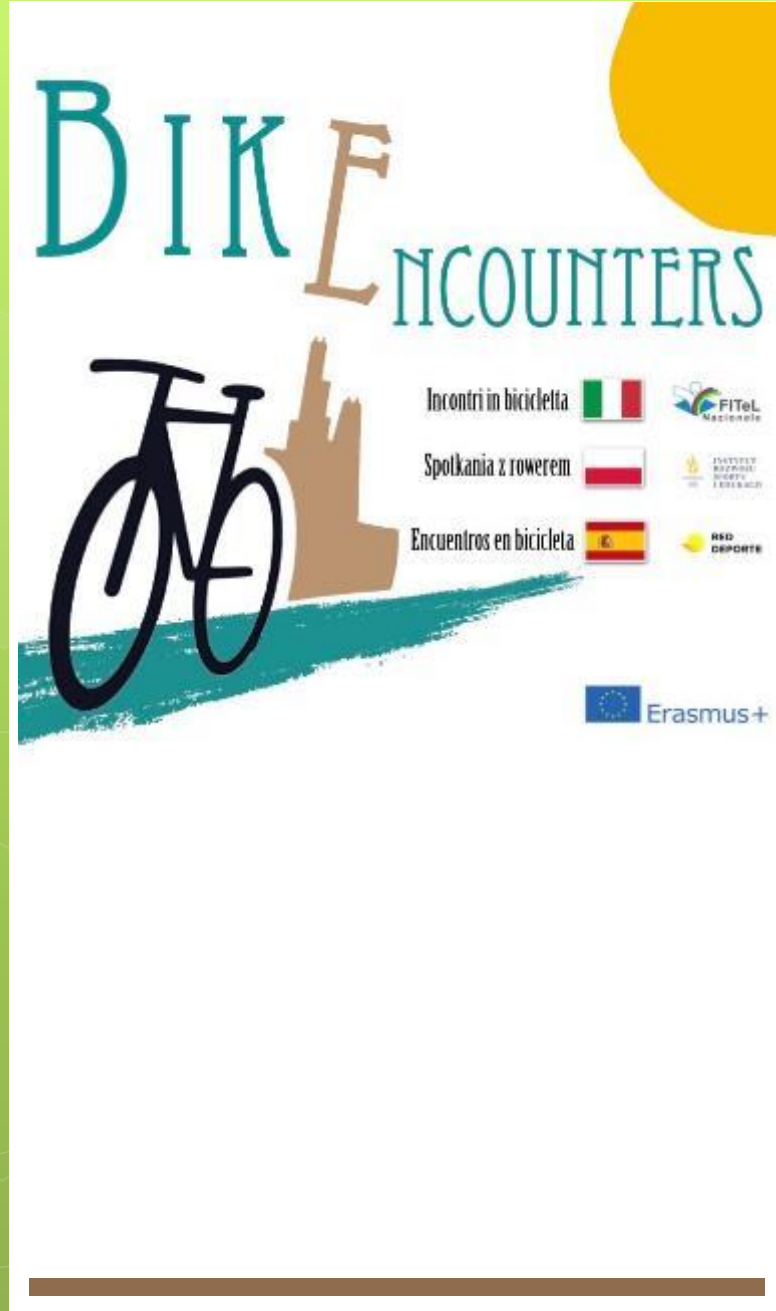


Good practices about cycling for social inclusion

Project Bike Encounters Erasmus Sport



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Erasmus+ Programme
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THIS PUBLICATION

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AUTHORS

Kazimierz Waluch, Olga Smolenska (IRSIE), Carlos De Carcer (Red Deporte), Andrea Ciantar, Daniela Sangiorgio, Antonio Respisi (FITEL).

LICENCE

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INTRODUCTION

This publication, entitled “Good practices about cycling for social inclusion” has been realized in the frame of the Erasmus Sport project “Bike Encounters”.

Through this output we wanted to collect a series of experiences, projects and practices focused on amateur cycling seen as a form of social inclusion.

