



Reggio Emilia
città
delle persone

| Servizio Politiche per la Mobilità

Practical experiences and users perspective: the sustainable mobility in the 'home - school ways'

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TUTTINBICI - FIAB

Federazione Italiana Amici della Bicicletta/
Italian Federation of Bicycle Friends

Joining European Cyclists' Federation



The association Tuttinbici Fiab of Reggio Emilia is part of the Italian Federation of Bicycle Friends (FIAB).

The national NGO gather more than 120 local environmental associations aimed to raise awareness about cycling as an alternative and sustainable means of transport among citizens and at political level. FIAB joins ECF-European Cyclist Federation.





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Tuttinbici Fiab Association

- In Reggio Emilia, Tuttinbici promotes workshops for schools of all levels wanting to make cycling more friendly and appealing to students.
- Since 2002, Tuttinbici works jointly with the Municipality of Reggio Emilia within the Bike Office, providing experience and expertise to raise cycling mobility in the city.



Tuttinbici started monitoring pupils' cycling level in the first and second classes of primary school (6-7 years) and found out that 20-30% of them didn't do it appropriately, therefore decided to start working with children since kindergartens (4 to 5 years).

Kindergartens



Kindergartens

Some schools own bikes without pedals (draisine) and other secondhand bikes that children ride spontaneously when playing outside.



Kindergartens: drawings



Bike "dancer"

Kindergartens: Il "trasforma bici"

Even the school final party can be seen as a moment to combine fun with cycling, turning a bike into a shark.....





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... or a duck...



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Kindergartens: "bicistorie"

.... telling
stories about
bikes
("bicistorie")...



Kindergartens: "bicitorte"

.. and sweeties are
thematic as well
("bicitorte")!





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Workshops for Primary schools (6 – 10 years)

1. Challenges
2. Bike knowledge
3. Bike maintenance
4. Bike History
5. Road Rules and cycling driving licence



Challenges in Primary schools

6-7 years old





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Challenges in Primary schools



8-10 years old



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For students aged 8 – 9,
Tuttinbici organizes
workshops such as the ID of
the bicycle to get to know
bikes, with the description
and operating principles of
its components

Primary Schools: Getting to know the bike

** Scheda didattica **

Le parti che compongono la bicicletta

Osservate il disegno sottostante e individuate le seguenti parti essenziali indicandolo a voce:

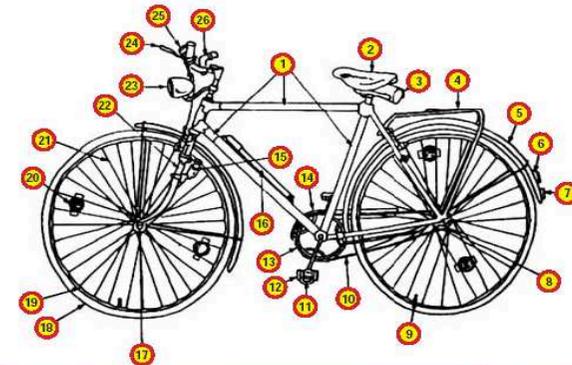
TELAIO composto da: forcella anteriore - forcella posteriore - tubo orizzontale - tubo obliquo - piantone

SISTEMA DI TRASMISSIONE composto da: catena - pedali - ruote dentate - pedivelle

SISTEMA STERZANTE composto da: tubo dello sterzo - manubrio

IMPIANTO ELETTRICO composto da: fanale anteriore - fanale posteriore

IMPIANTO FRENANTE composto da: freno anteriore - freno posteriore - leva del freno



Ora mettete i numeri corrispondenti
nei quadratini:

- | | | | |
|--------------------------------------|--------------------------------------|--|---|
| <input type="checkbox"/> dinamo | <input type="checkbox"/> copricatena | <input type="checkbox"/> raggio | <input type="checkbox"/> catarifrangente |
| <input type="checkbox"/> fanale | <input type="checkbox"/> campanello | <input type="checkbox"/> luce posteriore | <input type="checkbox"/> borsa attrezzi |
| <input type="checkbox"/> cerchione | <input type="checkbox"/> manubrio | <input type="checkbox"/> catena | <input type="checkbox"/> forcella |
| <input type="checkbox"/> pompa | <input type="checkbox"/> cambio | <input type="checkbox"/> parafango | <input type="checkbox"/> telaio |
| <input type="checkbox"/> portapacchi | <input type="checkbox"/> perno | <input type="checkbox"/> valvola | <input type="checkbox"/> catarifrangente per pedale |
| <input type="checkbox"/> freno | <input type="checkbox"/> pedale | <input type="checkbox"/> sella | <input type="checkbox"/> catarifrangente per ruota |
| <input type="checkbox"/> pneumatici | <input type="checkbox"/> ingranaggio | | |



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Primary Schools: Getting to know the bike



