



Lessons learned through training immigrant women in the Netherlands to cycle



- Background in Geography / Economics and teaching
- Gender and Use of Space / Mobility
- Cycle trainer 1991 - 2005
- Project leader 'Cycling School' (and more) 1992 - 2008
- Developer of training material 1995 - present
- Train the trainer 1996 - present
- Initiator 'Cycle Friends' buddy project 2003

• Consultant Sustainable Mobility, 2008 - present
"The bike is a tool to stimulate participation and interaction and create an environment that is social and accessible for all."

5 Basic Tips

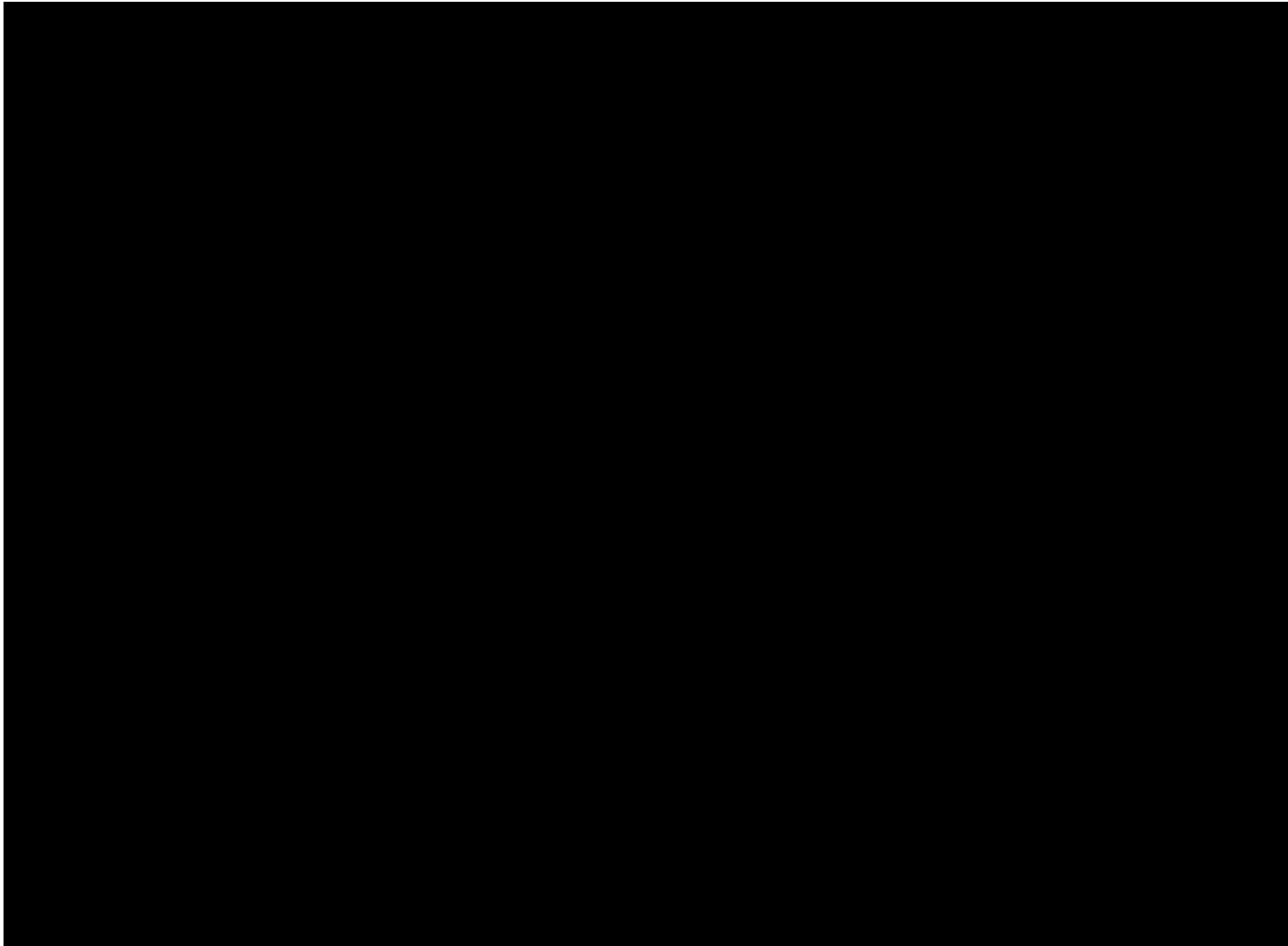


1. Recognize the fear.
1. Find a place to practice that is safe and comfortable.
1. A comfortable bike to learn on is one that allows the rider to rest both feet on the ground at any given time.
1. Take small steps.
1. And don't hold the learners. They can do it by themselves on this low bike.

