

# 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



Lycée français Saint-Louis, Stockholm

### 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.



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

<https://youtu.be/2WEJ9f1hl2E>



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



## 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 :

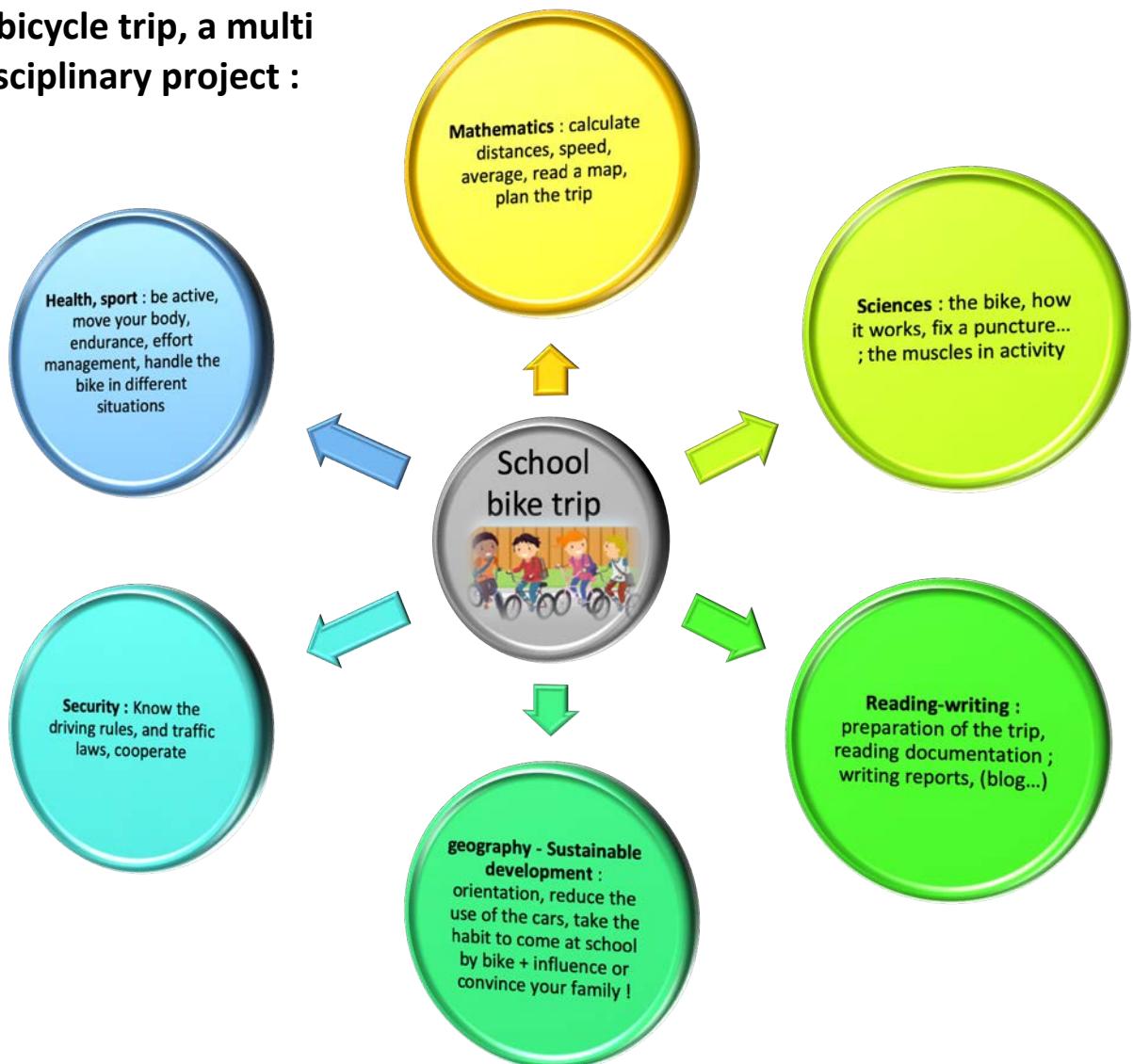
Day 1 Stora Essingen – Hellasgården – Tyresö (25 km)

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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