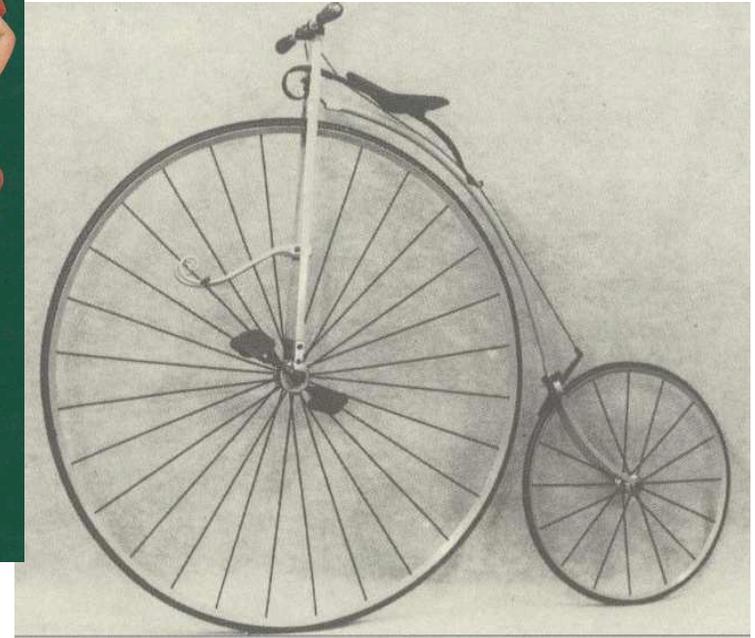
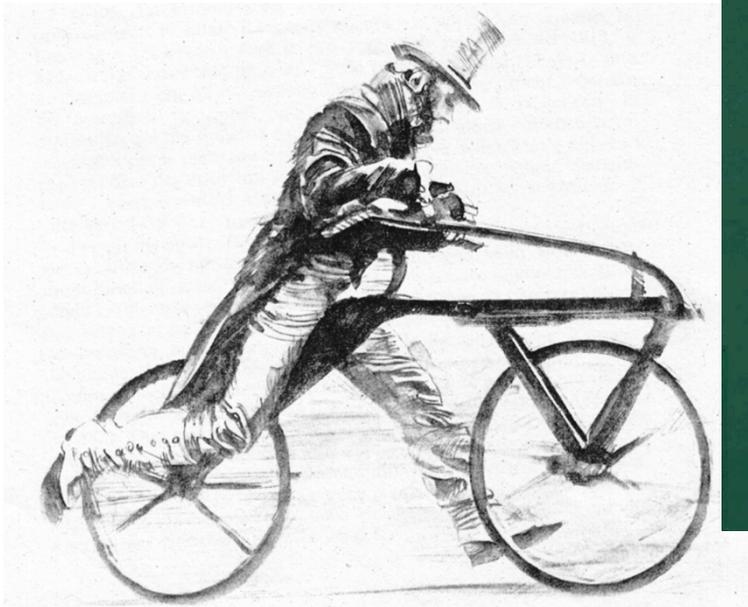
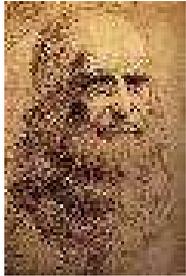
Primary schools: Bike maintenance

For 9 -10 years old children,
thematic workshops are
about bike maintenance
(repair perforations,
removing wheels...)....



Primary schools: The bike history

.... a brief history of
the bicycle, which
has nearly 200
years....



Primary schools: The bike history

Mountain Bike



... but it's still
evolving...



E-bike

a idrogeno



Primary schools: Cycling safety

both in theory...



... and with the cooperation of the Municipal Police final lessons are about knowing the road rules....



... and in practice



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Primary schools: Cycling safety

... and obtaining the driving
license of good cyclist.



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Secondary schools (11 – 14 years): “Bike is better”



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Interactive workshop
about why “bike is
better”



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Secondary schools: Bike is better

For secondary schools (11 - 13 years), thematic laboratories consist on meetings explaining the reasons why cycling is better than other means of transport, with activities such as counting the kms travelled commuting to school and other activities, and calculation of CO2 saved.



Secondary schools: PEDAL project



Progetto grafico scuola guidotti modena

Interactive workshops on Co2 balance (odometers and diary of the trips); awareness of greenhouse effects and global climate changes; independence and practical knowledge about the territory



Servizio Mobilità Urbana e Trasporto locale



Agenzia regionale prevenzione e ambiente dell'emilia-romagna



Istituto di Scienze dell'Atmosfera e del Clima



In collaborazione con CAMINA Città amiche dell'infanzia e adolescenza



Comune di Reggio Emilia Assessorato Mobilità Traffico e Infrastrutture



Comune di Modena Settore Pianificazione territoriale Trasporti e Mobilità



In collaborazione con FI della Bicietta di Moder Tuttinbici-FIAB di Regg

Secondary schools: PEDAL project



Odometers installation





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Primary and Secondary schools: Cycling school trips

Tuttinbici organizes also school trips, for students aged 9-10 in the outskirts of the city...

Primary school: field trip to Crostolo stream



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Primary and Secondary schools: Cycling school trips

.... while for 11 -13 years old students the length could be extended, also in intermodality with railways.

Secondary school: field trip to the Po river train+bike



Secondary school: field trip to the Po river train+bike



Primary and Secondary schools: Cycling school trips

30 bicycles, one for disabled, given to schools



Tuttinbici also organizes courses for people who never cycled, and developed techniques and special devices for.

“First steps on a bike” lessons for young and adults



Bike for everybody

“First steps on a bike” lessons for young and adults





THE EIGHT STEPS OF THE LEARNING MECHANISM

1. Find the balance
2. Start on a flat ground
3. Stand up (pedals inclined behind, heels pressed down)
4. Stop (5 minutes to recover)
5. Start in rise
6. Turn inside out a hand, then the other
7. Do a half turn on a cycling path, first to the right, then to the left
8. Look behind
9. Give a diploma to the student who did all these eight exercises!



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Thank you!

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