# VARIOUS ACCESSIBILITY DIMENSIONS OF SPORTS FACILITIES AND HOW TO IMPLEMENT THEM IN MUNICIPALITIES' SPORT SERVICES

## Urban Research Days 28.4.2022

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*Yhdenvertainen liikunnallinen lähiö* (YLLI) project

Suburban program 2020-2022

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# ACCESSIBILITY, PHYSICAL ACTIVITY AND SUSTAINABILITY

- Active lifestyle promotes physical and mental health (Vuori 1998, 2004; Cerin ym. 2009)
- Promoting possibilities for physically active life is one way to
  - tackle/prevent social exclusion
  - build more sustainable communities in the means of social sustainability
- Good accessibility of everyday services by active travel modes enhances also environmentally sustainable lifestyles in cities.

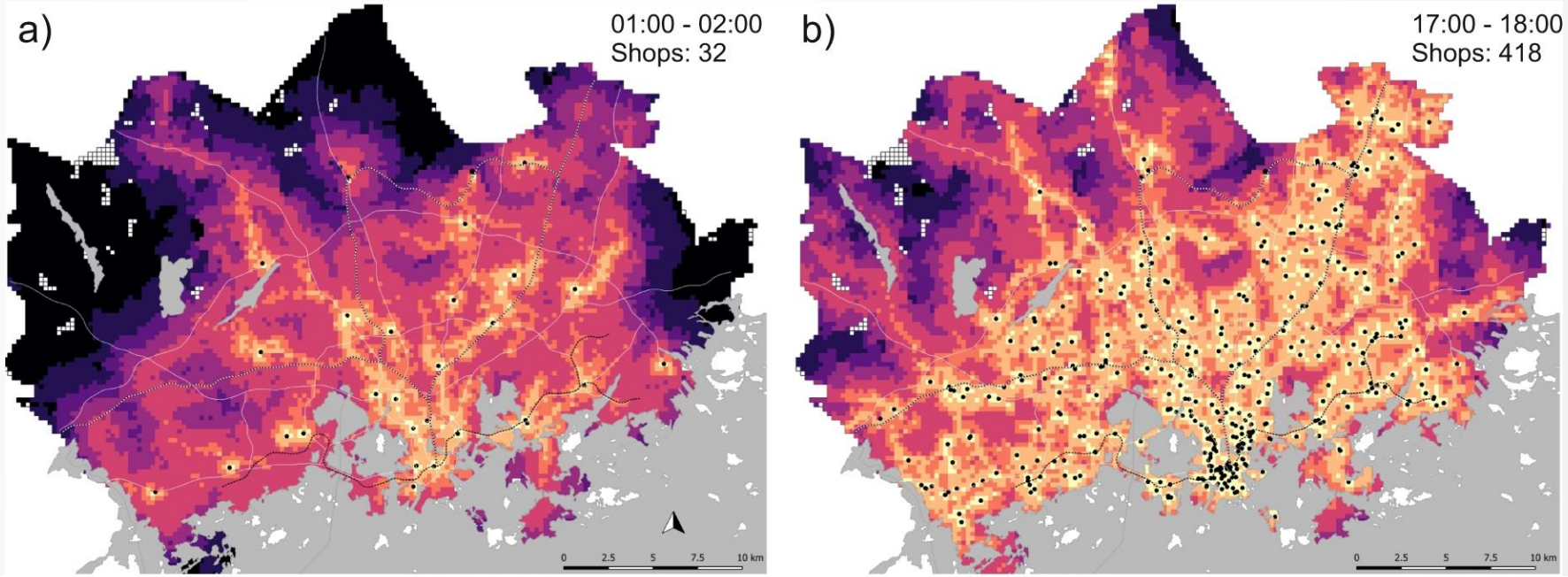
# DEFINITIONS OF ACCESSIBILITY

In geographical research:

