



Best practice bicycle safety – improvement fact sheet

Diversity of cultures

Overview



Cycling is a **social activity**. By bringing people together and connecting neighbourhoods, it provides the potential for more exchange between them. It can connect people from different backgrounds and social classes, thus improving the cohesion of society [1]. Cycling encourages **social interaction**: “Cyclists continuously, (un)consciously negotiate with others and with their surroundings to prevent collisions or mediate traffic flows. In doing so, they **interact with a large number of other road users and objects in physical space**. Cyclists also have a high degree of **freedom to traverse and interact** with their surrounding environment, given the infrastructure, traffic laws and cultural acceptance” [2].

Positive Effects



Cycling, including cycle logistics, makes cultures more resilient by providing transport options also in cases of emergency like natural catastrophes or terrorist attacks.

Cycling increases **accessibility**, not only to employment, but also **to places of social and cultural exchange**. During the last years, **cycling classes for refugees** have been a success story in a number of EU countries, including Sweden, Germany, the Netherlands, or Finland. Often managed by ECF member organisations, these initiatives **give refugees, and in particular women, the possibility to participate more actively in society by giving them easy access to relevant facilities [2]**.

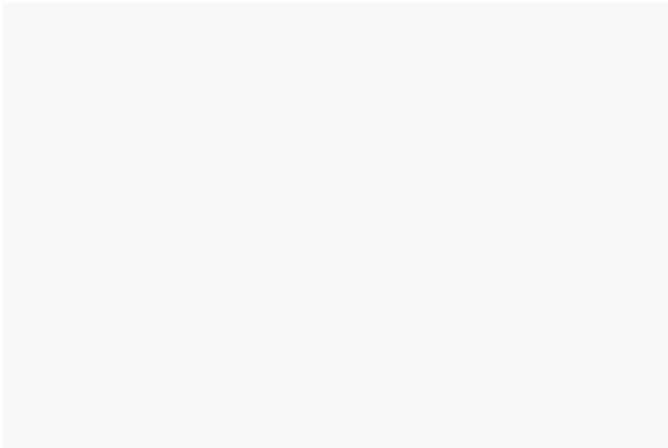
Benefits

	<p>Better mobility in case of an emergency</p>
	<p>Connectivity between people</p>
	<p>Accessibility to places of social and cultural exchange</p>

Issues

	<p>Change in the people's mindset, to give a new look at a bicycle as a mode of transport</p>
	<p>Institutions and places of social interest need to provide bicycle facilities</p>

Examples



*In Portland (USA), **cargo bikes** are used by members of **Neighbourhood Emergency Teams (NET)** in case of a disaster in order to deliver necessities to those in need. NETs are formed by local community inhabitants, some of which undergo trainings organized by firefighters or paramedics, and actively help other community members during catastrophes. Cargo bikes offer the possibility to transport cargo combined with the mobility capabilities of a bicycle [3].*



*In London, **The Bike Project** offers **cycling lessons to refugees**, and they also provide specific cycling lessons **focused on women** in a safe, supportive and empowering environment. Women from other countries often do not have the possibility to learn how to ride a bicycle, so once they do learn it, their experience is positive and useful as they significantly improve their mobility [4].*

References and links

1. <https://ecf.com/sites/ecf.com/files/TheBenefitsOfCycling2018.pdf>
2. Harms, L. & Kansen, M. (2018). *Cycling Facts*. Netherlands Institute for Transport Policy Analysis. KiM. Ministry of Infrastructure and Water Management. In: <https://english.kimnet.nl/binaries/kimnet-english/documents/publications/2018/04/06/cycling-facts/Cycling+facts.pdf>
3. <https://bikeportland.org/2012/03/28/the-next-frontier-for-cargo-bikes-disaster-response-69571>
4. <https://thebikeproject.co.uk/pages/pedal-power>

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**SABRINA: No fears
about safety on
two wheels.**

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