



# RIDE ON

Cycling history. What is yet to come? Commuting.



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## Of Bikes and Men...

The history of bicycles dates back to the early 19th century, with the invention of the "running machine" or "dandy horse" by Karl Drais in 1817. This was essentially a wooden frame with two wheels, a steering mechanism, and a padded seat, but it had no pedals or chain.

The next major development in bicycle history came in the 1860s with the invention of the "boneshaker" or "velocipede", which had pedals attached to the front wheel. This design was difficult to ride and had a bumpy ride due to the iron wheels and lack of suspension.

In the 1870s, the "penny farthing" or "high wheeler" was invented, which had a large front wheel and a small rear wheel. This design was faster and more efficient, but it was also more dangerous due to the high center of gravity and lack of brakes.

The safety bicycle, which is the basic design used today, was invented in the 1880s. It had two wheels of equal size, a chain drive, and pneumatic tires. This design made cycling much safer and more comfortable, and it quickly became a popular mode of transportation.

Since then, bicycles have continued to evolve and improve, with advancements in materials, gears, brakes, and other components. Today, there are many different types of bicycles for a wide variety of purposes, including commuting, touring, racing, and mountain biking.



## What is Bicycle commuting?

Bicycle commuting is the use of a bicycle to travel from home to a place of work or study — in contrast to the use of a bicycle for sport, recreation or touring.

Commuting especially lends itself to areas with relatively flat terrain and arrangements to keep riders relatively safe from the hazards of accidents with motorized traffic, e.g. separated bicycle lanes and a general acceptance of cyclists as traffic participants. The rise of the electric bicycle which is quickly surpassing the sales of conventional bicycles will effectively increase bicycle commuting in hilly areas and allow for longer journeys.



## It's a FUN ride!

Youth and Commute project is useful yet fun ride for young people and youth workers in five European countries.



**IN OCTOBER 2022**, the partners from the project consortium met in Lund, Sweden. During the meeting they discussed the further steps in the project development and check on the progress of project results.

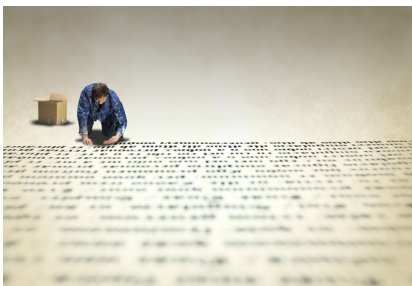
The main topic of the discussion was the technical details of the "Fix & Ride Toolkit of Resources" and the materials that were already developed by the partners - a solid foundation for the beneficiaries of the project.

You can check more in the Instagram page of the project @youthandcommute and the project's website for further updates and cycling-related tips and tricks.



**DURING 2022** all the partners in the project started to initiate meetings with their local working groups - young people coming from disadvantaged background with whom the organization's are working on local level. The various youth were not only representatives of the target group of the project but main consultants regarding the development of the learning materials and videos about bike commuting.

The young people involved in the meetings are coming from different backgrounds and economic circumstances, yet they are guiding successfully the partners on their ride to inclusive bicycle commuting and green transportation.



**FRONT-LINE EQUIP & EMPOWER IN-SERVICE TRAINING PROGRAMME** is one of the key results of the project that will support numerous youth workers within Europe to explain the benefits of green transportation to the young people they work with. The programme will be "under construction" by the end of May 2023 while developed by the project partners. It will provide necessary tools and methods to those professionals working everyday with marginalized youth.

The specific methodology included in the this extensive toolkit will support the young peoples' empowerment in the vast world of bike commuting and cycling.



Youth & Commute

## What is yet to come?

We are excited to present what happened so far and what is yet to come in 2023.



**IGDIR, Turkey** - In June 2023 a training course for front-line youth workers will be conducted in the town of Igdir, East Turkey. During the 3 working days in the early June, 15 experienced youth workers will be trained in theory and practice how to work with their respective target groups and provide them with all the basic tools for bike commuting within the cities.

Each organization will be sending 3 representatives willing to gain knowledge, skills and attitude about the cycling magic and how to empower their target groups to use green, cost-efficient and health-sustainable bike transportation.



**TROFAIACH, AUSTRIA** - Between the 16th and the 22nd of September 2023 will be this year's European Mobility Week. In the heart of Austria, the small town of Trofaiach will be the host of a youth exchange, part of the Youth & Commute project where 25 young people coming from Sweden, Austria, North Macedonia, Bulgaria and Turkey will learn about the benefits of bicycle commuting with the methods of the non-formal education. They will acquire new competences in the field of green transportation while working and living with their peers from other countries.

The participants will celebrate the mobility week within the exchange duration with cycling dedicated educational activities, intercultural evenings and appreciation of the beautiful nature of the Alps.





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