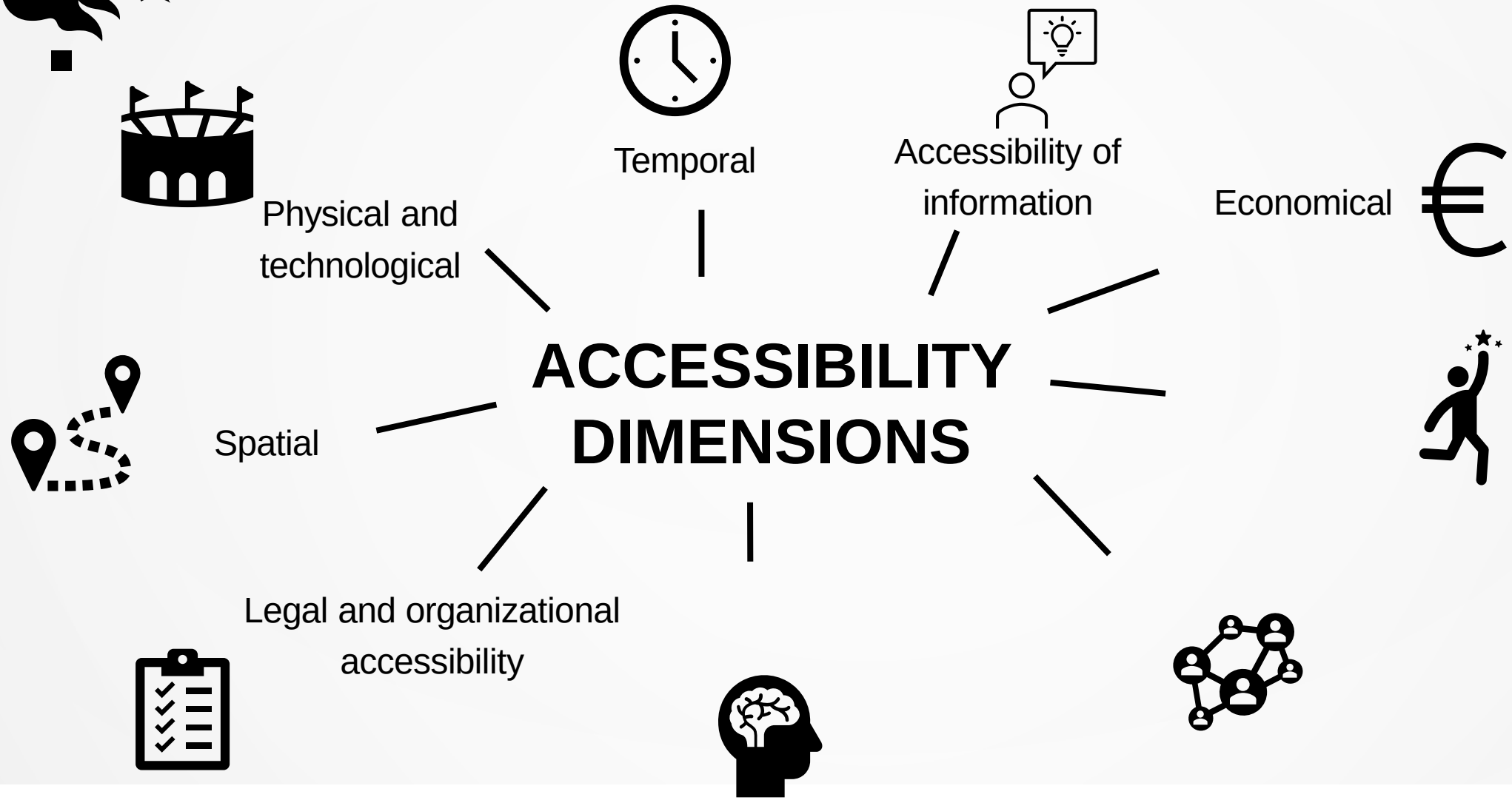
- Spatial accessibility
  - distance, travel time, costs (Handy 2005)
  - Dynamic models
    - Temporal variation
    - mobilities of people

