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Turn your bicycle training into a heart and peace project!

Recommendations for bicycle trainers for people of different cultures

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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

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- First experiences with cycle trainings in 2011 with the European project:



www.together-eu.org

Energy efficient transport training for adult immigrants

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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