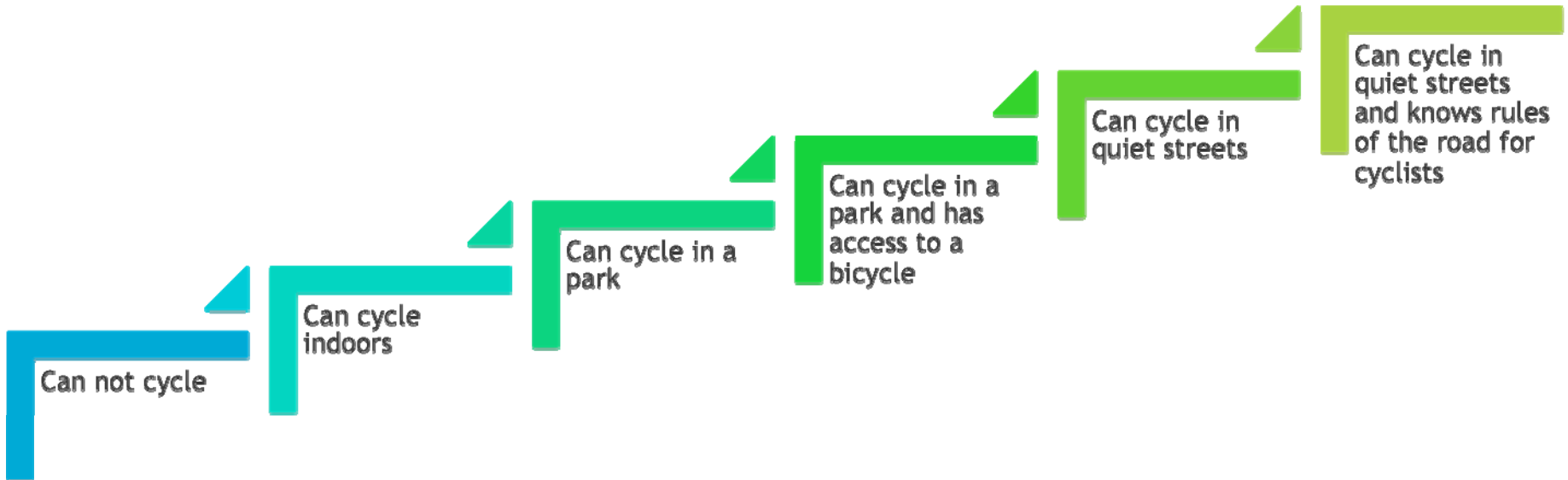
Get on your Bike!



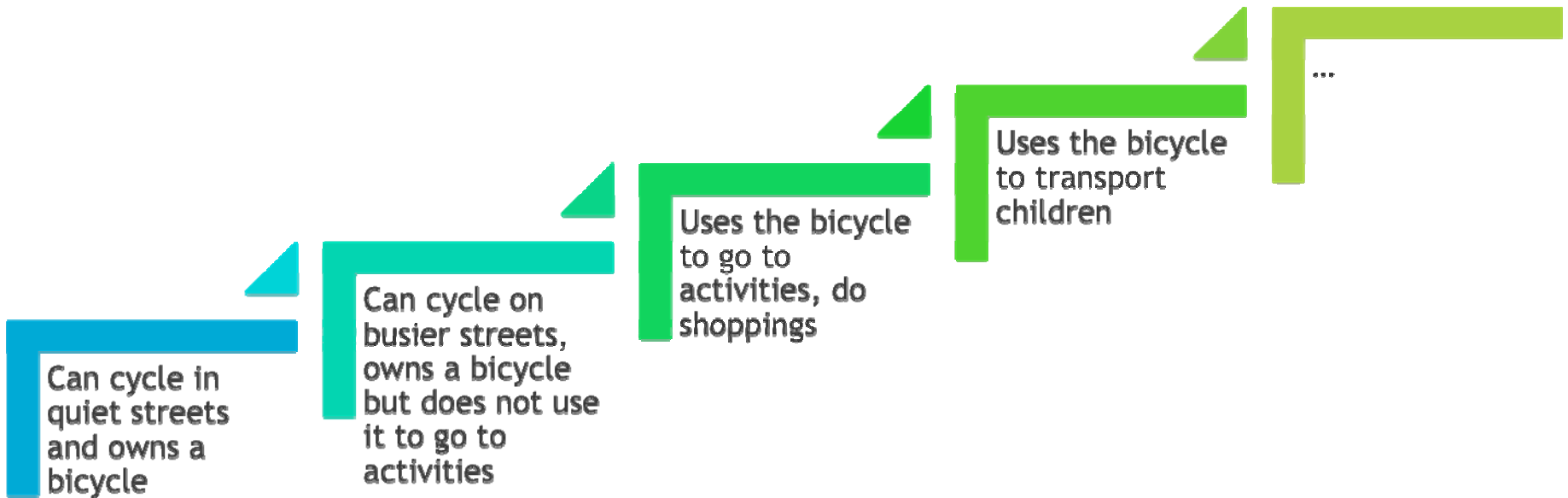
<http://www.youtube.com/watch?v=auAa0h-g0a8>



Cycling Adaptation Ladder



Cycling Adaptation Ladder (2)





- Myths about cycling, e.g.
 - Improper for girls and women
 - Too difficult for women to learn
 - Only for sporty and super healthy people
- Uncertainty about the body and appearance
 - Not used to freely move in public space
 - Not used to being further away from home on your own
 - Sometimes trauma, experiences with personal violence
- Uncertainty about the bicycle as a 'machine'



- Uncertainty about way finding; too little spatial awareness
- Lack of money to buy a bicycle
 - Lack of a say when financial priorities of the family are set
 - Attitude to let priorities of others prevail
- Too little time to join cycle training course
 - Attitude to let priorities of others prevail
 - No access to kindergarden / baby sitter
- No schooling, little schooling or bad learning experiences

Other lessons learned



Scepticism

Personal commitment

Creativity

Flexibility

Lack of support

Perseverance



Thank you! a.vanderkloof@mobycon.nl

