Seven wonders for cycling community

Atjima MEEPRING
project manager

Wirapong SAMITTHAJIT
Aradin RATTANAPHU
Thongchai PANSAWAD, Ph.D Professor Emeritus

Thailand Walking and Cycling Institute Foundation
THAILAND
topic for presenting:

- Why 7 types
- How to do
- Conclusion
Thailand
77 provinces
4 regions
Why 7 types?

• From project operation 2 period, we found that community could make analysis of their local area and design activities that are consistent with the ways of their community in seven types.
(1) using cycling as a means to reduce carbon footprint and carry out environment activities in the community.
(2) using cycling as an activity for development of children and youth from their early age
(3) using cycling to carry out public health works together with community hospitals, encouraging health officials to use bicycle to go to work with communities,
(4) using cycling as a means to make elderly people happy, enabling them to meet their peers and to do religious activities together with other people in their community, such as to go to make merit at a temple or to join communal prayer at a mosque,
(5) deciding on collective measures to support people in the community to use bicycle in their daily life,
(6) using cycling as a means to promote and manage tourism, generating incomes for their community,
(7) using cycling as a tool to integrate community development works together with local administrative organizations.
Seven wonders for cycling community

<table>
<thead>
<tr>
<th>Detail</th>
<th>community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycling for environment</td>
<td>5</td>
</tr>
<tr>
<td>Children and youth</td>
<td>12</td>
</tr>
<tr>
<td>Public health</td>
<td>7</td>
</tr>
<tr>
<td>Elderly people</td>
<td>16</td>
</tr>
<tr>
<td>Measures to support</td>
<td>6</td>
</tr>
<tr>
<td>Manage tourism</td>
<td>6</td>
</tr>
<tr>
<td>Integrate community</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>60</strong></td>
</tr>
</tbody>
</table>
How to do
implemented in seven main stages: within 60 communities (2019)

(1) selection of community leaders.
(2) training on self-community analysis.
(3) training to build Log Frame and outcome mapping skills.
(4) giving grants to support actions in the community.
(5) supporting and monitoring progress of community works.
(6) organizing fora for knowledge sharing and mutual learning between the communities and
(7) learning lessons from project operation together.
Objectives:

For develop community leaders, building their capacity to promote healthy conditions in their communities by using bicycle as a tool.

1986 Ottawa Charter which prescribes that “Health promotion is the process of enabling people to increase control over, and to improve, their health”.
Training and Sharing of leader community to promoting for cycling in the communities
## We Found

<table>
<thead>
<tr>
<th>Year</th>
<th>Community</th>
<th>Tool</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Start</td>
<td>Finish</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>78</td>
<td>70</td>
<td>89.7</td>
</tr>
<tr>
<td>2018</td>
<td>100</td>
<td>89</td>
<td>89.0</td>
</tr>
<tr>
<td>2019</td>
<td>60</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>
We Found

• Helping community leader select type before develop sub-project
• Helping community leader can design activities suitable for target groups
• Helping community leader can right the local organization to collaborating
• Reduce the number of communities that do not continue
• Next we will developing tools for another community that interest it !!!
Cycling Community Make community is BEAUTIFULL !!!
THINK GLOBAL ACT LOCAL
THANK YOU VERY MUCH FOR YOUR ATTENTION

For more details:

www.ibikeiwalk.org/
www.facebook.com/ibikeiwalk/
ameepring@gmail.com