development areas**, which provide detailed conditions for the use of land, and location and spatial arrangement of buildings in a given territory.

Another conceptual document is **A General Development Plan for Greenery**.

**Chrudim is implementing a project of caring for trees growing on its territory.** In 2008, permission was given for felling a total of 394 trees (of these, 260 belonged to the Municipality) and the planting of 400 new trees was required. In 2009, the felling of 439 was allowed (282 municipal), while - 205 trees and 225 shrubs were planted.



A dendrologist had assessed municipal trees and those considered too old or unsafe were cut down. New trees were planted in places, where they would have good conditions for growing and would not cast undesired shadow. In some instances, bushes were more fitting, as they are not so space demanding and their root systems are not so widespread.

Another document is the **Plan of Municipal Greenery Maintenance**.

**Artificial landscape in the town comprises resting points, parks, playgrounds, squares, etc. The public is involved in their creation.** Thus, working together, citizens, the municipal architect and experts model these areas in harmony with their wishes, together they chose suitable furniture, playground and other elements.

In 2009, about 700 Chrudim citizens were involved in development activities. Ten streets, adjoining pavements and street lights were reconstructed, three resting points, 8 playgrounds, a park and 13.5 km forest paths in the Recreational Forest at Podhůra were modernized, and 1.8 km cycling paths were built.

Figure 1 – Arborists treating trees - 2009



## “The Healthy City of Chrudim – a liveable community“



Another project concerning man-made landscape was the **revitalization of the millrun winding through the town centre**. The chief objective was to improve its environmental and aesthetic functions.

*Figure 2 – A planning meeting with citizens to discuss the regeneration of a resting point in the town centre - 2009*



Chrudim received the 2009 LivCom bursary award for “the regeneration of the Pod Zbrojnicí recreational area”.

The area of 11,000 m<sup>2</sup> is an intimate space among blocks of houses at Pod Požární zbrojnicí. **The goal of the project** is to create a pleasant environment that will respect conditions for high-quality life of the people living in its vicinity, to offer them possibilities for spending their leisure time in an active way, and to improve the function and safety of trees and other greenery. There will be resting points that will support coexistence of generations.

*Figure 3 – View of the revitalised millrun winding through the centre of the Town - 2009*

In partnership with inhabitants, we are working on the **humanization of large housing estates**. This has resulted in a concept of gradually solving the problems of parking, regeneration of greenery and resting points with playgrounds, and, sometime, even improving the quality of apartment houses.

**The municipality of Chrudim is the founder of 25 playgrounds.** These are built or restored in partnership with the public. Our ideal is to have areas for different age groups.



## “The Healthy City of Chrudim – a liveable community“

There are also extensive **parks**, the total area of which exceeds 11 ha. Their restoration is being carried out in harmony with the general plan for greenery and other strategic documents.

**In respect of natural landscape**, recreational forests at Podhůra are a significant locality. This is a unique place geologically, as there are remnants here of the coast of the Mesozoic sea, 95 million years old. Recently, the woods have been turned from timber-producing into the category of suburban forests and forests for recreation.



**In the Recreational Forests natural forest regeneration is combined with artificial.** A feature of the Recreational Forests at Podhůra is the Lookout Tower Bára, which has an internationally unique character. In the forests, people can enjoy a playground, an open-air gym for children and adults, a climbing wall and a rope centre.

*Figure 4 – A rope centre in the Recreational Forests at Podhůra - 2009*

### Key elements in the creation of urban landscape:

**Biocentres** – In Chrudim, these include ponds, wetlands, coppices, meadows and the like. Parks have an important function in the urban landscape.

**Biocorridor** –the **Chrudimka river** as well as a system of millruns winding through the town

**Interactive elements** e.g. trees along roads or grassy margins within the Municipality, also play a role in the enhancement of the landscape.

There is a **natural preserve** on the territory of the municipality – **Habrov**, which is especially unique and protected for its natural growth of oak and hornbeam forest, growing on a marl base and for rare thermophile flora. From the zoological aspect also it is a valuable piece of land; there are several pools with amphibians. Historically it is important as a place where the oldest settlement in the country, dating from the late Stone Age, has been found.

Another valuable nature conservation zone is **the heritage site of “Bird Islands”** with the Park Střelnice. It is chiefly preserved for being the nesting place for the biggest colony of the protected Common Rook in Europe and other rare species of birds. It is an environmentally important piece of land in the town and forms a valuable ecologically stable eco-system.

An important feature in landscape enhancement are **memorial trees**.





## “The Healthy City of Chrudim – a liveable community“

A number of **volunteer activities**, aimed at improving the environment, include planting trees in the Municipal Forests in cooperation with the Municipality, as the woods had been damaged by the 2008 tornado. All target groups participated in the planting of the common spruce. In all, 500 trees were planted. Volunteers also help clean up around paths, remove branch wood and prepare the woods for the coming season. In the spring they help clean public areas in town. Altogether, some 1000 volunteers participate every year. The public also assists in the planting of replacement trees in Chrudim.



*Figure 5 – The forest after being hit by a tornado in 2008 and volunteers planting trees in the Forests at Podhůra – 2010*

## 2. Arts, Culture and Heritage



*Figure 6 – Theatre Ballroom Dance – 2010*

Chrudim is a town with a great cultural tradition. Especially in the past few years, it has been drawing on this and has become the organiser of cultural and social events whose importance exceeds the boundaries of the town and the region.

