



International Association of

Educating Cities

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EDUCATING CITIES
FOR A BETTER WORLD



experience

Radars, a Barcelona community action project for the elderly

The rapid aging of the population is one of the main challenges faced by many cities. Barcelona, with a population of 1,613,393 inhabitants, is aging: 20.80% of the population is 65 or older and life expectancy is 82.2 years.

Social changes have modified the traditional family care system. For this reason, the Radars project was created to improve the well-being of the elderly living alone and reduce their risk of isolation, loneliness and social exclusion.

Radars came out of a neighborhood in Barcelona in 2008 thanks to the participation of neighbors, local shops, pharmacies, associations, etc. who, together with the City Council of Barcelona, made up a Network of

prevention and community action. Taking into account its positive results, in 2012 the City Council started to implement the project in different neighborhoods across the city.

By going door-to-door, volunteers, trained and coordinated by entities in the tertiary sector, identify and interview the elderly who may need help and invite them to become service users. They invite as well neighbors who are sensitive to the needs of their surroundings to join the project as "radars".

The following agents are involved on a basis of shared responsibility in the project:

- The local Social Welfare Services Team: is responsible for inviting the local agents to join the Stakeholders Panel, evaluating the degree of risk of social exclusion of the service users and defining the type of intervention required.
- The Stakeholders Panel: made up of neighbors, local shops, entities and neighborhood services, is the meeting point where the strategies and actions to be carried out are decided (detection of the target population, activities binding people to the territory, dissemination of the project, etc.).

• The Neighbor and Shop Radars: made up of people, local shops and associations who sensitively and respectfully monitor the elderly on a daily basis. If they detect a change in their routines, behavior or physical aspect, they contact the Network to define the actions to be taken.

Moreover, thanks to a telephone monitoring platform, neighbor volunteers or collaborating entities keep in periodical touch with the elderly in order to monitor their situation, invite them to participate in activities in their neighborhood or offer them company.

At this time, Radars is run in 24 of Barcelona's 73 neighborhoods and involves 247 entities and services, 1,023 neighbors, 587 shops and 456 pharmacies that are caring for 764 elderly project beneficiaries who live alone and are mostly over 75.

This networking project has consolidated as a best practice, from the point of view of prevention, strengthening social cohesion and inter-generational relations and improving the relationship between the Administration and the citizenry. Moreover, it allows the City to optimize its human, material and economic resources.

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The Radars project is a network that cares for the elderly living alone and is made up of neighbors, associations, local shops and social services professionals.

editorial

25 years after the proclamation of the Charter of Educating Cities, the General Assembly of the International Association of Educating Cities gathered in Lisbon agreed to establish **30 November as the International Educating Cities Day**.

This initiative reveals the fact that the Charter of Educating Cities which was proclaimed in 1990 is still a source of action and inspiration. This first International Day has been called with the intention of making visible this commitment shared by hundreds of cities around the world.

Cities of different sizes, cultures and latitudes will unite, in this way, to issue a message to the world: the city, its streets, squares and institutions can be a source of education, a

citizen education that must be strengthened through public policies and initiatives from civil society.

The International Educating Cities Day seeks, therefore, to promote awareness and to inspire new actions that can foster this model of local governance in which education plays a key role in building cities that transmit values and generate equal opportunities and individual and collective growth; cities committed to human rights that foster the enjoyment of knowledge and lifelong learning; cities that seek listening and dialogue mechanisms and that invite their citizens to actively participate.

We encourage local governments, educational institutions and organizations of civil society

to program different events on this day in order to reinforce local action and heighten citizen awareness, create synergies and invite new educative agents to make the Educating City their own and work towards it.

For 24 hours cities in different countries on all continents will celebrate 30 November together, renewing their commitment to the Charter of Educating Cities and inviting many other cities to join this pledge to lifelong education for all.

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did you know that...

★ The Executive Committee of the IAEC at its last meeting held on 11–12 March in Lisbon entrusted **Cascais** (Portugal) with the organization of the **15th International Congress of Educating Cities** slated for 2018. The theme that will guide the lectures and workshops of the Congress will be “The City belongs to the people”.



