



# youthIES

## Training Pack for Youth Workers - ACTIVITIES



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**Module:** Sustainable and Clean Transportation Sector for a Greener Future

### TABLE OF CONTENTS

ACTIVITY 1 – BICYCLE COMMUTING WORKSHOP .....	2
OVERVIEW .....	2
LEARNING OBJECTIVES.....	2
INSTRUCTIONS.....	2
MATERIALS NEEDED.....	3
ACTIVITY 2 – SUSTAINABLE TRANSPORTATION DESIGN CHALLENGE.....	4
OVERVIEW .....	4
LEARNING OBJECTIVES.....	4
INSTRUCTIONS.....	4
MATERIALS NEEDED.....	5
ACTIVITY 3 – DESIGNING A SUSTAINABLE CITY FOR THE FUTURE.....	6
OVERVIEW .....	6
LEARNING OBJECTIVES.....	6
INSTRUCTIONS.....	6
MATERIALS NEEDED.....	7

## ACTIVITY 1 – BICYCLE COMMUTING WORKSHOP

### OVERVIEW

This comprehensive workshop serves as an immersive experience designed to passionately advocate and educate participants on the transformative benefits of bicycle commuting. By highlighting cycling as an eco-friendly, health-conscious mode of transportation, this workshop seeks to instill a deeper understanding of its multifaceted advantages. Emphasizing the pivotal role of bicycles in reducing carbon emissions and promoting physical well-being, this session aims to inspire a paradigm shift towards sustainable urban mobility solutions.

### LEARNING OBJECTIVES

- Gain an in-depth understanding of the myriad benefits associated with bicycle commuting, spanning personal health enhancement and environmental preservation.
- Acquire practical skills encompassing bicycle maintenance, safety protocols, and adept route planning, facilitating a seamless transition to bicycle commuting.
- Estimated Duration: 2:10 hours

### INSTRUCTIONS

#### Stage 1 - Introduction to Bicycle Commuting (20 minutes)

- Delve into a robust discussion illuminating the holistic advantages of cycling for commuting, underscoring its positive impact on personal fitness and its role in fostering a greener environment.
- Utilize impactful statistics and success stories from cities that have successfully integrated and promoted cycling as a viable mode of transportation.

#### Stage 2 - Bicycle Maintenance and Safety Demonstration (30 minutes)

- Facilitate an interactive hands-on session elucidating fundamental bicycle maintenance techniques, encompassing tire repair, chain lubrication, and comprehensive safety checks.
- Demonstrate the correct utilization of safety gear, emphasizing the pivotal role of helmets and reflective vests in ensuring rider safety.

### Stage 3 - Route Planning and Resources (30 minutes)

- Offer comprehensive guidance on meticulous route planning, navigating bike lanes effectively, and accessing local resources conducive to safe and enjoyable cycling experiences.
- Introduce participants to innovative apps designed specifically to facilitate seamless route planning and navigation (like Strava, Komoot, Ride with GPS, MapMyRide, BikeMap, etc.)

### Stage 4 - Group Ride (50 minutes)

- Endeavor, if logistically feasible, to orchestrate a supervised and engaging group ride within a designated safe environment.
- Encourage active participation, enabling participants to apply acquired skills and safety measures in a practical setting.

### MATERIALS NEEDED

- Bicycles allocated for demonstration purposes and group ride.
- Essential safety gear, including helmets and reflective vests, for both demonstration and practical use.
- Tools requisite for basic bicycle maintenance activities (chain lubricant, grease, chain tool, pump, patch kit, hex wrench set)
- Maps or easily accessible resources catering to effective route planning and navigation.

## ACTIVITY 2 – SUSTAINABLE TRANSPORTATION DESIGN CHALLENGE

### OVERVIEW

This engaging and hands-on design challenge immerses young participants in a dynamic environment where they conceptualize and craft innovative sustainable transportation solutions. Aimed at fostering creative thinking and problem-solving skills, this activity empowers individuals to address contemporary urban commuting challenges while advocating for eco-friendly mobility options.