The year 2008 was a year of “the Digit Eight in Chrudim”, a variety of events that marked a number of anniversaries, dates important for Chrudim as well as the whole nation. Then, 2009 was “Chrudim’s Year of Music” offering music programmes to entertain and educate, and commemorative events. In 2010 we are paying attention to other aspects of social and cultural life in the town: theatre, film, puppet playing, ... **CHRUDEM IS PLAYING** – that is the name of a project designed for 2010.

There are **many clubs and associations** active in the Town that influence its cultural and social life. They draw on the historical traditions of the Town. Some of the annual cultural events have deep historical roots and continue to be highly popular.

A number of events are held to support cultural and handicraft traditions. The most popular ones include Puppeteers’ Chrudim, Chrudim Harvest Festival, Shrovetide Festival, Old-Bohemian Country Fair, and Chrudim Musical Fridays.

Puppeteers’ Chrudim is the oldest nationwide festival of amateur puppet theatres (held 59 times). In it, many puppet groups from all over the Czech Republic as well as other countries participate in a rich programme. Here you can meet marionettes, small and glove-puppets, home-made puppets. Children love it and it is also highly popular with adults.



*Figure 7 – A puppet performance during the Puppeteers’ Chrudim Festival – 2009*

Other traditional events include exhibitions, ball-room dancing, concerts, markets in the centre of the Town. Regular concerts of classical music, in which outstanding Czech interpreters and musicians from all over the world take part, have been held in Chrudim since 1944.





## “The Healthy City of Chrudim – a liveable community“

Both Chrudim citizens and visitors can find information about all events in the **Information Centre**, which has modern technologies and promotion material at disposal (internet, facebook, sending text messages, skype etc.). The Chrudim information centre is the first in the country to offer tourists a chance of making video-conversations via the ONIF system. People can also enjoy the use of a special application of the town plan in their telephone.

In reaction to requests from visitors, we are publishing two types of **promotion material**:

1. brochures for all target groups,
  2. specific promotion materials for specific target groups – Recreational Forests at Podhůra, Municipal Conservation Zone, cycling routes, barrier-free routes throughout the town, and many more.
- All of them are available free-of-charge.



Figure 8 – A sample of the Town's promotion materials – 2010

Visitors can make **a thematic tour of the Town with a guide –1) history** (classical or an entertaining type for groups of children) and **2) protecting the environment** (Blue Axis).

Individuals can borrow an audio-guide that will take them around the town. A printed guide provides information for people in wheel-chairs on barrier-free access to points of interest (paying attention to the hilly character of the town). At the IC visitors may obtain special stamps to remind them of their visit. In an open competition and working together with pupils of an elementary school, a symbolic sign (a badge) of the town has been developed. It is given to tourists and to visitors to trade fairs of tourism.





## “The Healthy City of Chrudim – a liveable community“



*Figure 9 – A view of the historical centre of the town - 2009*

**Chrudim has one of the best preserved and biggest urban conservation zones in Eastern Bohemia.** It includes extensive heritage complexes whose regeneration, both from the technical and financial aspect, is very demanding. The area was declared a conservation zone in 1990. Its medieval structure with a number of heritage sites and town walls have been preserved. The historical core has retained its function of a town centre. The conservation zone covers an area of 52 ha and there are 98 houses listed as immovable cultural monuments – 60 of them are owned by the Municipality.

In the Czech Republic, looking after architectural heritage is required by law. Protection is given to independent buildings as well as complete units, mostly historical centres of towns. Authorities continuously monitor the condition of historical buildings that have different levels of state protection. This is similar in the event of repairs where they have a form of construction supervision. Apart from enlightenment, financial contributions from the state or the regional administration are an incentive to owners of historical buildings. The Municipality has a Fund of Housing Development from which it provides low-interest loans to house or flat owners in the town.

Archaeological findings document that the foreland of the Chrudimka, on which the town is built, has been inhabited since times immemorial. The first definite written mention of Chrudim is connected with January 10, 1055 when Bohemian Prince Břetislav I died here during a military campaign aimed at Hungarian Lands.

Chrudim holds a title of Dowry Town (a town given to Bohemian Queens as dowry). Chrudim is also a member of the Association of Historical Settlements of Bohemia, Moravia and Silesia, which is working for the preservation, protection and sustainability of our cultural heritage. In 2005, Chrudim was host to the pan-European launching of the European Heritage Days under the auspices of the European Council.



