

## ***Report on the 1<sup>st</sup> UHI local event organised by PP18 – Municipality of Ljubljana***

### **Theme: Green gym – gymnastic house with green roof**

The 1<sup>st</sup> UHI local event in Ljubljana was organised on 22 April 2014 as an opening of the renovated children playground in the *Prule* neighbourhood. In the process of renovation there was also a prototype of the gymnastic house with green roof installed.

In the framework of UHI the prototype of the gymnastic house with green roof was designed. It serves for adult workout and is placed within the renovated children playground in Ljubljana city centre. This way parents and others accompanying children to the playground will have a chance to work out themselves too. The so far not used spare time will therefore be used for recreation and body strengthening. Indirectly this will also represent a positive model for children.

The gymnastic house has been named “*Always young*”. It is placed on a surface of 6 m<sup>2</sup> and is approximately 3 m high. It is constructed of a metal frame serving as workout tool and a solid roof planted with extensive growing grass on wooden base reinforced by metal sub-construction. As the installation is placed outside, the rain will be enough for the watering of the roof. In the house a simple construction consisting of three basic gym equipment suitable for both genders and ages is available. The gym house is funded on concrete foundation. Within the area of 1.8 m around house, material that buffers falls is spread. On the walls there is a table with instructions how to exercise. As the gym-house is a part of the playground for children it was planned and built in such a way that it meets the standards (the gym-house is certified).

The opening was organised by the Municipality of Ljubljana in cooperation with district community *Center* on 22 April 2014 with an intention to symbolically remind people of the 2014 Earth Day. Children from the neighbouring kindergarten *Pod gradom* had a performance by singing folk songs. After the speech of the district community chairperson the playground and the gymnastic house was inaugurated by the mayor of the Municipality of Ljubljana. All participants then had a chance to try the gymnastic house.

There was a survey carried out during the opening with questions related to adult recreation. Everyone answering all the questions received a symbolic present – one piece of UHI promotional material (drinking bottles, raincoats, pens, notebooks and reflective tapes). There were 32 surveys completed and returned.