★ The winning projects of the first **Educating Cities Award on Good Practices on Living Together in cities** are: the Opinmäki Learning Centre of Espoo (Finland), Learning–Service as a tool for coexistence and social cohesion of L’Hospitalet de Llobregat (Spain) and the Urban Regeneration of Gamcheon into a cultural neighbourhood of Saha-gu (Republic of Korea).



★ Approximately 120 delegates from 55 member cities participated in the **IAEC General Assembly**, which took place in Lisbon on 11 March. The Assembly began with a plenary lecture on “Heritage, Education, Culture and Citizenry” given by Professor María Calado, followed by a panel discussion in which delegates from Munich, Sao Paulo and Lisbon presented their educating experiences. The Assembly program was completed with study visits to experiences of the host city and a working meeting of the member cities from Northern Europe.



★ Throughout the biennium 2016–2018, the **Spanish Network of Educating Cities** is launching different thematic networks focussing on the prevention of school failure, the role of families in the educating city, responsible tourism, vocational training, learning–service, Arts as a tool for social cohesion, and the strategies for combatting inequalities.

★ Last 12 April the city of Santarém hosted an **Extraordinary National Meeting of the Portuguese Network** in which 70 representatives from 33 municipalities

participated. “The Value of the Citizenry” was the focus of the debates and reflections of the meeting, in which the Network also discussed its contributions to the 14th International Congress of Educating Cities.



★ The **14th International Congress of Educating Cities**, which will be organised by Rosario from the 1 to 4 June, will kick off with the lecture by Professor Gilles Lipovetsky on “Educating Cities, Creative Cities: Paths to better living together”.



★ The next **General Assembly of the IAEC** will take place on 2 June in Rosario and will deal with issues such as International Educating Cities Day, the adoption of the 2017 budget and the renewal of the Executive Committee.

interview

Mr. William Miranda Torres Mayor of Caguas, Puerto Rico

What are the challenges and main priorities of the municipal government of Caguas?

Puerto Rico is going through a moment of economic recession with high unemployment and high public debt. This is impacting our city although we have implemented budget controls and public policies to mitigate the challenges we face through programs, such as: citizen mobility, democratic education, regional alliances, sustainable development and the creation of opportunities for young people, amongst others.

Caguas joined the IAEC in 2009, which has been the impact of this commitment in the city?

Our commitment to the principles of the Charter of Educating Cities has been translated into the integration of these principles in our Second Strategic Plan 2010–2020.

We promote the active participation, and the democratic education of students and all our citizens as the key plank in the development of projects and decisions that affect or impact them directly. Our communities undertake their own exercises in citizen participation and develop strategic plans that center on the common good, healthy coexistence, solidarity and the fostering of values that differentiate us as a people.

Additionally, we are working on the promotion of the use of the city as a giant classroom where public spaces are used to foster and strengthen life-long learning for our citizens no matter their age, gender, social class or nationality, amongst others.

Amongst the initiatives developed for the use of public space we would like to point out the Santiago R. Palmer Square, where a group of citizens meets monthly as the People's University, which promotes citizen participation in a variety of contemporary subjects and where everyone's opinion counts.

What does your governing model comprise?

Based on the idea of Democratic Governance as the art of governing people in which public management is more open and where the responsibility for governing is a shared action between the government and the people, in Caguas we value and foster citizen participation in planning, management itself and assessment.



In 1977 we began to implement the Democratic Governance Model through the creation of the Community Self-Management Department, thus becoming the first municipality in Puerto Rico to take this initiative with the support of the Autonomous Municipalities Act.

The preparation of the Strategic Plan arose from a participatory process bringing together community leaders, non-profit organizations, the private sector and citizens in dialogues and conversations in each of the 11 districts. It was during this participatory, democratic exercise where the leaders of the different communities in the city formed groups to analyze the needs of their neighborhoods and to propose the future direction in which they wanted to move their city.