*Figure 10 – Folklore festivities in Ressel Square - 2009*



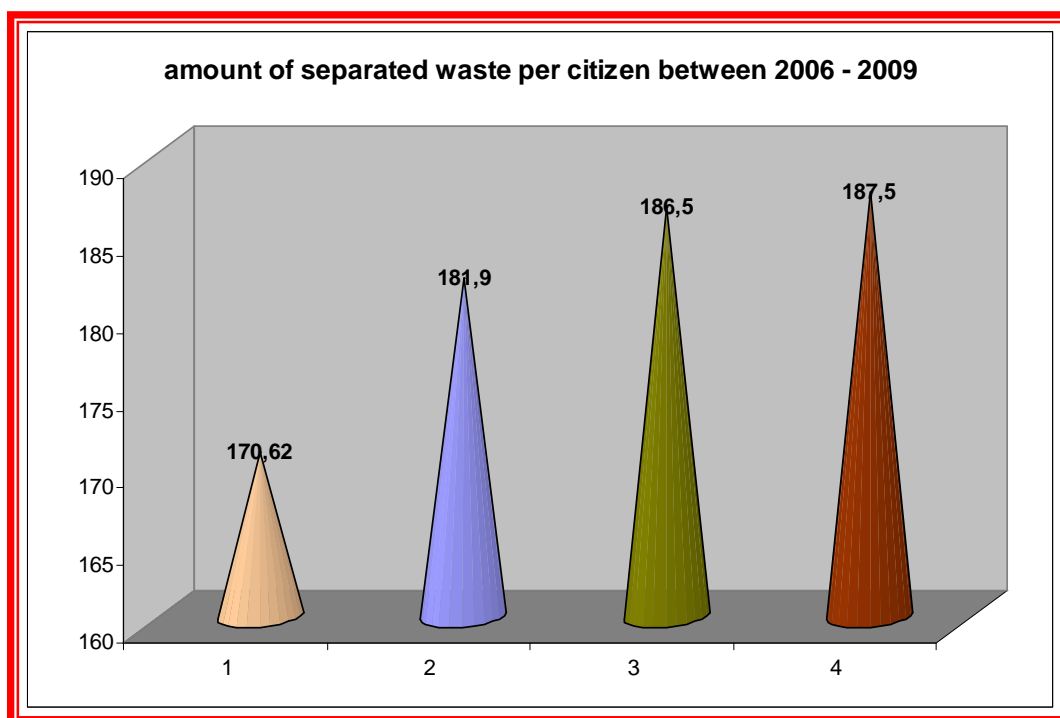
### **3. Environmental Best Practices**

Chrudim has approved its “**Environmental Policy of the Municipality**”.

To **reduce the use of natural resources**, waste plastic material, paper, glass, tetra packs, metals and the remaining communal waste are being separated. There are 105 separation points in the town where people can place the above waste materials in appropriate containers.

People can also bring large-volume waste, brick rubble, glass, plastic material and paper, as well as hazardous and electric waste to a collecting yard, which is operated by the Municipality. Chrudim is involved in a system of disposing of electric waste, large-volume appliances and fluorescent tubes and other lighting appliances.

**The waste handling system** is regulated by a public notice issued by the Municipality.



*Figure 11 – Statistics of sorted waste - 2010*

The Chrudim Town Hall is the only office in the Czech Republic that was certified (in late 2009) as adhering to the EMAS – **Eco-Management and Audit Scheme**.

Through the Paleta Eco-centre, **we pass over our experience from introducing the EMAS** to organisations receiving contributions from the state budget and the Town's commercial organisations in an aim to induce them to apply EMAS system and operative procedures.

By gradually connecting buildings to a central heating system (residue heat) and most households to the gas system, emissions, especially of sulphur dioxide, are being reduced. The Czech Environmental Inspectorate checks on the limits of emissions stipulated for companies. Limits of emissions are based on the Czech Air Protection Act and its legislative instruments.

Since 1990, **the quality of the atmosphere is being regularly monitored** in two places, where stationary monitoring instruments have been installed. Initially, the indicators followed were CO<sup>2</sup>, SO<sup>2</sup>, Nox and dust. As solid fuel is now hardly used in the town for heating, the volume of SO<sup>2</sup> in the atmosphere has gradually dropped. Today, atmosphere quality is monitored by a mobile unit. Readings are taken twice a week.





## “The Healthy City of Chrudim – a liveable community“

In the town we are striving to apply **environmental innovative procedures**. The ONIVON company has started the operation of co-generation units in the industrial park West. Residue heat from electric power production will be used for heating industrial buildings in the industrial park.



*Figure 12 – Waste water treatment plant in Chrudim - 2010*

The building of a **photovoltaic** park has been completed in our industrial park. Its output is 990 kWp and it covers an area of ca 3 ha. Two more photovoltaic parks are to be erected in the industrial park West. At present, 10 permissions have been issued to erect photovoltaic units on roofs of buildings in the town.

There is a negative impact on the environment from the ever-growing traffic. Building a by-pass will help improve the quality of air in the town. We support suitable technical and infrastructural measures. The Municipality supports **public transport, using environment-friendly buses**.

The Municipality has a general plan for traffic in its centre and approved plans for the eastern route of a by-pass and for the development of static traffic.

The water management company “Vodárenská společnost Chrudim” supplies **potable water** and takes care of draining and treating wastewater.

Only water cleaned to values given in appropriate legal documents is released into the Chrudimka River. The operator of the wastewater treatment plant checks the quality of discharged treated wastewater 3 times a month. The efficiency of the plant is high and limits set up by law have been observed for many years.

The Municipality has also approved a flood-prevention plan.

**Soil protection** from erosion is given by law. Land management is adapted to local conditions. Grass is planted on land most threatened by erosion.

By fitting buildings with heat insulation we strive to reduce emissions into the atmosphere. We are reducing the light smog by gradually reconstructing public lighting, fitting energy-saving bulbs and installing maintenance-free appliances. To help save electric energy, the Municipality is offering people a chance to borrow a wattmeter to measure the consumption of electricity in buildings and households.

We organise regular **enlightenment events** (workshops, debates, excursions, exhibitions, etc) for Town Hall employees as well as the public **on sustainable development and Local Agenda 21**.



*Figure 13 – A guided excursion to a hydraulic power installation and a dam - 2010*





## “The Healthy City of Chrudim – a liveable community“

We can follow our behaviour to sustainable development through the **town's and Town Hall's ecological footprint**, which is a tool for measuring human impact on natural resources.