Accessibility to the closest grocery shop using public transport

**(a)** At night **(b)** In the afternoon (Bergroth et al. 2022)



# ACCESSIBILITY OF PHYSICAL ACTIVITY OPPORTUNITIES



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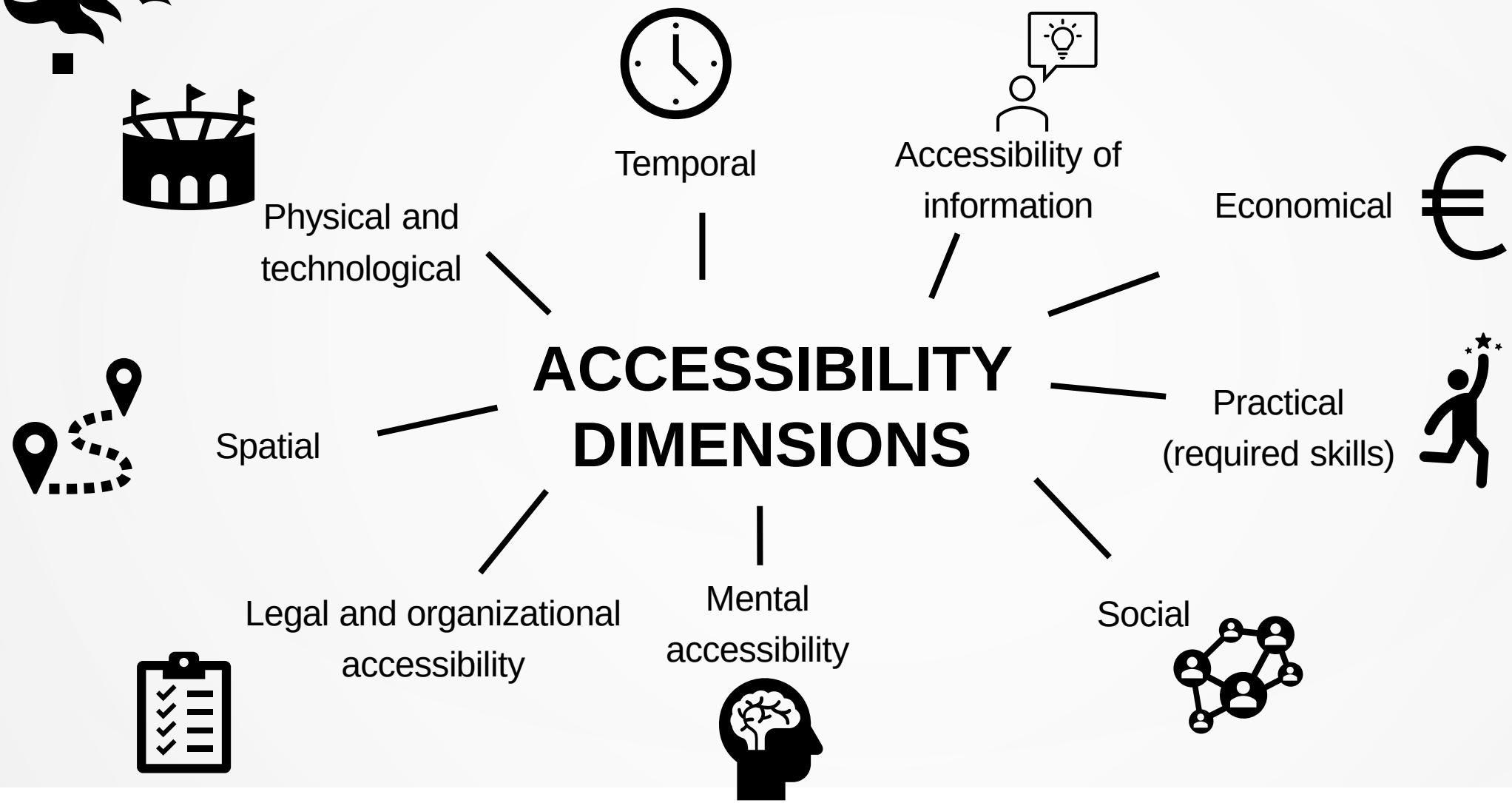

# ACCESSIBILITY DIMENSIONS IN SPORTS PLANNING

- Workshops and interviews (Helsinki and Jyväskylä)
- Main outcomes of the interviews:
  - a way to contextualise everyday tasks
  - potentially useful in vision and planning work