On the other hand, we have redesigned in administrative and community terms the traditional political leadership structure and we are working with community leaders to guarantee equality of representation and equality in the decision-making processes of our communities. Collectively, and in the spirit of solidarity, the government and citizens actively participate in the decision making of their communities and city, putting social, economic and infrastructure projects into operation.

Moreover, citizen participation generated in the city of Caguas has various facets that range from actions involving the community to social assistance, in which citizens are organized to help residents with a variety of problems. Likewise, the association makes alliances with the schools, churches, shopkeepers and other institutions in their

communities in order to work with the neediest sectors.

In 2015, in order to fortify our model of democratic governance, we set up the Child and Teen Advisory Council (CANA, original acronym) in order to grant active participation and voice to children and teens in the city's public policy, which is something we would like to develop further in collaboration with other cities in the IAEC.

Caguas intends to get companies involved in a model of social responsibility. Can you give examples of any initiatives in this sense?

The participation of companies in the preparation of our City Strategic Plan has been significant. This has allowed us to create a tool for attracting more companies to our city, which is the Caguas Socio-economic Development Incentives Code. This code grants patent payment and moveable asset and property exemptions, requiring, as part of a company's social responsibility, that it contribute 10% of these exemptions savings to an economic development investment fund.

Moreover, companies in Caguas are collaborating on social development initiatives and community projects. An example of this is the Beauty Salons project: small and medium-sized beauty care companies promote the prevention of gender violence in their establishments.

More information at www.edcities.org

experience

With “Health on the go” Quito promotes a healthy lifestyle

With a population of 2,367,162 inhabitants, Quito is the capital of the Republic of Ecuador and is its main administrative, economic and cultural centre.

Changes in lifestyles and diet are leading to an increase in long-term chronic diseases and a slow onset of diabetes, high blood-pressure and obesity. According to the World Health Organisation (WHO), chronic non-transmittable diseases are among the ten main causes of death in the world. In many cases, these diseases are fostered by bad habits, such as physical inactivity, unhealthy diets, tobacco and alcohol consumption, amongst others, on which an impact can be made.

In the face of this situation, the Municipality of Quito decided in 2015 to set up a project called “Health on the go” (*Salud al Paso*), which provides the community with services for the care and promotion of health at permanent or itinerant points located in strategic crowded places in the city, such as parks, markets, shopping centres, schools and public transportation stations.

At each point a team of nurses and nutritionists offers free services without a previous appointment during long opening hours. They perform basic check-ups for all people who choose to use the service, which comprise taking measurements of weight, height, blood-sugar and blood-pressure levels. Moreover, information is provided to improve the eating habits of the users and promote physical activity.

In cases in which there is low risk of contracting a chronic illness, an individual intervention plan is designed consisting of a schedule of appointments for approximately 6 months and a follow-up of diet recommendations and physical activity. If the citizen accepts this commitment, up to 4 appointments are made to assess the user's progress, and to check if the factors have stabilised or worsened. Recommendations are adjusted if required.

If high risk factors are detected, the users are referred to their respective health care units so that they can receive the necessary medical care.

From May 2015 until March 2016, 10 permanent care points and 11 itinerant points



have been set up. During this time, around 300,000 visits have been made, from which 190,000 people have benefitted. According to the information gathered at the “Health on the go” points, a total of 46,000 people at high risk of suffering from a chronic non-transmittable disease were referred to health care centres.

In order to evaluate the benefits of the project, results indicators were established, and the following targets were set for 2025:

- To encourage the user population of “Health on the go” who are over 19 years old to increase their physical activity by at least 10%.
- To stop the increase in obesity and

overweight among the user population over 19 years old.

- To contribute to ensuring that all users increase their daily consumption of fruit by 25%, to 400 gr. or 5 pieces a day.

Through this service, which is at the reach of all citizens, and through simple actions in nutritional education and raising awareness of the importance of physical activity, Quito seeks to foster healthier lifestyles amongst the population.

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“Health on the go” provides free of charge health care at crowded points in the city in order to promote healthy habits and to prevent and detect chronic non-transmittable diseases.