### LOCAL EVALUATION 21

*Self-Assess your Local Process for Sustainable Development*

the Local Evaluation 21 system in 11 criteria (Local Relevance, Political Commitment, Resources, The Local Action Plan for Sustainable Development, Implementation Management, Participation, Partnership, Awareness Raising + Training, Stability, Integrated Approach, and Progress).

Most activities in the Healthy Town and Local Agenda 21 project concentrate on **enlightenment, prevention and environmental education**. Every year we participate in **the International Day of the Earth**, and organise activities: eg. **Let's Make the World Tidy**, the **European Mobility Week** and the **European Day without Cars**.



*Figure 14 – An enlightenment campaign – the International Day of the Earth – recalling folk traditions through painting wooden toys, stimulating protection of nature etc. - 2010*

Working in partnership with a number of companies, the Municipality is looking into making use of old brownfields and turning them into new company buildings. One of the latest projects is the use of an old military depot for civilian purposes.





## 4. Community Participation and Empowerment

In 2001, Chrudim joined the Healthy City Project under the WHO umbrella and thus became a member of the National Network of Healthy Towns and Cities in the Czech Republic. Within the project, principles of sustainable development are implemented and the public is involved in debates on current plans and the local or regional future. The Local Agenda 21 is used as a tool to this effect. Today, we are meeting the requirements of the highest category in the Czech Republic in the area of Local Agenda 21 projects.

Within the Healthy Town and Local Agenda 21 project, we **get the general public and various target groups involved in the development of the town**. We are creating local living conditions and solving local problems related to health and the quality of life in harmony with sustainable development. A variety of methods for involving the public – both active and passive forms - are applied (**planning meetings, public debates, polls, questionnaires, and the like**). People become co-authors of designs, they take part in 2-3 planning meetings; first their suggestions and comments are collected, then the first draft design is presented, followed by a final debate and eventual adjustments of the study. Planning meetings are usually held as near as possible to the target group – on the spot, on playgrounds, parks, in the streets and neighbouring restaurants... All available media are used to address the target group (internet, web sites, radio, dailies, posters, personal invitations, banners, etc).

Traditionally, every year, the general public have a chance to participate in a public debate over the **Top Ten Issues of the Municipality of Chrudim**. This way, we are able to make a list of ten most pressing problems the Municipality is facing. The list is then approved by the Town Council, and this is followed by partial projects, round-table discussions, planning meetings, and public debates focused at solving these issues.



*Figure 15 – A public debate over Top Ten Problems of the Municipality – 2010*

In its diverse activities, the Municipality cooperates with NGO's as well as entrepreneurs in Chrudim. Volunteers play an essential role in this.



## “The Healthy City of Chrudim – a liveable community“

To raise awareness of sustainable development and Local Agenda 21, we organise regular **educational events for the general public as well as Town Hall employees.**

### Examples of involvement of the public into Chrudim's development activities :

#### Regeneration of a resting place in Sv.Čecha street :

Following two planning meetings with the public, the final design was made:

The area will be designed as an open space to be used for resting and relaxing. The copper beech will remain to be a dominant feature, enhanced by discreet illumination. To make movement easier, paths will have stabilized granular surface and will be decorated with stone paved leaves. The area will be furnished with benches and sown over with ornamental grass. Its water element will remain in place.

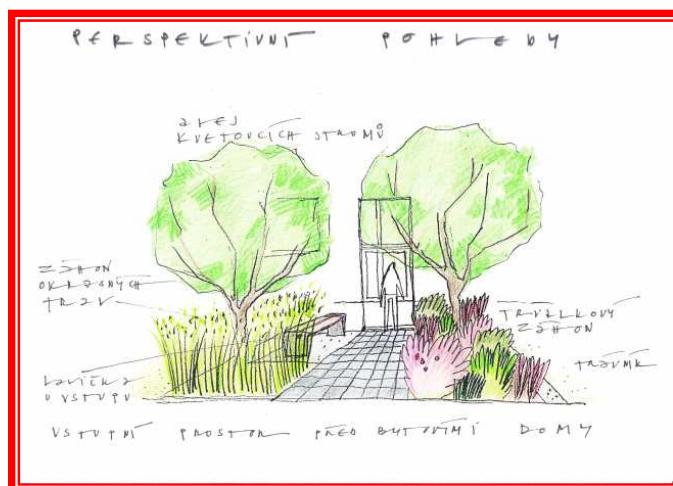
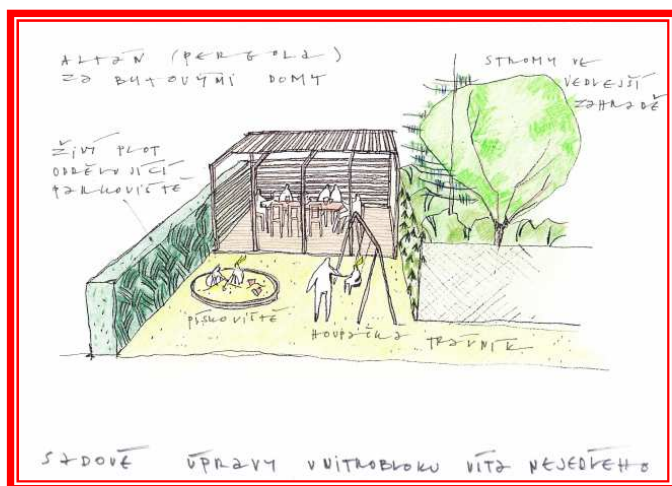
*Figure 16 – A design for a resting place made in partnership with the public - 2010*



#### Regeneration of a space among houses at “Vita Nejedlého“

The final design was also reached in partnership with people:

The existing alley of trees in the Dr.V.Peška street will be regenerated, each path leading to a house will be bordered with beds of perennial flowers and furnished with a bench. Common waste separation points will be located at one end of the street. A gazebo has been proposed as a resting place and there will also be a playground. A hedge will separate this place from the road.