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# LITERATURE


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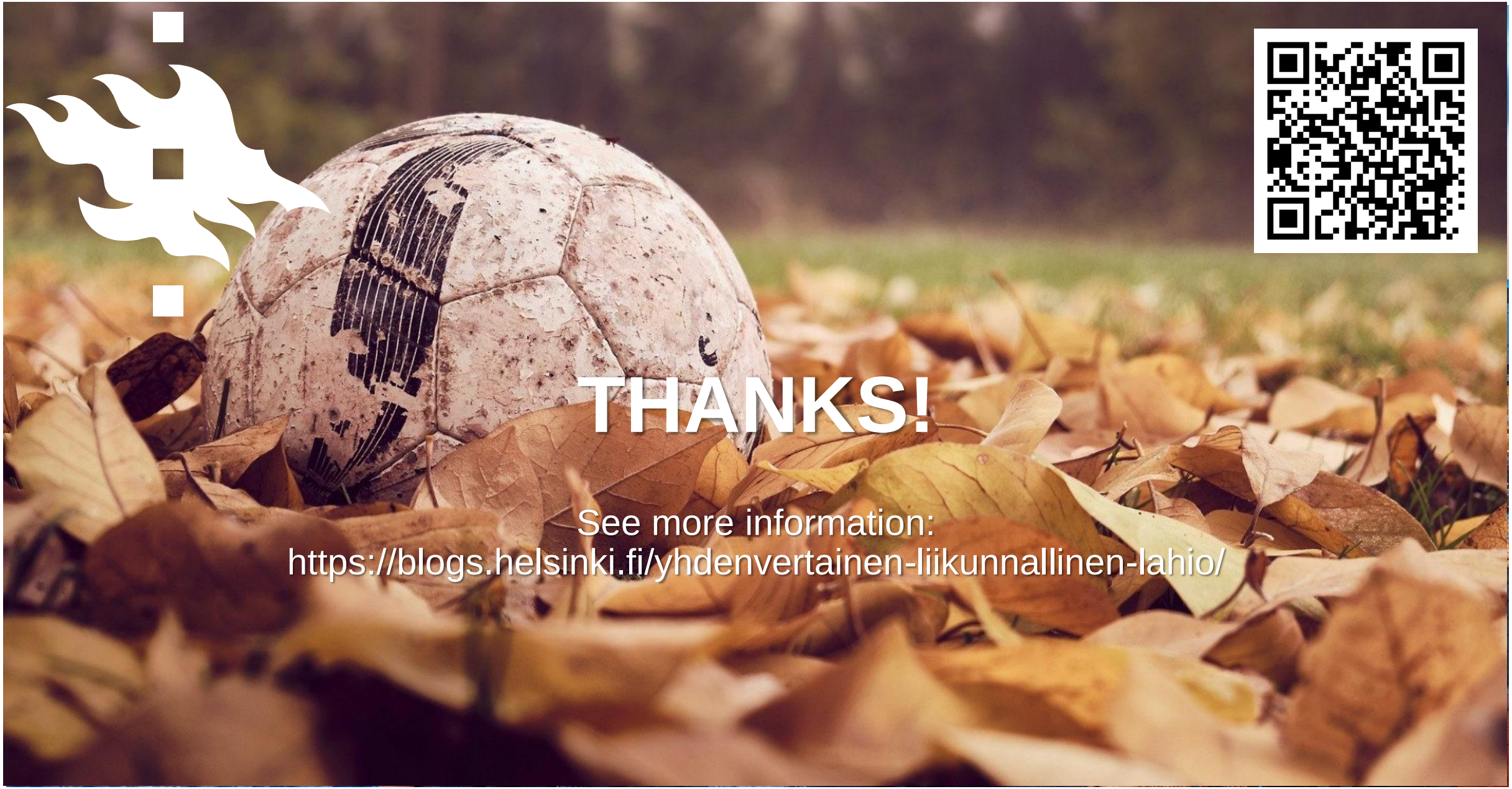

# THANKS!

See more information:
https://blogs.helsinki.fi/yhdenvertainen-liikunnallinen-lahio/