Cycle-activity

**Summary:** The activity revolves around the use of a bicycle, not only because it is eco-friendly, but also because it improves the physical and mental wellbeing, it facilitates socialization (between local and foreign people), inclusion and promotes active citizenship and cooperation.

**Key words:** Citizenship, inclusion, cooperation, bicycle.

**Aims:** Promoting a conscious and continuous use of the bicycle to circulate in urban and extra urban areas and promoting occasions to socialise and to enhance inclusion and active citizenship.

**Participants:** Trainers, teachers and students of all school levels.

**Description:** The activity consists in different phases, each one of them requires the commitment and cooperation of all the participants. The aim of the first phase is to provide a bicycle to each of the participants, it can be done by asking for donations, by renting bicycles at low prices or also by looking for places in which it’s possible to take used bicycles or parts of them that can be put back together or that can be useful for repairs and restorations. When there will be enough bicycles available, the participants will organise and promote some events to disseminate the benefits of using a bike (for the health and for the environment, etc.) and to go for a bike ride while discovering some places of the territory, following itineraries that have been chosen and planned by the participants with the mediation and supervision of the educators. Each event can be documented with photos and personalised by choosing a topic that should be reflected in the dress code or by putting some decorations on the bike. Each event will be followed by a group discussion to share thoughts and emotions linked to the activity, while bicycles’ creative repairs and maintenance activities can be carried out between the events.

**Material**: A place that will be turned into a bike workshop, tools for the creative repair and maintenance of the bikes.

**Method:** Service Learning, Cooperative Learning, Circle Time, School without Backpack.

**Advice for Facilitators:** Pay special attention to the dissemination of the events and create groups that will bring together people with different personal characteristics.

**Contributor:** School administration, refugee institutions, youth welfare institutions, migrant associations.