*Figure 17 – A draft design of a space among houses created together with the public - 2010*

The subjective satisfaction of citizens with the town they live and work in, as well as partial aspects of such satisfaction, are measured by **an indicator of citizen satisfaction with the local community**, based on the standard ECI methodology. The following graph shows the results of 2004, 2007 and 2009.





## “The Healthy City of Chrudim – a liveable community“

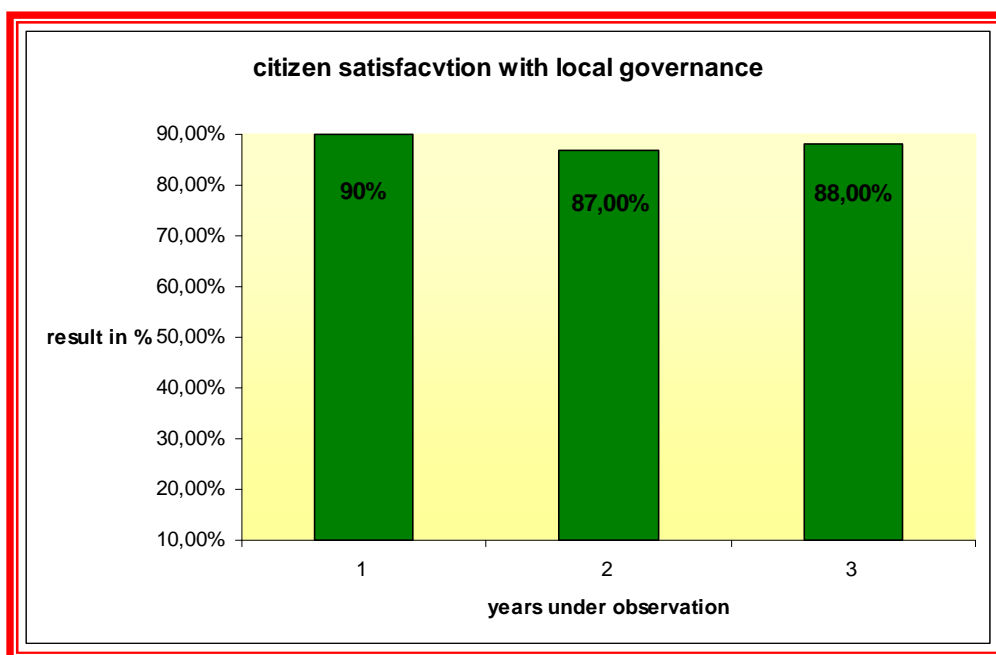


Figure 18 – Graph of citizen satisfaction as observed in 2004, 2007 and 2009 - 2010

**Volunteers** help the Municipality in the following areas:

- since April 2010, 38 volunteers from the Secondary Health and Social Care School in Chrudim help look after long-term patients in Chrudim's hospital (reading, playing games, memory training, etc.)
- regular checks on body values (blood sugar level, cholesterol and blood pressure) within enlightenment campaigns
- within nature conservation, every year about 1000 volunteers join the Let's Make the World Tidy campaign
- pupils and adult citizens help take care of public spaces – cleaning up parks, green areas at housing estates,...
- volunteers visit the families of socially deprived people and people with assimilation problems
- volunteers also work in low-threshold clubs

Regularly, before the end of the year, **awards are given to best volunteers**



Figure 19 – Giving awards to volunteers - 2009



## **5. Healthy Lifestyle**

### **1. Identifying mental and physical health issues**

Our municipality pays attention to the issue of health. Projects are based on pre-set priorities which are anchored in the Town's Health Plan. The aim is to create the basis for systematic support for the issue of health.

Priorities set up in the Health Plan of Chrudim :

- Health of young people,
- Reducing the occurrence of non-infectious diseases,
- Reducing the number of injuries caused by violent actions and accidents,
- Healthy and safe environment,
- Healthier lifestyles,
- Reducing alcohol-, drug- and tobacco-related harm,
- Healthy local environment
- Becoming a senior in a healthy way.

### **2. Diet**

The **We are Learning to Live in a Healthy Way** project systematically teaches children to clean their teeth properly, to observe the principles of a healthy diet and to enjoy movement to a sufficient degree. In the area of healthy lifestyles slimming **STOB courses** are run in Chrudim for overweight people. These programs are also incorporated in the schools curricula.

The general public can get their body measurements taken free-of-charge during enlightenment events – the March of generations, the Race of Hope, climbing Sněžka Mountain etc.

Campaigns such as Days of Health, the Day of the Earth and the Bio-market aim at providing information on healthy lifestyles, offering natural food products, and the like.

