



**YOUNG PERSPECTIVE ON ACTIVE CITY POLICIES II. National Meeting**  
**18-23 November 2024**

Hour	Activity	Explanation
<b>18.11.2024</b>		
14.00 and post-	Hotel Entrances	Check-in at the hotel is after 14:00
20.00-20.30	Opening Meeting	In this program; 1. Opening Speech 2. Presentation of Program Flow 3. General Information About the Program
20.30-21.30	Introduction Activities	Meet and Greet Games
<b>19.11.2024</b>		
10.00-10.45	Ice Breaker Games	The aim was to enable the participants to know each other better, to ensure group integration and to increase group dynamics.
10.45-11.00	Coffee Break	
11.00-11.45	<b>ACTIVE CITIES ASSOCIATION</b>	Active Cities Activity Presentation Information About Active City Management System
11.45-12.00	Coffee Break	
12.00-12.45	What is Active City Municipality?	The Role of Municipalities in Sports and Public Health, Variety of Municipal Sports Activities, Sports and Recreation Areas, Sports Education Programs, Awareness Raising Activities Supporting Public Health Technological Investments and Digital Sports Applications of the Municipality Strategies to Increase Sports Culture Municipality Sports Vision
12.45-14.00	Lunch	
14.00-15.30	<b>Development of Green Areas in Cities</b>	Organizing a workshop on " <b>Development of Green Areas in Cities</b> " with the subtitle of "Active City Action Plan" .
15.30-16.00	Coffee Break	
16.00-16.40	Workshop Presentations	
16.40-17.00	Projection	
18.00-20.00	Evening meal	
<b>20.11.2024</b>		
10.00-10.45	Ice Breaker Games	Participants start the day with activities that increase socialization and group dynamics.
10.45-11.00	Coffee Break	
11.00-12.45	Artificial Intelligence-Assisted Posture Measurement	Local and National HolisMeta is a local and national company that offers body posture analysis in clinical settings with artificial intelligence-supported methods. It is a national software. Free artificial intelligence supported posture measurement will be made to our participants who request it.
12.45-14.00	Lunch	
14.00-15.30	<b>Physical Activity and Sports for All Ages Incentive</b>	Organizing a workshop titled " <b>Promoting Physical Activity and Sports for All Ages</b> " with the subtitle of "Active City Action Plan" .
15.30 - 16.00	Coffee Break	
16.00 - 16.40	Workshop Presentations	
16.40-17.00	Projection	
17.00-18.00	Free Time	
18.00-20.00	Evening meal	



**YOUNG PERSPECTIVE ON ACTIVE CITY POLICIES II. National Meeting**  
18-23 November 2024

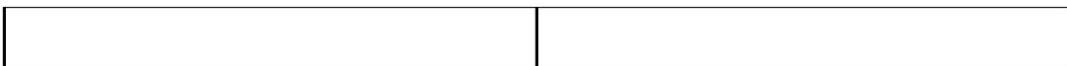
Hour	Activity	Explanation
<b>21.11.2024</b>		
10.00-10.30	Ice Breaker Games	Participants will start the day with activities that increase socialization and group dynamics.
10.30-12.00	<b>Youth Participation in Cities and Raising Awareness (Student, Working Life, Freelance Time)</b>	A workshop titled " <b>Youth Participation and Awareness Raising Workshop in Cities</b> " with the subtitle of "Active City Action Plan" will be held.
12.00-14.00	Lunch	
14.00 - 15.00	Journey to the Body Expert Physiotherapist	Knowing and Understanding Our Body, The Importance of Posture and Stance Body Awareness and Movement Consciousness, Strength, Flexibility and Endurance, Functional Exercises, Waist, Neck and Back Health Know Your Own Body, The Effect of Proper Breathing on Health, Fundamentals of a Healthy Life with Physiotherapist Recommendations
15.00-15.30	Coffee Break	
15.30-17.00	<b>Sustainable Urban Planning Workshop / Utopian Cities</b>	Organizing a "Sustainable City Planning" workshop with the subtitle of "Active City Action Plan".
17.30-17.45	Coffee Break	
17.45-18.20	Group Presentations	
18.20-20.00	Evening meal	
<b>22.11.2024</b>		
10.00 - 10.30	Ice Breaker Games	Participants will start the day with activities that increase socialization and group dynamics.
10.30-12.00	Project Cycle Management and Workshop	What is a Project? How to Write It? What is the Project Cycle? How is it Achieved?
12.30-13.45	Lunch	
13.45 - 14.30	Summarizing Workshop Results	4. Reporting the workshop idea outputs and preparing a report.
15.00-17.00	<b>A Young Perspective on Active City Policies Meeting with Decision Makers within the Scope</b>	Participants will present the Active City Policies II. National Meeting Proceedings to decision makers.
<b>17.00-18.00</b>	<b>YouthPass Certificate Ceremony</b>	
18.00-20.00	Dinner	
<b>23.11.2024</b>		
<b>FREE TIME CITY TRIP</b>		



YOUNG PERSPECTIVE ON ACTIVE CITY POLICIES II. National Meeting  
18-23 November 2024

Hour	Activity	Explanation
------	----------	-------------







---

---





