



Enhancing physical activity uptake for children  
through the provision of safecycle interventions

## SafeCycle4Kids Open Street Events Summary

**Work Package:** WP4- Dissemination, Communication, Engagement

**Task:** T4.2. User engagement

**Deliverable Title (D4.2):** Open Street Events

**Date:** 26/6/2024

**Level of Distribution:** Public

**Authors:** Yugo Cycling Campaign

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|                         | SINDIKAT BICIKLISTA UDRUGA                          |

## CONTROL SHEET

| <b>Version</b> | <b>Date</b> | <b>Description</b> |
|----------------|-------------|--------------------|
| <b>V 0.1</b>   | 2/2/2023    | First draft        |

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## EXECUTIVE SUMMARY

### 1. INTRODUCTION. ABOUT THE SAFE CYCLE4KIDS PROJECT

SafeCycle4Kids is an 18-month EU-funded project aiming to increase safe cycling for kids by supporting cycling adoption as a mean of active travel that can improve the physical activity level. Kids (& families) do not cycle because of safety concerns.

SafeCycle4Kids concept is based on two principles that will increase the skill and the safety and therefore confidence of young cyclists and their families: 1) Parental perceptions of children's cycling and traffic skills are an important correlate of children's independent mobility. 2) Increasing children's cycling and traffic skills are important targets in cycling promotion among children. The five partners will develop a safe cycling training for kids and parents that can be used as the basis for a European-wide intervention, based on the good practices training that have been applied in various countries so far. This will increase the physical activity levels of kids and families through an economic, green and inclusive method of exercise, cycling.

### 2. PURPOSE AND SCOPE

One of the main objectives of the SafeCycle4Kids event was to motivate children to adopt cycling as a regular activity. One open street family cycling event was delivered by each partner, to promote the use of cycling as a means of transport and mobility and should encourage its integration in every day's life of families.

By promoting cycling, SafeCycle4Kids aimed to enhance physical fitness and encourage a healthier, more active lifestyle among young participants. Various activities and demonstrations were organized to make cycling fun and appealing to children, thereby fostering a lifelong love for the sport.

The events were designed to promote safe cycling practices among children and encourage a more active lifestyle. and underscored the importance of both physical fitness and safety education for young cyclists and their families and were well-received by the participants, with many expressing their gratitude for the valuable information and enjoyable activities.

The SafeCycle4Kids events successfully achieved their objectives of promoting cycling among children and educating them on crucial safety aspects, as they contribute to promoting safe cycling for children and highlight the health benefits.

Some partners look forward to organizing more such events in the future to continue promoting safe and active lifestyles among children and their families.

The detailed explanations of all open events by partners are presented in the next chapter.

### 3. COUNTRY-SPECIFIC OPEN STREET EVENT

#### 3.1 PHYSIS OUTDOOR TRAINING

The SafeCycling4Kids event took place on Sunday, May 12, 2024, in Polygyros, Halkidiki. The event was supported by the participation of 120 students from the elementary schools of Polygyros and their parents.

The purpose of the event was to promote the principles of the European project SafeCycle4Kids, which focus on safe cycling. Students and parents who wished to participate in the open event had to fill out a participation form, certify their good health through a signed statement, and complete a liability waiver.

On the day of the event, participants received informational leaflets about the purpose of the SafeCycle4Kids project, safe cycling practices, and the event schedule. Additionally, helmets and reflective vests were provided to the students and parents who participated in the event.

The students gathered in the school courtyard, parked their bicycles, put on reflective vests, and wore helmets.

They were then briefed on the history and evolution of bicycles, the different categories available in the market for public use and shown 2-3 types of bicycles used by athletes in competitive cycling sports. They were informed about the health and environmental benefits of using bicycles for daily commuting. The briefing included criteria for selecting a bicycle and its various representations. Next, the students learned about the rules they must follow to cycle safely without risking accidents or causing them.

In the practical part, the students received instructions on cycling rules and how to manoeuvre their bicycles. They adjusted their bicycles to fit their body types. The young cyclists were then taken to the starting point for a leisurely ride around Asklipiou Street, class by class, with two volunteer cyclist assistants per group. At the end of the route, all children received a medal.

The main goal was to encourage children to love cycling as a form of exercise that strengthens their bodies, muscles, and bones, while also improving endurance and reducing the risk of obesity. Parents learned that cycling was a fun activity that brought joy to children, boosted their self-esteem, and was a great family recreational activity. Bicycles were also used to teach children about environmental awareness as a green mode of transportation. Additionally, the young cyclists were educated on road safety rules and the importance of respecting others on the road.