### **3. Criminality and associated fear**

We run a Comprehensive conceptual crime prevention programme which incorporates a camera monitoring system, designated graffiti areas, and low-threshold clubs. Together with NGO's, the Municipality runs a project of **COMPREHENSIVE CARE OF DOMESTIC VIOLENCE VICTIMS**.

In 2009, help was provided to 80 victims of domestic violence. We cooperated with 5 aggressors. Five women and 8 children took advantage of our residential program. In 2009, children of maltreated women spent 4 training weekends away from home. Altogether, there were about 500 consultations.

Another program is directed at preventing injuries related to drug-abuse, chicane, religious sects or extremism. It provides for individual consultations, accompaniment to see a specialist, discussions or lectures aimed at children and teachers. We arrange courses for teachers to show them how to make use of experience techniques. Polls indicate that people have a positive feeling about safety in the town (rating at 6.8 on a scale of 10).

### **4. Poverty, shortage of jobs and lack of support mechanisms**

Currently, the unemployment rate has increased due to an economic crisis. Unemployed people are registered at labour offices, which run re-qualification courses to help clients find work.

Unemployed or low-paid people can earn a little by doing beneficial work or providing public services. They receive payment for this kind of work, which also helps prevent their social exclusion and maintain their subsistence benefits. They mostly keep streets clean and orderly. The Rytmus Chrudim society helps disadvantaged people get actively involved and self-fulfilled chiefly through learning and finding work in normal environment. The TyfloCentrum NGO helps visually impaired people to get a job.





## **“The Healthy City of Chrudim – a liveable community”**

### **5. Activities and possibilities of passive relaxation**

Newly reconstructed public spaces offer our citizens a chance to relax – there are picnic areas, paths for jogging or walking your dog, etc. Passive relaxation also includes services offered by the Chrudim Public Library where, apart from borrowing books, people can study, or attend cultural and educational events (such as a Night with Andersen or “Knighting” Readers)



*Figure 20 – Spending leisure time in public green areas - 2009*

### **6. Drug, alcohol and tobacco consumption**

In partnership with experts, the Municipality has prepared an educational system for all types of schools (kindergartens, basic or secondary schools) to show how to avoid harmful smoking, alcoholism or drug abuse. It has been applied in all Chrudim schools since 2006. We have made a survey to see how effective the project is at basic schools and the feedback was very positive.

We are now introducing a project of Non-smoking Places. After meeting the criteria, a “Non-smoking Establishment” certificate will be awarded. The aim is to protect people from the influence of passive smoking. In May, all public bus stops will display a “No Smoking” sign. The Municipal police will then see if the ban is observed.

IV drug addicts receive social and medical services.

In partnership with the Municipal Police regular checks are made in selected restaurants to see if under-age people are not served alcohol.

### **7. Mobility and transport**

We strive to provide alternative means of transport to boost healthy lifestyles – promoting the use of public transport, cycling, and walking. We build new routes and paths for cycling, open up the Forests at Podhůra to the public, etc. Results of the Mobility and Local Transport indicator in Chrudim show positive sustainability values, namely:

- sustainable methods of transport (67.9 %) outweigh non-sustainable ones (32.1 %);
- high rate of travelling on foot (42.0 %) and relatively high rate of cycling (9.0 %);
- a significant decline of individual car transport in comparison to previous observations (a 9.9% drop against the 2007 figure);



## “The Healthy City of Chrudim – a liveable community“

The timetable of public transport is matched to the arrivals of trains to Chrudim. Low-deck buses are used. Public transport in the town is part of the Pardubice Regional integrated system.

There is a regular seasonal weekend connection between the town and the Recreational Forests.

In the framework of enlightenment campaigns, walks and cycling trips are organised or public transport is free-of-charge on special days.



Figure 21 – A cycling path - 2009

### 8. Possibilities for enjoying cultural events

Working with partners and other organisations, the Municipality offers a range of cultural activities for the public. There are regular or thematic (according to season) events, activities based on traditions as well as more modern ones. Regular events include thematic markets accompanied with a programme, held in the main Ressel Square - e.g. Gardener's Market, Club (Kosáci) Fair, Art Fair. There is also ballroom dancing – Musicians' Ball, Theatre Ball, etc. Concerts (like that of the Pardubice Chamber Orchestra) are given in our beautiful hall. People can choose from a wealth of exhibitions and other events - some linked with the theatre – Artists' Medley, 550<sup>th</sup> anniversary of Czech playwright Viktorin Kornel of Všebrdy, Playing in the Streets, a Film Night at the Lookout Tower Bára, Cinematographic Chrudim, the 59<sup>th</sup> Puppeteers Chrudim Festival, etc. Annually, we also organise a Day of Open Monuments.

The following graph shows how the public appreciates the quality of services related to culture (10 – most, 0 least).