In particular, you will find two types of practices:

- practices for social inclusion, aimed at creating activities in which the bicycle becomes an opportunity for a motor practice that is also an opportunity for socialization, meeting, social relationship, bringing together people of different nationalities, different social classes, different abilities;



INTRODUCTION

- practices that combine cycling with social tourism; "Social tourism" has the main objective of guaranteeing access to the holiday for all, against the exclusion of those with less financial means or reduced physical abilities.
- From this point of view, the bicycle is an extraordinary vehicle, for various reasons:
 - it is a form of tourism accessible to all, even for disabled people, thanks to the possibility of accessing adapted means;
 - the bicycle allows to combine environmental tourism with cultural tourism, aimed at getting to know the area.



INTRODUCTION

The publication is aimed at a target audience that include: social workers, sports coaches, volunteers, other stakeholders in the field of sport and social inclusion.

The key elements that all of these practices have in common include:

- the combination of motor actions and cultural and socialization activities;
- attention to environmental issues;
- knowledge of the educational needs of the participants;
- the possibility of offering various types of support in parallel with sports activities;
- the mobilization of the network, which makes it possible to reach people at risk of social exclusion, as well as to have resources to support these participants.



THE PROJECT

The Bike Encounters Erasmus Sport project was aimed to promote amateur cycling sport as a means of social inclusion and social tourism.

In particular, the project involved research and practical exchange activities between the consortium partners, through transnational meetings and local activities, and led to the creation of the following products:

- research on the use of amateur cycling sport in partner countries;
- collection of good practices on cycling as social inclusion;
- creation of social cycle tourism routes in partner countries.



PARTNERS

- Federazione Italiana Tempo Libero, Italy (coordinator).
- Instytut Rozwoju Sportu i Edukacji /Institute for the Development of Sport and Education/ (IRSIE), Poland.
- Fundación Red Deporte y Cooperación - RDYC – Spain

INFO

- Website: <https://www.bikencounters.com/>
- Email: nazionale@fitel.it

Good practices about cycling as social inclusion ITALY





Good practices about cycling as social inclusion

Accademia della Bici

The project consists in the construction of a mobile bike workshop, a real educational laboratory itinerant use and repair of bicycles, set up inside a truck equipped with all the necessary equipment and materials. A truck inside which, thanks to the collaboration of local schools that have given their membership, educational and educational pathways will be set up for pupils of fifth grade and the media, with the aim of promoting the use of cycling as an ecological and healthy means, and of disseminating road safety standards, to improve basic technical and cycling knowledge and skills, to strengthen personal inclusion and self-esteem. (2020)



Good practices about cycling as social inclusion

Cicloturismo inclusivo

The course aims to provide participants with the knowledge and skills necessary to organize and conduct bike rides, handbikes and tandem with the participation of people with disabilities. In the development of the program is given ample space to the practical part, with the participation of athletes with disabilities.

The course aims to share the exchange of experiences between teachers and participants. (2021)



Good practices about cycling as social inclusion

Bici Libera Tutte!

It is a training course for migrant and vulnerable women:

‘It is easy and free’ - explain the organizers -. The course offers a teacher and a bicycle for individual lessons. Each participant who learns to ride, at the end of the course, receives a bicycle as a gift, to use in his daily travels. (2020)



Good practices about cycling as social inclusion

L'ABC della ciclomeccanica!

This training activity is aimed at educators and users of reception communities and day centres. It is a free workshop where you can learn how to set up a small cycle workshop within your own community.

The course includes the possibility of also requesting the assistance of a cycle-mechanic to design the cycle workshop, which provides for a financial contribution of the creators of the initiative. (2020)

