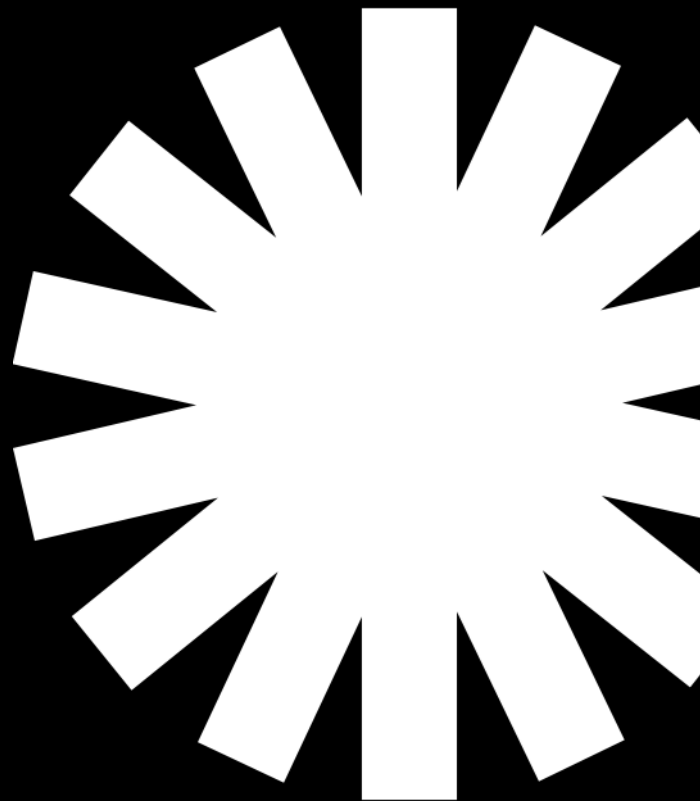


# Fietschool

SAFE FREEDOM FOR ALL

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# MOBIEL21

SETTING PEOPLE IN MOTION



**SHORT DISTANCES  
WITHOUT A CAR**



**STREETS FOR  
PEOPLE**



**SOLVING  
TRANSPORT  
POVERTY**

# Fietschool



## Start bij enkele van onze meest gelezen items

### Een fietschool opstarten

Met een goede voorbereiding en planning gaat jouw fietschool vlot van start. Denk daarom goed na voor je eraan begint, en breng alle aspecten in rekening. Wij helpen je op weg.

[Checklist Opstart](#)

[Actieplan](#)

[Lesenrooster](#)

### Administratie

Voor een vlot verloop van de fietslessen houd je de administratie goed bij. Werk met aanwezigheidslijsten en fietsrapporten om jouw lessen nadien te kunnen evalueren.

[Lessenrooster](#)

[Naamkaartjes](#)

[Aanwezighedslijst](#)

[Fietsrapport](#)

### Logistiek

Van parcoursmateriaal tot fietslessen te geven verzamelen je op voorhand al het nodige materiaal. Hier ontdek je wat je allemaal nodig hebt.

[Lesfietsen](#)

[Checklist Lesmateriaal](#)

[Checklist EHBO](#)



A black silhouette icon of two children standing with their arms raised in the air, representing a group of children.



A black silhouette icon of two people standing side-by-side. The person on the right is wearing glasses, representing a diverse group of people.



A black silhouette icon of a man and a woman standing side-by-side, representing a diverse group of people.



## Cycling education for youngsters

### 1. OKAN-students in Leuven (city of Leuven)

- **OKAN (Reception Class for foreign-speaking newcomers, 12-18 years old, 1 schoolyear language 'bath' Dutch as preparation for regular education)**
- **During schooltime**
- **Together with trainees and teachers of the OKAN-school**

### 2. Minors in reception centers for asylum seekers in Flanders (Fedasil – project Be Cycle)

- **After school and in the weekend**
- **Coaching of social workers and educators in reception centers**
- **Educational materials for social workers and youngsters (self-learning)**



## Cycling gap

- Not knowing how to cycle
- Not familiar with Belgian traffic environment
- No cycling culture
- !! Students as well as their parents

## Extra challenge

- Language barrier, diversity in schooling, in culture, in mobility culture, ...
- Youngsters with trauma