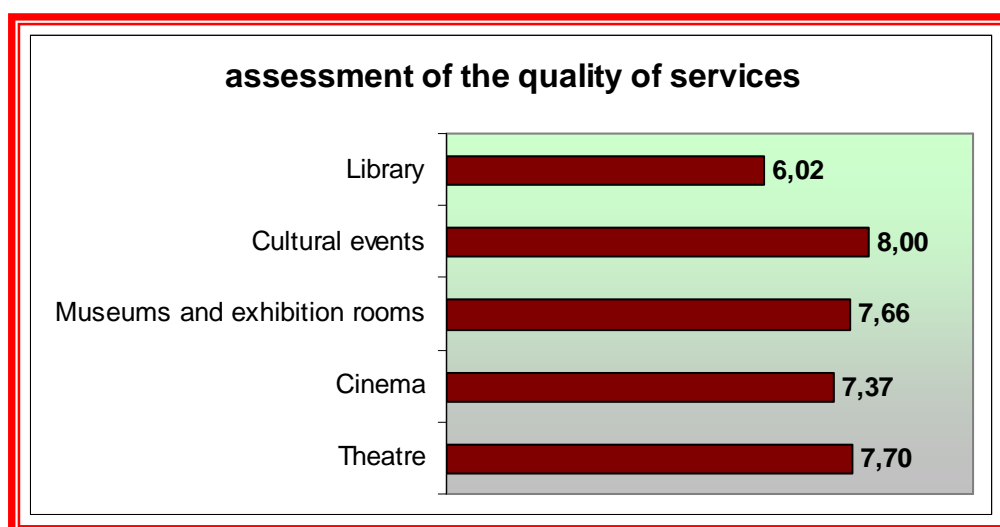


Figure 22 – A graph showing the rating of culture-related services in the Town (10 highest number of points) – 2010



## “The Healthy City of Chrudim – a liveable community“

### 9. Education and life-long education

There is a network of nursery, elementary and secondary schools in Chrudim. We hold a systematic approach to life-long education: we concentrate on standards of knowledge and skills (in all age groups), coordinate efforts to give all adults an appropriate chance, namely the unemployed to re-qualification.

The Mama Club for young mothers organises debates, seminars, lectures, workshops and language courses and a project to educate parents on maternity leave, “IT is a Friend”.

**University of Third Age** is part of the concept for life-long education. Every year, there is a series of courses. The Chrudim Centre of Social Services and Assistance has become a certified place for providing practical training in courses run by the Czech Association of Social Workers.

Secondary Health and Social Care School in Chrudim has also prepared an accredited program called “An Integrated First Aid Handbook”. The accompanying course focuses on car, industrial or common everyday accidents.

**Providing life-long education is our way of assisting social inclusion and personal fulfilment, increasing chances of employment and adaptability of people to new job opportunities. It is a key element in our development and employment strategy.**

### 10. Housing

A state subsidy has helped to build **a new apartment house. In 2009, the construction of a Half-way House** started to provide services and assist the integration of people in danger of social exclusion, to support changes in the behaviour and attitudes of target groups – young people in trouble - to enable them to lead a successful independent life.

Another housing activity is “**secret flats**”. We work intensively with the dweller to help change his/her difficult social situation. Chrudim’s integrated plan of development incorporates the construction of **social flats**.

### 11. Level of citizen satisfaction

Polls are made regularly to check on the level of citizen satisfaction. The questionnaire includes a series of questions to show how people are satisfied with the place where they live or work, what they think about culture, safety, possibilities for relaxation, housing, the environment, transport etc. Their response helps us when tackling these issues.

In November 2009, Chrudim received the UN WHO “Safe Community” title. Thus it became the second town in the Czech Republic to be awarded the title and the 171<sup>st</sup> community in the world paying systematic attention to the prevention of injuries.

In the framework of preventing incorrect posture, we have prepared a project for nursery and basic schools called “**Learning to Sit Correctly and to Exercise**”.

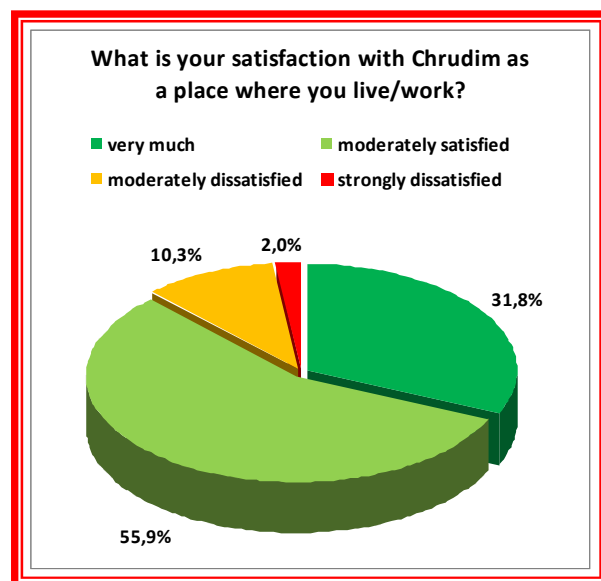


Figure 23 – A graph showing citizen satisfaction - 2010

For many years, we have been successful in creating conditions for schools to participate in the network of **Healthy Schools, within projects sheltered by the UN WHO.**

A **complex of municipal sports facilities** has been built – a summer stadium furnished with a tartan track, an ice-rink which can also be used for other purposes (it can be covered with a special surface for in-line skating), out-door and in-door swimming pools and an hockey-ball pitch. Cyclists can choose different types of paths in the neighbourhood of Chrudim – from easy trails, just for pleasure, to difficult and more demanding tracks suitable for mountain bikes.

To meet people's requirements, we have built facilities in the Municipal Forests. People can spend their free time in an active way and enjoy, for example, a rope centre (for children and adults), open-air gym, a climbing wall.



## **6. Strategic Planning**

The Municipality of Chrudim has a system of interlinked plans:

### **A) PLANS**

**1. Municipal (territorial) plan** - The aim of land-development planning is to create conditions for building projects and for sustainable development of the territory, which means, putting in harmony a favourable environment, economic growth and the esprit de corps of the people in the territory and which satisfies the needs of the contemporary generation without harming the living conditions for future generations. The plan is linked to similar documents of development of neighbouring communities and the Pardubice Region.