The 'bicycle tour' coincided with a cycling championship, introducing children to cycling as an organized sport.

#### Feedback

The event received positive feedback from attendees. Parents and local authorities appreciated the safety lessons delivered through experiential learning, while the children enjoyed riding their bikes in a controlled environment. SafeCycle4Kids effectively encouraged bike riding while emphasizing safety.

Additionally, all involved parties agreed that events like SafeCycle4Kids are very important, as they contribute to promoting safe cycling for children and highlight the health benefits.





### 3.2 OTI SLOVAKIA

On the morning of May 11th, 2024, OTI hosted an engaging and educational event titled "SafeCycle4Kids" at the HidePark cycling playground in Nitra. This Multiplier event was designed to promote safe cycling practices among children and encourage a more active lifestyle. The event underscored the importance of both physical fitness and safety education for young cyclists and their families. Event was joined with annual hiking event which took place at the same weekend and helped to attract active families to the SafeCycle4Kids multiplier.

## Event Details

- **Date:** May 11, 2024
- **Location:** HidePark cycling playground, Nitra
- **Participants:** Approximately 100 family members

The event was strategically held at HidePark, a well-known cycling playground in Nitra, which provided an ideal setting for both the educational and practical aspects of the event. Approximately 100 family members, including parents and children, participated in the various activities throughout the day.

The primary invitees were parents and children from the elementary school Kniezata Pribinu and youth metro club. Additionally, the event attracted other children and parents who were cycling along the river Nitra bank near the playground. This diverse group of attendees added to the community spirit and inclusivity of the event.

## Objectives

### Encourage Cycling for Kids

One of the main objectives of the SafeCycle4Kids event was to motivate children to adopt cycling as a regular activity. By promoting cycling, OTI aimed to enhance physical fitness and encourage a healthier, more active lifestyle among young participants. Various activities and demonstrations were organized to make cycling fun and appealing to children, thereby fostering a lifelong love for the sport.

### Educate on Safety Aspects

A significant focus of the event was placed on educating both parents and children about the importance of safety while riding bicycles. The safety education included:

- **How to Wear a Helmet:** Proper helmet fitting and the importance of wearing a helmet every time one rides a bicycle.
- **How to Get Off the Bicycle Safely:** Techniques for dismounting a bicycle to prevent accidents and injuries.
- **Basics of Cycling Safety:** General rules of the road, understanding traffic signals, and being aware of one's surroundings while cycling.

These educational components were essential in ensuring that the children not only enjoyed cycling but also understood the critical aspects of staying safe while doing so. The event featured a variety of engaging activities designed to highlight the importance of cycling and safety. Led by teacher Radka and youth worker Stefan, these activities were both educational and entertaining, ensuring that the children learned valuable lessons while having fun.

### Bicycle Preparation Support

During the event, families had the opportunity to prepare their bicycles for the new season with the support of a cycling expert. This included:

- **Basic Bicycle Maintenance:** Tips on keeping the bicycle in good working condition, checking tire pressure, and ensuring brakes and gears are functioning correctly.
- **Safety Checks:** Ensuring each bicycle was safe to ride, including inspections of helmets and other safety gear.



These sessions were highly appreciated by the participants, as they provided practical knowledge that could be used beyond the event.

## Participant Feedback

The event was well-received by the participants, with many expressing their gratitude for the valuable information and enjoyable activities. The mixed crowd of approximately 100 family members engaged enthusiastically in the event, highlighting the importance and success of such initiatives.

Parents appreciated the focus on safety education, noting that the practical demonstrations and hands-on activities helped reinforce the importance of cycling safety to their children. The children enjoyed the interactive nature of the event, particularly the opportunity to ride their bicycles in a safe and controlled environment while learning new skills.

The SafeCycle4Kids event successfully achieved its objectives of promoting cycling among children and educating them on crucial safety aspects. OTI extends its heartfelt thanks to all participants for their enthusiasm and commitment to fostering a safer and healthier community. Special appreciation goes to teacher Radka and youth worker Stefan for their leadership and dedication in making the event a success.

OTI looks forward to organizing more such events in the future to continue promoting safe and active lifestyles among children and their families.







### 3.3 MUBI ASSOCIAÇÃO PELA MOBILIDADE URBANA EM BICICLETA

On the Friday morning before the meeting of the "SafeCycle4Kids" project in Lisbon, MUBi organised an opportunity for consortium members in Lisbon to accompany a Bike Train. The "SafeCycle4Kids" team had the occasion to observe and interview volunteers from one of the Bike Trains that operates in Lisbon once a week. CicloExpresso is a group of children who ride their bicycles to school, accompanied by adult monitors. Similar to a regular train, CicloExpresso has a set route and schedule, and any child can join the ride to school.



