Experience-Sharing Seminar: Planning Physical Activity Through Collaboration Between Local Governments, Communities and Educational Institutions
25.08.2026 Kiili

Experience-Sharing Seminar Brings Together 51 Active Mobility Stakeholders in Harju County

On 26 August 2026, 51 stakeholders from across Harju County gathered at Kiili Gymnasium for the Experience-Sharing Seminar "Planning Physical Activity in Cooperation with Local Authorities, Communities and Educational Institutions."

The seminar brought together local government leaders, planning, education and health promotion specialists, school and kindergarten directors, and physical activity teachers. The event focused on one important question: how can we make **year-round active lifestyle and mobility** a natural part of everyday life?

During the seminar, we presented the results of the BATS project and introduced practical solutions and tools developed within the project to support more effective and year-round active mobility.





The day provided a valuable mix of knowledge sharing, practical examples and hands-on activities. Representatives of **Union of Municipalities of Harju County** (HOL) (Terje Schmidt, Tiina Beldsinsky), **Kiili Municipality** (Heret Annus, Kristi Lehiste, Toomas Ellmann), and **Kiili Gymnasium** (Toomas Mee) shared their experiences and good practices in organising school- and community based physical activity campaigns.

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TalTech (Anne Põder) presented the tools and guidance materials developed by the BATS project, including the **Citizen Activation Guide, Diagnostic and Interventions Toolkit, and Monitoring Guidance.**



The Estonian Centre of Excellence for Physical Activity (Renna Nelis) introduced the findings of studies carried out in Estonian schools and kindergartens and presented the community coach qualification. **HOL** (Mari-Liis Valter) shared examples of programmes and good practices implemented in educational institutions across Harju County.





The seminar also included **practical workshops**. With Anne's guidance, participants practised **using canvases**, **creating personas**, while Renna facilitated the development of **a physical activity action plan.**

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Photos by Liis Ambos

Most importantly, the event was filled with strong sense of enthusiasm, collaboration and positive energy. Participants left the seminar with new ideas, inspiration and practical tools to support active lifestyle choices in their communities and educational institutions — and to start the new school year with renewed energy and motivation.

Agenda

10:00 – Welcome and introduction
10:00
Welcome Address
Marek Vainola, Mayor of Kiili Municipality

Introduction to the Day
Moderator **Kristi Lehiste**, Communications Manager of Kiili Municipality

10:10
Campaigns at Kiili Gymnasium to Promote Year-Round Physical Activity
(BATS project)

- Union of Harju County Municipalities – Terje Schmidt, Tiina Beldsinsky
- Kiili Municipal Government – Marek Vainola, Heret Annus, Kristi Lehiste
- Kiili Municipal Asset Management – Toomas Ellmann
- Kiili Gymnasium – Toomas Mee

Movement Break

10:45
How to Create an Environment That Supports Active Mobility?
Inspiration and practical tools from the BATS project toolkit ("Handbook for Community Engagement", "Collection of Diagnostic and Intervention Methods")

- Anne Põder, TalTech

11:00
Practical Exercise: Identifying a Challenge
For example, how to increase cycling in winter; defining the objective, creating *personas*, identifying barriers, and generating ideas.

12:00
Lunch
12:30
Centre of Excellence for Physical Activity – Knowledge, Tools and Opportunities for Cooperation

- Research and development trends in sports and physical activity conditions in kindergartens and schools
- Intervention programmes supporting physical activity among students
- The role of community coaches in promoting and providing training in physical activity
- **Renna Nelis**, Head of Cooperation, Centre of Excellence for Physical Activity

12:50
Movement Happens Through Collaboration: Programmes, Campaigns and Good Practices in Harju County Educational Institutions

- **Mari-Liis Valter**, Union of Harju County Muncipalities

Movement Break

13:05
Practical Exercise: Developing a Physical Activity Action Plan in a Local Municipality

14:05–14:20
Summary and Closing of the Day