When a land-development plan is drawn up, the lay as well as the professional public is called in, just as state and local administration bodies and other organisations in the Municipality. After the comments have been processed and the territorial plan passed, the time is ripe for its implementation through designs which are brought to life by physical persons, other entities and the Municipality of Chrudim.

**2. Concept of Town Development** – a strategic plan for the Town’s development – an analysis helps to form a strategic vision and a general goal on the basis of which strategic targets are developed, and then measures and development activities proposed.

**3. Action Plan for the Town’s Strategic Development Plan** – made for 3 to 5 years.

**4. Integrated Plan of Town’s Development** – draws from strategic and development plans of the Town and is a tool for the coordination and implementation of selected activities leading to sustainable development of the Town. It does not take the place of a professional strategic plan. It contains a set of projects interlinked by time, implemented in a selected area of the Town and directed at reaching a common vision and goals. The project brings an important multiplication factor to mobilise both public and private resources.

**5. Health and Quality of Life Plan** – is a community plan, which is regularly updated and amended. It is a one-year action plan, a development plan that focuses on various areas that affect the health and quality of life of Chrudim’s citizens. It is closely linked to Chrudim’s Strategic development plan.

The health and Quality of Life Plan is in harmony with the Health 21, Local Agenda 21 and LEHAP projects. Thus they constitute a platform for the implementation of international documents in the Municipality.

**6. Community Plan of Social Services** – a professional concept of social services in the town.

### **B) PROFESSIONAL CONCEPTS**

**1. Health Plan** – reflects priorities the Municipality gives to the health of its citizens – a professional concept

**2. Safe Community** – the issue of preventing injuries in the town in all target groups - a professional concept

**3. The Waste Management Concept** – following an analysis of waste management in the town, basic targets have been set for its further development and measures for reaching them formulated

**4. School Concept**

**5. The Concept of Turning Timber-producing Forests into Forests for Recreation**

**6. The Concept of Developing Sport Facilities**

**7. The Concept of Crime Prevention**

**8. The Concept of Tourism**

### **C) ZONE PLANNING**

**1. The Municipal Conservation Zoning Plan**

### **D) PROJECTS**

**1. The Project for the Conservation of Trees Growing within the Municipality of Chrudim**





## “The Healthy City of Chrudim – a liveable community“

**The Municipality's Budget Outlook**, an auxiliary implement of mid-range financial planning, is prepared according to law. Financial management of municipalities is governed by an annual budget and an outlook; data are up-dated according to economic development, macroeconomic predictions and current information on grants, projects and investment and building and property programmes.

The public is involved in planning development schemes (complying with the principles of Local Agenda 21; people's involvement described in above criteria).

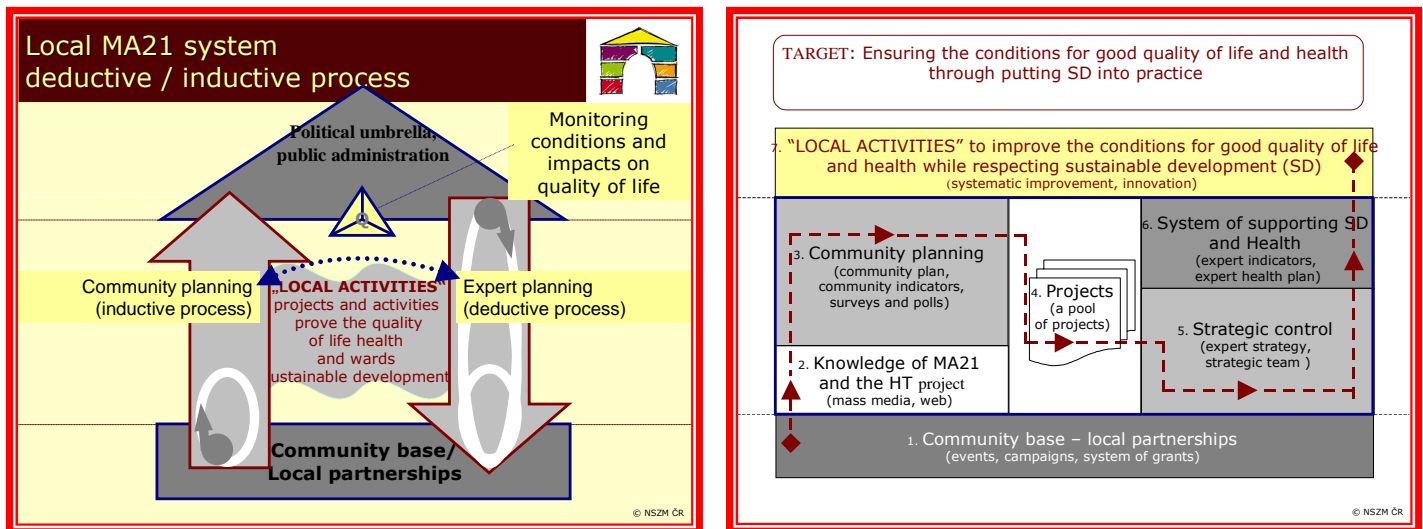


Figure 24 – A diagram showing how planning is done in Chrudim - 2010

A database system is used in planning and it reflects who is responsible for what and what is the link with the Municipal budget.