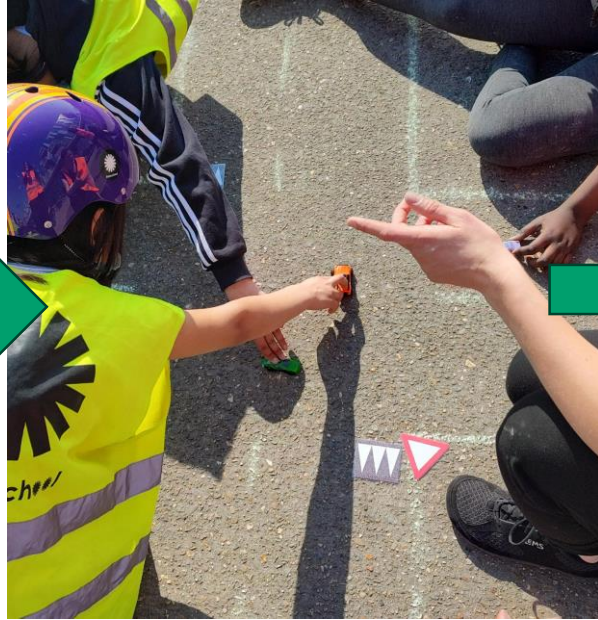
- **Freedom and autonomy for youngsters: getting around independently (school, freetime activities, friends, ...)**
- **Concrete solution for transport poverty: getting somewhere on time**
- **Easier integration in regular education: participation in activities**
- **Belonging: cycling culture**
- **Emancipation**



1



2



3





## CYCLING LESSONS IN SCHOOLS

- **Cycling test at school: selection of students**
- **Learning process: from walking with the bicycle to cycling**
- **Games, different exercises**
- **Working in small groups, at everybody's pace**
- **A strong team: 1 cycling teacher + trained volunteers, trainees, teachers of the OKAN-schools**
- **Non linguistic methods: visualizing exercises with cones, chalk, arrows, ..., demonstrate and imitate**
- **And at the same time: learning Dutch**

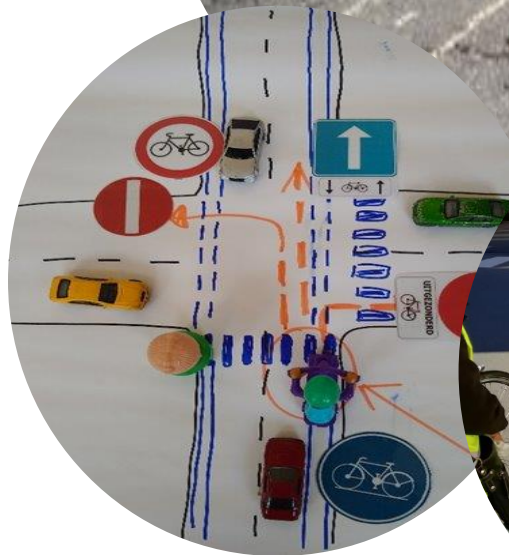
## LEARNING TRAFFIC RULES

Coaching/supporting teachers and social workers with:

- Active and interactive methodologies: traffic walks, playing on a crossroad, roleplay, ...
- Non-linguistic methodologies: demonstrating, visualizing, VIDEOS ...
- 'Translating' traffic rules: using easy language and associations
  - Ex. Priority □ who can go first? Who has to wait?
  - Red and round: forbidden, red and triangle: watch out

**!! Repetition: educational materials for teachers in OKAN-schools and for social workers in reception centers**

**!! Working in small groups**





## Content videos

- Learning how to cycle
- Learning the traffic rules
- Learning how to cycle safely in traffic
- Extra: park your bike, avoiding fines, clothing, ...



Self learning - empowerment







Fietschool



### Features – why these extra videos?

- **Real life** situations
- **Focus on behaviour/actions:** what to do when ...
- **Animations**
- **Dutch** spoken – easy language - 'translation' of traffic rules
- **Short** videos

## GUIDED PRACTISE IN TRAFFIC

- Working in small groups: 1 teacher/social worker/volunteer with 2 youngsters on the street
- Breaks to explain! Not just cycling
- Step by step
  - Carfree zones
  - Low-traffic streets/residential areas
  - Heavy traffic streets/city center
- Mix between learning and enjoying
- Cycling exam routes!

