

KIDS AND BIKE BARN O CYKEL

Presentation Eric André

- French, 45 years old, since 2005 in Stockholm
- 4 kids (7 to 16 years old)
- Primary school teacher, previous work experience in France, USA, Jerusalem
- in Sweden : French international school (Stora Essingen), with kids aged 5-6 years old, and 8-9 years old. French lessons for youngs and adults ; activities and conferences for pupils and teachers through FranskLärarFöreningen
- Educnature (self employed) : nature and outdoor activities, conferences



Lyceum Kennedy
French American School



Hobbies

Outdoor activities → alpinism, skiing, biking, paddling, camping, sailing...

Biking everyday, all year round, for commuting, shopping etc

Arctic sailing expeditions :

2007 : first crossing of the North West passage without engine (Alaska-Greenland on sailing boat)

2018 : sailing arctic raid (first attempt to cross the arctic ocean Alaska-Svalbard through the North Pole)

Bicycle trips in autonomy :

Middle East, Iceland, Ireland, Madagascar...

With family : Öland, Åland, Gotland, Stockholm area...

4 months in Central America (with 1 year old daughter)

2 months in Morocco (with 3 kids, 1 ½ to 7 years old)

2017-2018 : 6 months biking in South America and New Zealand with our 4 kids (5500 km)



When it is a lot more than just biking...

Learn and Share



In the Middle East, Sweden, France, Ecuador, USA, I rode thousands of kilometers with Orli, a friend who is blind.

Biking on a tandem is synonym of freedom for her.

<https://youtu.be/2WEJ9f1hI2E>



A clip made by my pupils for the french TV Channel TV5 Monde. About the benefits of using a bike.



A tandem is just the perfect way to share short or long rides with disabled people



Meet

When you travel, coming by bike is the best way to meet new people and to be welcomed. It will make your trip even more memorable !



Discover

Judean desert



Easter Island



And so much more !

Have fun !



*BMX bana, Långbro
(my son Elio)*

*Rotorua, NZ,
Mountain bike park*



Bike and school, my experience

Different activities and trips that I initiated and organised with our students in Lycée Français Saint Louis – Stora Essingen

Preschool (5 years old, Stora Essingen), 2009-2011 : different activities in the school yard + full day in a public park nearby

Klass 4 (Stora Essingen), spring 2012-2016 :

Different activities in the school yard and sport field / “exam” for bike driving licence / biking around the school in the streets of Stora Essingen / day trip to Hammarby Sluss, biking in the traffic.



Final bike trip :