Good practices about cycling as social inclusion POLAND





Social tourism by bike

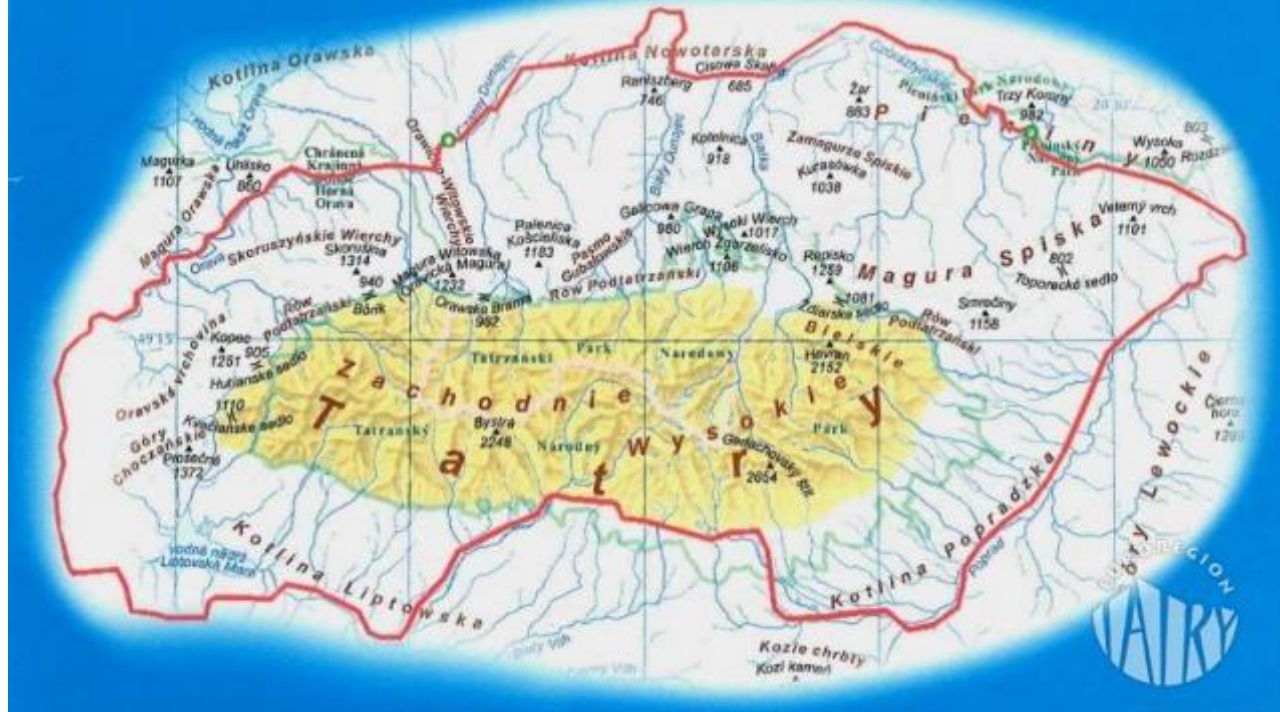
Cultural, Historical and Natural Trail Bicycle Around the Tatras

The project Historical, cultural and natural trail around the Tatra Mountains is a large-scale cross-border project, which is initiated by the effect of "Tatra" Euroregion in 2004, long-term cooperation of local Polish and Slovak border. A complete project involves the implementation of over 250 km loop around the Tatra cycle routes, ski, cross country and education. Its guiding idea is to provide unique places and local values of landscape, cultural, historical and natural on both sides of the border, whose availability is currently limited or negligible.

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Social tourism by bike

HISTORYCZNO - KULTUROWO - PRZYRODNICZY SZLAK WOKÓŁ TATR



Social tourism by bike

This project can be considered very relevant under the aspect of social inclusion by biking, because this rally allows the integration of various environments and social groups, as well as shaping new attitudes and behaviors of tourists and tour operators. This event thus attracts many different groups of tourists (residents, tourists, families with children, etc.), for reasons of integration, sightseeing or hobby.