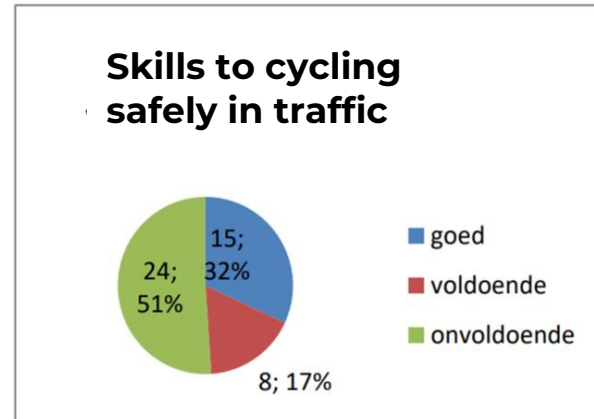
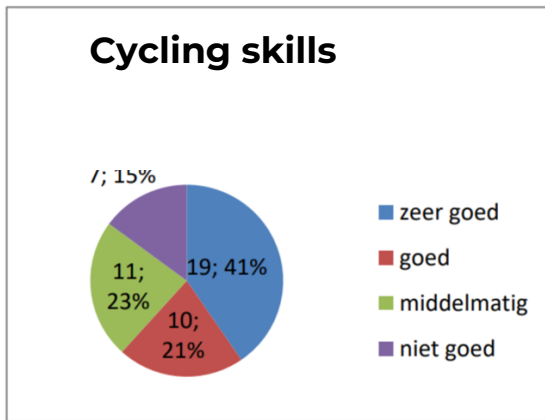
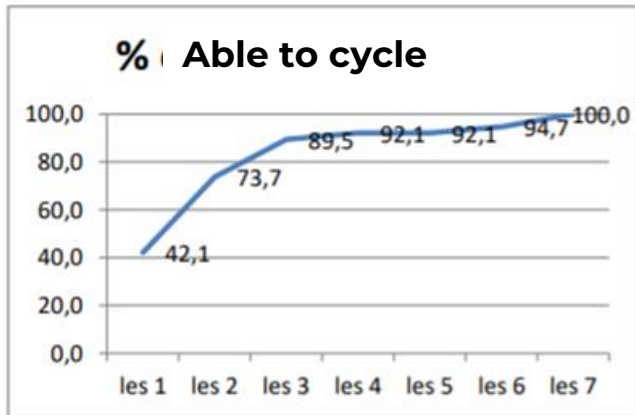


## Celebrating successes

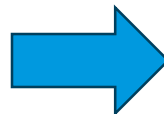
- Cycling certificate
- Party
- Cycling tour



**Example: results of cycling lessons in Leuven 2019-2020**  
**- 7 cycling lessons (1 theory)**



**After the first lesson, 40% of the students was able to ride a bike. The last student needed 7 lessons to cycle. Only 32% could cycle safely in traffic.**



**Adapting methodologies and approach, based on results!**

**Educational materials for teachers, buddies to practise, more cycling lessons, ...**

**+ argument for possible sponsors!**

## Integral and lasting solutions

- Knowing how to cycle safely in traffic
- Having access to a bicycle
- Becoming a cyclist

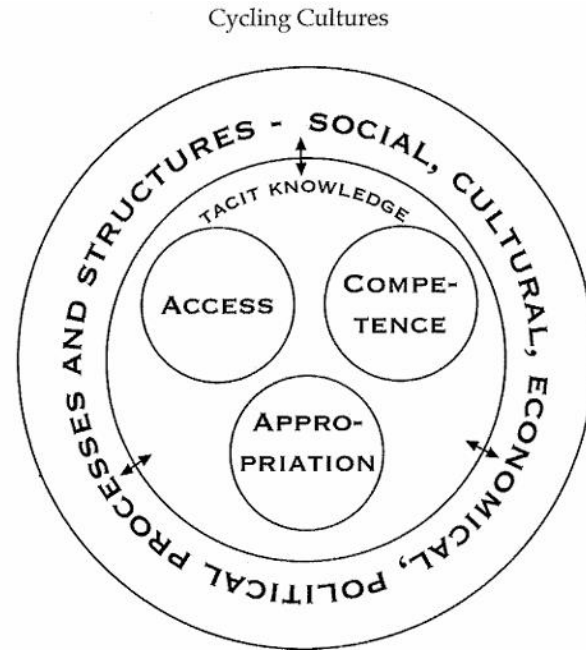


Figure 4.2. A person's motility in relation to tacit knowledge and the environment.

Uit Angela Van Der Kloof – lessons learned through training immigrant women to cycle.



## ALLIES for integral and lasting solutions (1)



- **Volunteers:**
  - As teachers and cycling buddies!
  - Spreading the cycling virus
- **Schools**
  - Being aware!
  - Explaining and repeating traffic rules and traffic language
  - Internees as extra teachers
  - Extra practise in sports lessons and during excursions – participation on a bike!
- **Parents/family:**
  - installing cycling culture (financial thresholds, not knowing how to cycle, no place to stall the bike)
  - ex. cycling school family days

## ALLIES for integral and lasting solutions (2)



- **Neighbourhood organisations, youthwork:**
  - Motivating and follow-up
  - bicycle rental
  - cycling repair
- **Social economy:**
  - working together towards solutions to get a bicycle
  - basics of cycling repair
- **Local government:**
  - Creating and supporting (citywide) solutions to tackle cycling poverty: investigating the needs, organising cycling education, projects on access to a bike, investing in safe cycling routes, creating cycling education routes, campaigns on cycling culture, ...
- **Companies/foundations:**
  - sponsoring



# Thank you!

Any questions?

Becoming an ally?

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