City Challenge

Health Tours Through the District

01/2026 – 12/2027

Initiator
Wiener Gesundheitsförderung – WiG

Objectives

The City Challenge by Vienna Health Promotion (WiG) aims to communicate topics such as physical activity, nutrition, mental health and community in an experiential and hands-on way. The City Challenge is part of the "Healthy Districts" (Gesunde Bezirke) programme and is offered free of charge, with a specific focus on young people in Vienna. The tours were developed in a participatory process together with young people from the respective districts, making the content particularly relevant to everyday life, age-appropriate and directly engaging for the target group.

The target group includes young people aged 12 to 19 from schools as well as extracurricular youth and educational institutions – ranging from youth centres and employment projects to supported housing facilities. In addition to health literacy, the programme also strengthens topographical knowledge and social skills through the group dynamic process.

Implementation

The City Challenge is implemented by queraum. kultur- und sozialforschung on behalf of Vienna Health Promotion – WiG. In teams, young people use the Actionbound app to embark on an interactive health tour through their district. Together, they complete creative tasks, solve riddles and quiz stations, discover new places and engage with important health-related topics along the way.

By the end of 2027, two age-appropriate tours will be available in 16 Viennese districts (2nd, 3rd, 4th, 5th, 6th, 7th, 10th, 11th, 12th, 15th, 16th, 17th, 18th, 20th, 21st, 22nd and 23rd district) – one for young people aged approximately 12 to 14 years and one for those aged approximately 15 to 19 years. The programme is continuously being expanded to include additional Viennese districts.

Guided Tours
Teachers, educators and youth workers have the opportunity to book a guided tour in selected districts freeof charge. Young people travel in small groups along set routes through the district and are accompanied from station to station by trained support staff. The tours last approximately two to three hours. All required materials – including tablets – are provided by the support staff. Guided tours take place from spring through to autumn.

Do-It-Yourself Tours
Schools and extracurricular institutions can also carry out the tours independently, year-round. The do-it-yourself format takes approximately two hours and requires only the free Actionbound app on a tablet or

smartphone, along with scanning the relevant QR code. Whether sunshine or rain – the tours can be completed throughout the entire year.

Supporting Materials
In addition to the tour itself, WiG provides working materials for the preparation and follow-up of health tours with young people. These include methods for collaborative idea development as well as a step-by-step guide for creating individual health tours using the Actionbound app.

Further information at: www.citychallenge.at

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