

Introduction to the training module

Safe cycling

This introduction to cycling as a mode of transport was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information on why cycling is a sustainable and efficient form of transport for commuting and leisure.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module ‘Safe cycling’

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes. Mobility plays an important role in the integration process of these people, allowing them to engage with their community. A **bicycle** is an easily accessible vehicle clearly enhancing the range of the people using it, enabling them to fulfil the needs of mobility of everyday life.

Depending on an individual’s country of origin, cycling may have already been a hot topic as part of health and environmental agendas or may be something unusual or even socially forbidden. However, it is likely that more often cycling is simply a transport mode which is relative to their income and in some cases, is reflective of their status within society.

In general, you can observe the following three target group requirements:

- People interested in cycling:
 - » who are able to and want to ride a bike but who are not familiar with the local infrastructure, short cuts and traffic rules;
 - » who are able to ride a bike, but do not feel safe enough for cycling in real traffic;
 - » who are not able to ride a bike at all.
- People who did not think about the benefits from cycling so far and therefore need some motivation for possible personal advantages.
- People in the need of language skills who want to be able to effectively use their bike.

For all these target groups teaching and training materials all around cycling are provided within this *TOGETHER on the move*’s training module ‘**Safe cycling**’.

The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning how to cycle safely
- Learning about bicycle traffic rules and regulations in the (new) home country
- Learning about the local bicycle infrastructure and short cuts in the (new) home country
- Having bicycle information and offers at disposal
- Improving language skills

HARD MEASURES

- Social inclusion by engaging with the community
- Motivation for the topic of cycling and having fun
- Engaging with the topic of cycling and overcoming barriers
- Gaining insight into the cycling culture of the (new) home country
- Getting to know the local environment and enlarging the travel radius
- Exploring the surrounding area by bike
- Encouraging the initiation of cycle activities
- Communication and enjoyment

SOFT MEASURES

Why cycling?

Cycling offers a lot of possibilities to people dedicated to this mode of transport. Nevertheless you will encounter situations where you may need some powerful arguments to promote cycling. When working with the target groups, the following personal and immediate benefits should be clearly outlined within your courses:



→ *Fun & recreation*

Many people see cycling as a leisure time activity. Let them remember the pleasure they had on their last leisure time trip and try to communicate that most of this fun can be part of everyday life! Use illustrative materials or take your trainees on a ride combining a workaday trip with a nice leisure time route.



→ *Social contacts*

Next to walking, cycling is one of the best ways to get to know the neighbourhood and actually meet other people. Outline the opportunities in their neighbourhood and show them points of interest in their living area.



→ *Saving money*

Once you bought your bike, you have only minimal further costs to be mobile. Cycling is the perfect solution for a cost effective way of mobility. Trailers and saddle bags can transform a bike into a transporter – without the costs of a car – and are sufficient for most of the daily needs.



→ *Flexibility & Individuality*

Especially in urban areas cycling allows a maximum of individuality and flexibility: you can use shortcuts, there is no need for parking space, you can go fast and still you can switch to a comfortable speed whenever necessary.



→ *Increased operating space*

An increased operating space offers increased chances concerning jobs and education. Therefore mobility is a key for real integration. Especially in areas with distances too far to walk and without sufficient public transport services the possibilities of cycling have to be introduced.

The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement training sessions and courses related to cycling. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Safe cycling' consists of:

- The trainer guide 'All around cycling', containing the topics:
 - » Benefits of cycling
 - » The safely equipped bicycle
 - » Useful gear when going for a ride (clothing, transport, bicycle helmet)
 - » Bicycle maintenance and repair
 - » Basic traffic rules for cyclists and safety issues
 - » Bicycle theft
 - » Short information on E-bikes
 - » How to organise bicycle activities and training courses?
- Three exemplary training sessions including concrete exercises for the trainees:
 - » **Training session 1:** 'Bicycle training for beginners (in protected area)'
 - » **Training session 2:** 'Bicycle training in real traffic'
 - » **Training session 3:** 'Bicycle routes in your city'
- Worksheets for the trainees as part of the training sessions
- Useful links of cycling and cycling initiatives of the partner countries

We wish you a successful and satisfying experience working with this training module!