### LEARNING OBJECTIVES

- Awareness rising among participants about the environmental impact of conventional commuting methods and emphasize the significance of eco-friendly transportation alternatives.
- Fostering teamwork and collaboration among participants to synergize diverse perspectives and generate innovative ideas that cater to sustainable transportation needs.
- Instilling a mindset focused on sustainable design principles, emphasizing the integration of renewable resources, minimal ecological footprint, and efficient use of space.
- Estimated Duration: 2:20 hours

### INSTRUCTIONS

#### Stage 1 - Introduction to Sustainable Transportation (15 minutes)

- Commence with an illuminating discussion elucidating the paramount significance of sustainable transportation. Emphasize its pivotal role in mitigating environmental impact while underscoring the pressing need for innovative solutions.
- Spotlight on the environmental repercussions of current commuting practices, offering a compelling rationale for the design challenge.

#### Stage 2 - Design Challenge Briefing (20 minutes)

- Introduce the design challenge theme: Creating a sustainable transportation solution for urban commuting with minimal environmental impact.
- Outline guidelines, emphasizing renewable energy integration and low emissions.  
Guidelines:

- Environmental Impact Reduction
- Integration of Renewable Energy Sources
- Minimal Emissions
- Space-Efficient Designs
- Accessibility and Inclusivity
- Integration with Existing Infrastructure
- Technological Innovation

### Stage 3 - Design and Prototyping (60 minutes)

- Divide participants into small groups, ensuring diversity and collaboration within teams.
- Provide design materials and space for groups to brainstorm and sketch their transportation solutions.
- Encourage the utilization of recyclable materials or repurposed items for prototyping.
- Facilitate discussions and idea exchange among participants.

### Stage 4 - Presentation and Evaluation (30 minutes)

- Each group presents their transportation solution. Encourage clarity, creativity, and emphasis on sustainability aspects and potential impact.
- Facilitate a constructive feedback session where participants evaluate other groups' designs. Encourage discussions, insights, and collaborative learning.

### Stage 5 – Summary (15 minutes)

- Recap key learnings from the session, emphasizing the importance of sustainable transportation and innovative solutions.
- Encourage participants to reflect on their experiences during the challenge, highlighting what they learned and how it might influence their approach to transportation choices in the future.

### MATERIALS NEEDED

- Paper
- Markers
- Cardboard
- Recyclable Plastic
- Carboard Tubes
- Paint
- Glue

## ACTIVITY 3 – DESIGNING A SUSTAINABLE CITY FOR THE FUTURE

### OVERVIEW

This activity aims to engage participants in a creative and interactive exploration of sustainable and clean transportation for a greener future. Participants will be tasked with designing a sustainable city, focusing on the transportation sector, to demonstrate how sustainable and clean transportation can contribute to a greener future. The activity will provide an introduction to the importance of sustainable transportation in reducing carbon emissions, promoting healthier communities, and creating more resilient cities.

### LEARNING OBJECTIVES

- Understanding the importance of sustainable transportation in reducing carbon emissions and promoting a greener future.
- Acquiring knowledge about different modes of sustainable transportation and their benefits.
- Development of creative and innovative solutions for sustainable transportation in a city context.
- Estimated Duration: 2:15 hours

### INSTRUCTIONS

#### Stage 1 – Preparation (15 minutes)

- Divide the participants into groups of 3-4 members each.
- Each group will be given a city map and a set of sustainable transportation options (e.g., bicycle lanes, public transit, electric vehicles, etc.).

#### Stage 2 - Urban Sustainable Transportation Design Phase (1.5 hour)

- The groups will be tasked with designing a sustainable transportation system for their city, considering factors such as population density, geographical features, and existing infrastructure.

### Stage 3 – Presentation of outcome (30 minutes)

- Each group will present their design to the rest of the participants, explaining the rationale behind their choices and how their design contributes to a greener future.
- After all presentations, the participants will vote on the most innovative and sustainable transportation design.

### MATERIALS NEEDED

- City map
- Set of sustainable transportation options (e.g., bicycle lanes, public transit, electric vehicles, etc.)
- Markers or pens for drawing the transportation system
- Paper for presentations
- Voting materials (e.g., sticky notes, voting cards)





**Partners:**



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