**2. Rowerowy
Rajd Retro**
"Pożegnanie z Afryką"

15.09.2019 r.
godz. 10:00

*Start i Meta:
teren rekreacyjno-sportowy,
ul. Kościelna 7, Puszczykowa*



- <https://www.youtube.com/watch?v=hEqGAf0j8zM>
- <https://telewizjastk.pl/czytaj/rowerowe-pozegnanie-w-puszczykowie>
- <https://www.youtube.com/watch?v=XIRHHGilXxg>
- <https://www.youtube.com/watch?v=LLaeVG5NXi4&fbclid=IwAR0aD5pyXKPZBcFdG9gkV83I41pR2glTmvgI0OTyyt9PnISTHk0nbtYil3k>

Good practices about cycling as social inclusion SPAIN



Good practices about cycling as social inclusion



ReCYCLOworkshop

The project tries to give a second chance to those bicycles that people no longer use and that they have thrown away in their storage rooms or that they even find on the streets. It is part of the RASI foundation in Malaga and consists of two pillars: 1. Work in the process of mobilization and activation of homeless people and people in a situation of serious exclusion. 2. Environmental awareness. It also helps these people to have an employment option as they receive theoretical and practical training in bicycle mechanics, giving them the opportunity to work in this field. In addition, they work to raise environmental awareness by promoting recycling and also recognizing that the use of the bicycle is an ecologically and economically sustainable means of transport that helps people's well-being. This project was awarded in the II edition of the Ecoembes R awards and the financing of the workshops was through the Malaga City Council. (Bernal, 2015)

Good practices about cycling as social inclusion



On a bike without age

This is a project that was born in Copenhagen in 2012 and has been replicated in more than 250 cities around the world. The objective is to allow people with reduced mobility to have the possibility of riding a bike. The bike used for this activity is a tricycle adapted for the person who drives it and the other two companions. What they are looking for with this project is: the generosity of care, support networks, respect and interact with the environment, experience, generate new intergenerational relationships and the creation of a positive space for interaction with the community. Bicisalud, and the entity that promotes this project in Madrid. (Mares Madrid, 2019)

Good practices about cycling as social inclusion



BikeWithWings

It is a project dedicated to improving the quality of life of people who do not have resources through bicycles in Madrid. They have 2 objectives: to create jobs in the bike workshop for people at risk of social exclusion and to improve the living conditions of people without resources with bicycles as a means of transport. They manage collection points, since some bicycles come from donations and the others are made from scratch in the workshop. They are very careful with the people they choose to give them the bicycles, or they describe it as an option out of their possibilities but that it is the door to improve the conditions of their lives. They have a collaboration with the Vicente Ferrer Foundation where they regularly deliver bicycles to girls from the Anantapur region of India, where they can go to study on their bikes because there is no public transport there. (Bike With Wings, 2019).



Social tourism by bike

BiciMAD

New means of public transport that is being implemented in Madrid with 100% electric bicycles. What this initiative seeks is to provide a clean and healthy alternative transport for citizens, promoting the use of bicycles. This proposal is also joined by the use of technologies that offer real-time information on bicycles and available stations and instant registration with credit or debit cards. (BiciMAD, 2019)



Social tourism by bike

Alcala Bike

Program to promote the use of bicycles in Alcalá de Henares (Spain). The idea of this project is to make bicycles the main means of transport in order to reduce accessibility, mobility and pollution problems, creating an accessible loan service for citizens and people who are visiting. The strategies that they carried out to carry out this project were: free loan service and provision of bicycle racks in different parts of the city, necessary signage in green areas and an expansion of the spectrum that is intended for people with motor disabilities. This proposal was awarded in the 2007 Climate Star International Contest for championing the use of bicycles as an alternative to motorcycle vehicles and promoting sustainable transport for daily trips. After having positioned this proposal, more joint activities were developed, such as the celebration of a gymkhana in the city. (Cities for a more sustainable future, 2008)



Social tourism by bike

Bike-Friendly

It is a travel agency for bike fans in Spain. This project was born because they realized that cycling was growing as a sport practice all over the world and it is reflected more than anything else in tourist places like Spain. What they do is provide facilities to people who decide to do cycling tourism, they offer hotels, companies, consultancies and trips, all focused on cycling. This initiative is outlined as a business opportunity and economic and sustainable development. (Bike friendly, 2017)

BIKE ENCOUNTERS



Incontri in bicicletta



Spotkania z rowerem



Encuentros en bicicleta



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