Turn your bicycle training into a heart and peace project!

Recommendations for bicycle trainers for people of different cultures

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Tina Panian
Austrian Mobility Research
panian@fgm.at
Some basic figures as a start ...

• **EU**: More than 1 million migrants crossed into Europe in 2015

• **Austria**: Over 42,000 asylum applications in 2016 (in 2015: 88,000)

• Additionally, strong influx from Eastern Europe

• One of the highest proportion of foreigners in the EU: 15% (1.3 Mio.)

• 1: Germany, 2: Serbia, 3: Turkey
Local level ...

- **Graz**: 320,000 inhabitants; over 73,000 foreigners: 23% (2017)
  1: Romania, 2: Germany, 3: Croatia & Bosnia

- First experiences with cycle trainings in 2011 with the European project: [www.together-eu.org](http://www.together-eu.org)
Cycle trainings 2011-2017
Some results ...

- ~100 migrants trained (youth, adults)
- Migrants mainly female, from non-EU countries
- Downloadable training materials
- Installed stakeholder network in Graz/AT
- ~10% of migrants changed their traffic behaviour, especially women
- 3 absolute beginners became daily cyclists

Additionally, regular cycle training with migrant children from primary schools
Challenges ...

- Big groups
- No proper space
- No proper bicycle equipment
- Inappropriate training exercises
- No budget
- No support from stakeholders
- Negative press
- No commitment from participants
- “Positive discrimination”
Chances & recommendations on personal level

Cycling ...

• ... is pleasure
• ... is affordable
• ... imparts a sense of liberation
• ... carries in itself the aspects of emancipation and autonomy, which lead to:
  • ... increased self-esteem
  • ... expanded action radius and, consequently to
  • ... increased chances & activities in all areas of life
Chances & recommendations on educational level

• Know-how of cycle trainers (cycle regulations ...!)
• Replace bad cycling experiences with positive ones
• Keep group size limited – provide good equipment
• Find similarities in the group – integrate differences
• Train with a good dose of pragmatism (personal advantage!)
• Respect cultural and gender backgrounds
• Train with heart & mind (social & cognitive aspects; peer approach)
• Provide easy to use training materials (pictures/symbols) (if relevant in migrant language)
Chances & recommendations on political level

- Integrate the support of „bridge builders“
- Build up networks with all relevant stakeholders
- Provide economic advantages
- Share cycling knowledge with others
- Become proactive
Thank’s for your attention!
Any questions ...?

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