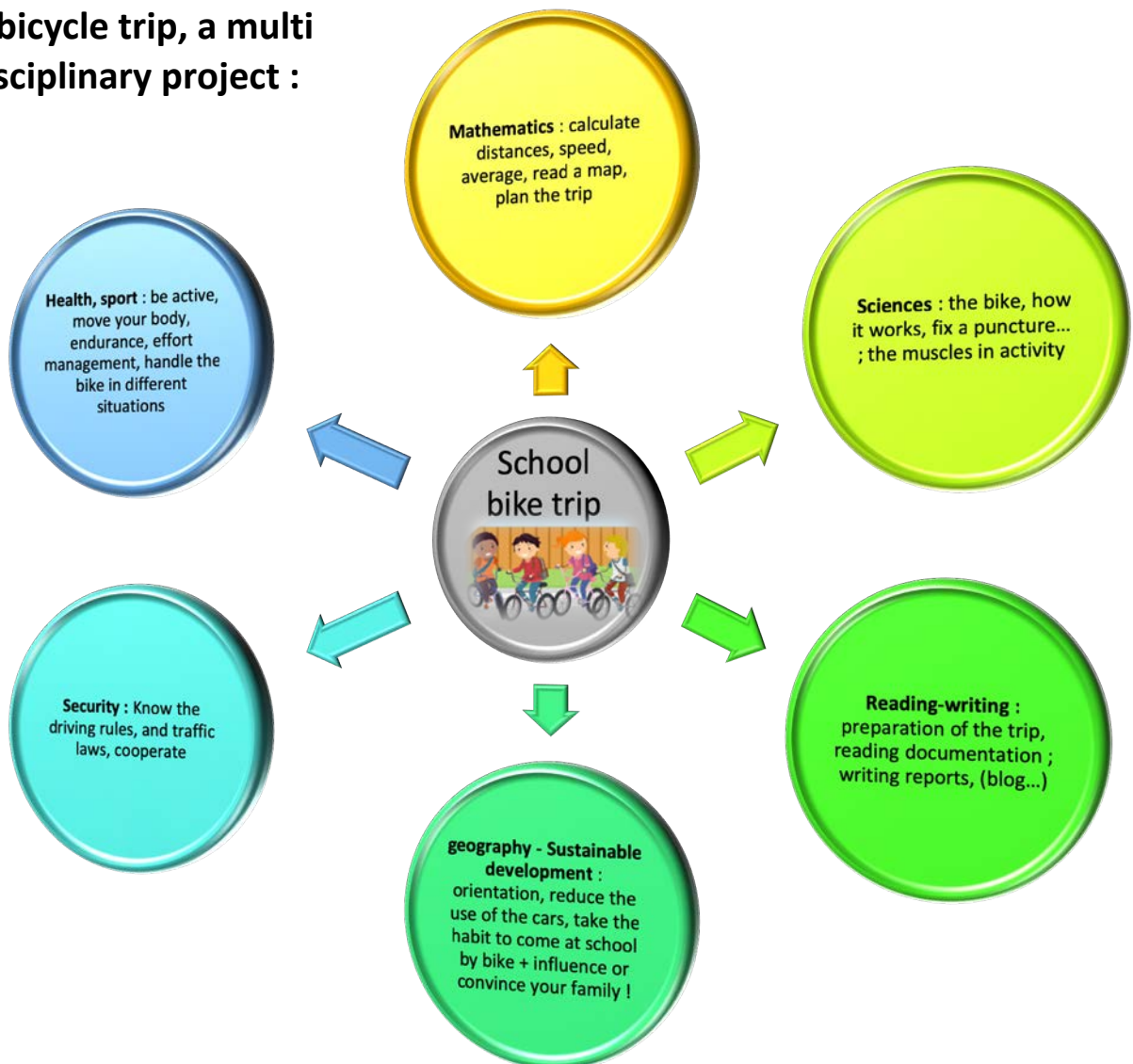
Day 1 Stora Essingen – Hellasgården – Tyresö (25 km)

Day 2 Tyresö – Gålö (30 km)



Feedback : some kids were not confident at all at the beginning of the project, some of them couldn't bike by themselves. Finally, all completed the 2 days trip from Stora Essingen. They were very proud to reach their goal, and it developed a very nice team and group cohesion.

A bicycle trip, a multi disciplinary project :



Bike and school project - Propositions



Cycle day

Ponctual event for large public (kids, adults, families, disabled)

A happy day for the promotion of the bicycle in the city :

- Workshops
- Cycle activities / cycle "driving lessons"
- Funny and strange bikes, family bikes : FollowMe Tandem, Tandem, Cargo Bike...
- Free tour for disabled people (by tandem)
- Free tour around the city : discover parks, waterfront, unique places...
- Slide shows / movies (bike trips...)
- Music, handicraft



Weekly activities and workshops with school / parent association

Week 1 & 2 : Activities and workshops in the schoolyard

Week 3 : Test of abilities and "driving licence"

Week 4 : Biking in a group, biking in the streets around the school

Week 5 : Short day or half a day trip in a park, to have fun together



Technical workshops

Learn to know your bicycle, fix a puncture...

Need to get a local and involve volunteers to offer a good service to those who have a bike or want to get one and are afraid/unaware of the technical aspects...

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