



Living Lab Dortmund-Huckarde, Germany



Renaturing landfill sites
for leisure use and energy
production

Exercise Park in Huckarde



Exercise Park in Huckarde

At the site of a former brick factory, the four hectare public Gustav-Heinemann-Park in Dortmund-Huckarde was built in the 1980's. Despite large green areas and mature trees, the park offered few incentives and attractions for Huckarde residents to spend time there. The park is managed and maintained by the City of Dortmund, Department of Green Spaces.

The NBS implementation comprises three areas with various sports devices next to the main paths, inviting park users of all ages to leave the park's paths and spend time and exercise. The choice of devices ranges from easy to challenging and support coordination and balancing skills:

- trampolines
- slack line
- balancing wooden bar
- rocking plates
- balancing parcours

Aim & goals

The installation of the movement park aims at increasing the quality of the green areas and to

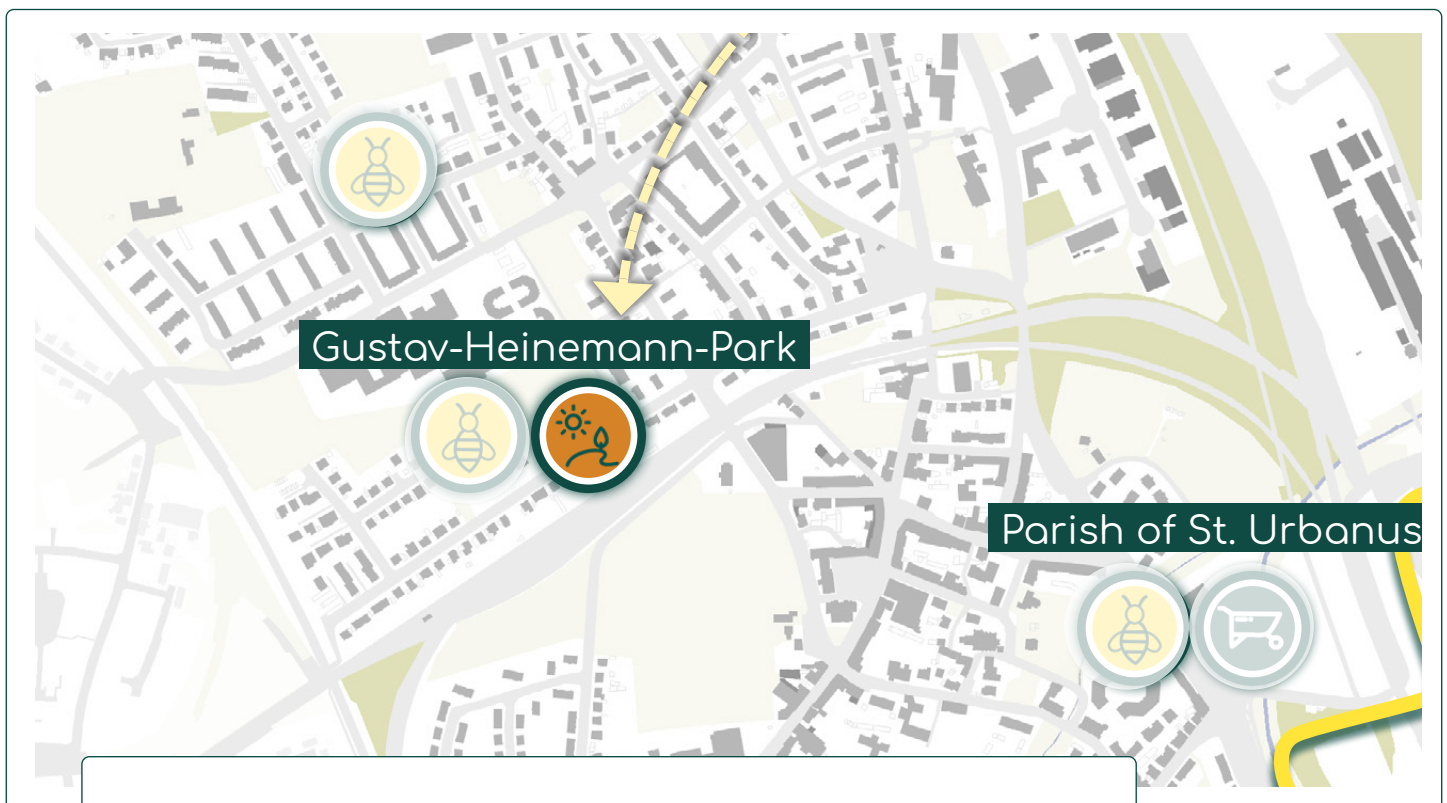
invite park visitors to achieve, improve, and sustain physical fitness in everyday life. The overall idea is to offer devices that:

- stimulate physical exercises as health prevention and as a balance to mainly sedentary activities during daily routine. The period of Covid-19 lockdowns highlighted the great value of such a public movement park located within the settlement for local residents.
- offer citizens of adjacent neighborhoods movement devices that are easy to use for a range of different users according to individual fitness levels.
- provide an area for the adjacent school to use the devices during sport classes.

The overarching goal of the NBS intervention is to enhance the image and increase popularity of Gustav-Heinemann-Park while offering attractive green spaces with recreational value and for social interaction to enjoy time with others.

Area of implementation

Eastern part of Gustav-Heinemann-Park in the Dortmund Huckarde district.

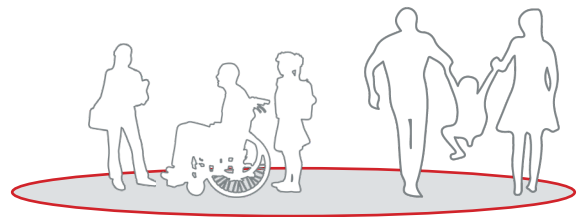


GPS coordinates: 51,53279, 7,40902

Target groups (beneficiaries)

The public movement park is open to all citizens who would like to use the devices.

- Main target group are park users of all ages
- Joggers who can integrate exercises into their training
- Pupils of the adjacent Gustav-Heinemann-School during sports classes



Stakeholder constellations

Main responsible partner

City of Dortmund, Department of Urban Renewal (lead) in cooperation with the Department of Green Spaces (planning, project control, maintenance).

ProGReg partners involved

City of Dortmund, Department of Urban Renewal (project lead).

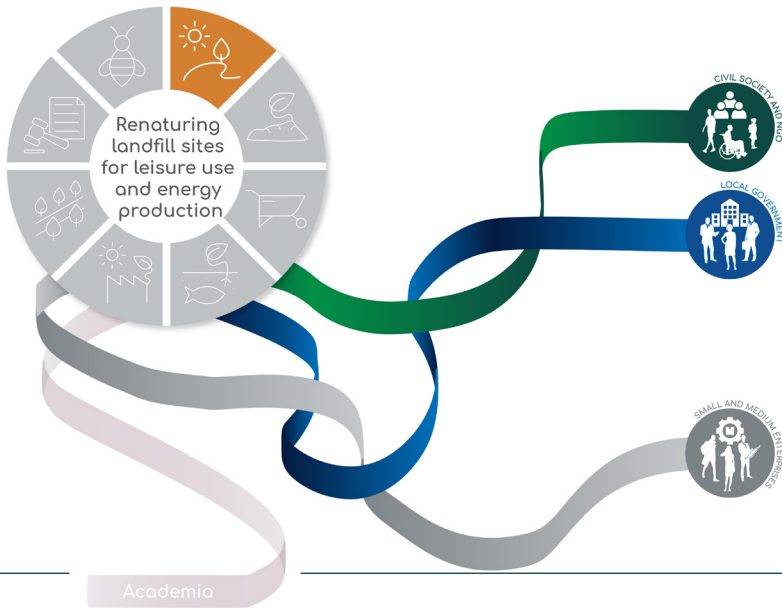
Other stakeholders involved

- Citizens of adjacent neighborhoods
- Huckarde sport clubs
- Umbrella association of Huckarde clubs
- Gustav-Heinemann-School
- Local politicians of Dortmund-Huckarde
- Secondary stakeholders involved in realization: landscape gardener & FHS (devices construction company)



(c) Schaper

Co-design activities, stakeholder engagement, and pre-implementation activities



Co-design activities were strongly hampered by the Covid-19 pandemic, however, citizens were informed about the plans for the exercise park. Feedback and suggestions was considered in the planning process.