A team member of MUBi from "SafeCycle4Kids" helped co-organize the Kidical Mass event in Lisbon. The General Meeting of the "SafeCycle4Kids" project was scheduled for the Friday before this public event to allow consortium members to participate. The "Kidical Mass" in Lisbon had 150 participants, both adults and children, with several members of the "SafeCycle4Kids" team in attendance. Portugal is one of the European countries with the most "Kidical Mass" events, and it has already inspired our team member from Croatia to start planning a Kidical Mass in Zagreb.





MUBi co-organized a street event with other partners called "Cycling for Climate." The event took place in a public square in Lisbon and had 15 participants. That morning, children had the opportunity to test their cycling skills, and we engaged with parents to discuss the challenges of allowing children to cycle on dangerous public streets.

# PEDALA PELO CLIMA

## NO FESTIVAL ATIVA

Campo Mártires da Pátria  
 11 -13h

### Atividades em Bicicleta

Treino para melhorar a condução de bicicletas dirigidas a crianças (7-13 anos) que já sabem pedalar.

+  
 Boleia à volta do jardim em bicicleta de carga (crianças a partir dos 2 anos)

# 19

## MAIO

DOMINGO

TRAZ A TUA BICICLETA!

Co-funded by the Erasmus+ Programme of the European Union



MUBI had the opportunity to present the "SafeCycling4kids" project in Coimbra. At this seminar on June 1st, the Coimbra City Council, Coimbr'a Pedal, the University of Coimbra, and MUBi came together to discuss ways to promote bicycle mobility and address its cultural, political, and technical challenges to an audience of 30 people.

### 3.4. SOCIETY OF CYCLING LOVERS “YUGO CYCLING CAMPAIGN”

The open event was organized on Sunday, April 28, 2024. in the park in the immediate vicinity of the "Janko Veselinovic" school, where the training was held. About 50 kids and their parents attended the event. First, the instructors gave a short demonstration of proper driving and proper wearing of helmets, and the volunteers and the wardens explained the movement of the cyclist column. Then the cyclists made a circle around the school and the surrounding park. During the event a couple of hundreds of flyers, explaining why it is important to cycle safely were distributed to the participants and people who were watching the event.

However, the event with children was very well promoted by the regional television N1 (broadcast in all countries of the former Yugoslavia), which directly participated in the training at the "Janko Vasilinović" school. A few pictures from that event, are shown here.





### 3.5. SINDIKAT BICIKLISTA

The Cyclists' Union participated on **Saturday, May 18**, in the **Decathlon Sports Festival** at the Zagreb sports and recreation center Jarun. We used this unique opportunity with a large number of visitors to promote the aims of the **SafeCycle4Kids** project.

At the festival, the Cyclists' Union had its stand and a safe driving training ground, where children of all ages could learn the basics of traffic rules, how to perform a safety check on a bicycle, what are the basic parts of a bicycle, how to equip yourself for safe riding, and could try cycling on the training ground, where typical situations in bicycle traffic were simulated.



The visitors could learn more on the activities that the Cyclists Union carries out as part of the **SafeCycle4Kids project**, having numerous promotional materials for children and their parents, such as flyers, posters, manuals and flags.





The visitors were particularly interested in cycling on the training ground. We noticed a greater interest and readiness of parents for project activities than during school education, which suggests that parents are more interested when the content is offered to them directly, in their free time.

We are especially proud that we had the opportunity to work with a group of deaf children who came to the festival in an organized manner.

The festival brought together numerous recreationists of all age groups, and visitors could try or compete in various sports and games.



## 4. CONSLUSIONS

In general, it can be concluded that open events were organized successfully and that both children and parents actively participated.

- The events received positive feedback from attendees.
- There were more than 500 kids and 250 parents in total who took part in open events in all countries.
- Parents and local authorities appreciated the safety lessons delivered through experiential learning.
- Children enjoyed riding their bikes and had the opportunity to test their cycling skills in a controlled environment, for the first time, for many of them.
- The events were well-received by the participants, with many expressing their gratitude for the valuable information and enjoyable activities.
- The **SafeCycle4Kids** events successfully achieved their objectives of promoting cycling among children and educating them on crucial safety aspects.

Additionally, all involved parties and stakeholders agreed that events like **SafeCycle4Kids** are very important, as they contribute to promoting safe cycling for children and highlight the health benefits. Some partners look forward to organizing more such events in the future to continue promoting safe and active lifestyles among children and their families.