Planning and preparatory activities (administrative and technical procedures)

Initially, the movement park was planned at the former landfill site Deusenberg. In 2019, it emerged that the large International Garden Exhibition 2027 would occupy this area, requiring the search for a new site. The Department of Green Spaces, City of Dortmund offered the Gustav-Heinemann Park in Huckarde as an alternative and took over responsibility for planning and implementation.

Co-design and engagement activities

As a first step, local politicians were informed in August 2020 about the planned NBS and voted for implementing the movement park. The jury with politicians and other stakeholders to select the best design was rendered unnecessary since only one design plan was handed in during the official bidding process. Communication between stakeholders and politics was continuous.

Implementation budget



Total implementation budget:
145.000 €

proGREG funding:
120.000 €

proGREG overhead funding:
25.000 €



Huckarde citizens were invited to two co-design meetings held in smaller groups as planned due to Covid-19 restrictions. The main proGleg partner invited and introduced selected stakeholders (e.g. Huckarde sport clubs, local politicians, adjacent school) to the concept of movement parks in September 2020. Before receiving political support in November 2021, residents living next to the park were also invited to discuss the intended concept. Useful suggestions from both meetings contributed to improving the design were taken on-board. Planning details, e.g. soil issues, were reconciled with respective city departments or external experts as needed. The devices were constructed by a company specialized in movement and playground facilities.

Key achievements and implementation results

The concept of outdoor movement devices to invite park users to playfully exercise balancing and coordination abilities is new to Dortmund public parks. Even though the key target group are adults, the choice of devices allows all age groups to use them including toddlers from the adjacent daycare center.

The intense use right after handing over the devices to the public shows that the concept of the movement park met the citizens' expectations and wishes. A positive side effect is that social control within the park has increased since more people spend time in Gustav-Heinemann-Park, preempting vandalism. Local politicians are satisfied with the implemented NBS.

Synergies with other proGleg activities



NBS 8: Pollinator diversity

Adjacent to the movement park, areas have been changed into biodiversity sites with flowering meadows of pollinator-friendly plant species.

Feeding into pro Gleg Work Package 4 (NBS benefit monitoring and assessment): post-implementation NBS-visitor questionnaire, pre- and post-implementation SOPARC.

Critical implementation issues and barriers encountered



- Convincing local politicians to vote for realising the movement park was critical as a similar concept for a multi-generation park had been rejected about 5 years earlier and turned out as a political, emotionally discussed topic. Close involvement in the planning process helped to reduce doubts.
- During the participation workshops, some residents living next to the park expressed concerns about possible noise deriving from the movement park. However, the implemented NBS and selected devices are not affecting local residents.
- Since another City department was responsible for the design and planning process, the influence to place new objects, ideas and procedures was partly tenacious and time-consuming.
- Hiring an external planner may have allowed to integrate more options for new approaches.

Links with other external projects or activities

The overall concept of the movement park has been closely harmonized with other playground and sports area developments that are planned for the Huckarde district over the next years (Concept of green spaces/ Freiraumkonzept Huckarde).

The plans pursue the goal of offering spaces that complement each other functionally, for instance by targeting varying age groups and providing different type of devices.

Communication activities



Local press and social media channels were informed twice: 1) local politicians voted to implement the movement park, 2) installation of devices now open to the public.

A project description can be found at www.proGReg.dortmund.de

Informing Huckarde stakeholders of other NBS and involved multipliers about the movement park. Stakeholders from elderly institutions (e.g. Caritas, Begegnungsstätte Huckarde) have shown interest and are checking how to integrate use of the movement park into existing programmes.

At the proGReg international replication workshop in August 2022, the movement park and its implementation phases for potential upscaling in other contexts were presented to international governmental and non-governmental participants.

Maintenance & Sustainability beyond proGReg

Maintenance for the Park is secured beyond the proGReg's project timeframe. The Department of Green Spaces/ City of Dortmund will maintain the movement park. A respective paper will be signed.

NBS benefits for the Living Lab Huckarde

The NBS intervention has increased the accessibility and quality of green spaces in the Huckarde district as well as improving underused areas. In addition, it enhances the well-being of citizens while increasing the social cohesion among residents.



NBS benefits and co-benefits



Fact Sheet Exercise Park Huckarde



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