

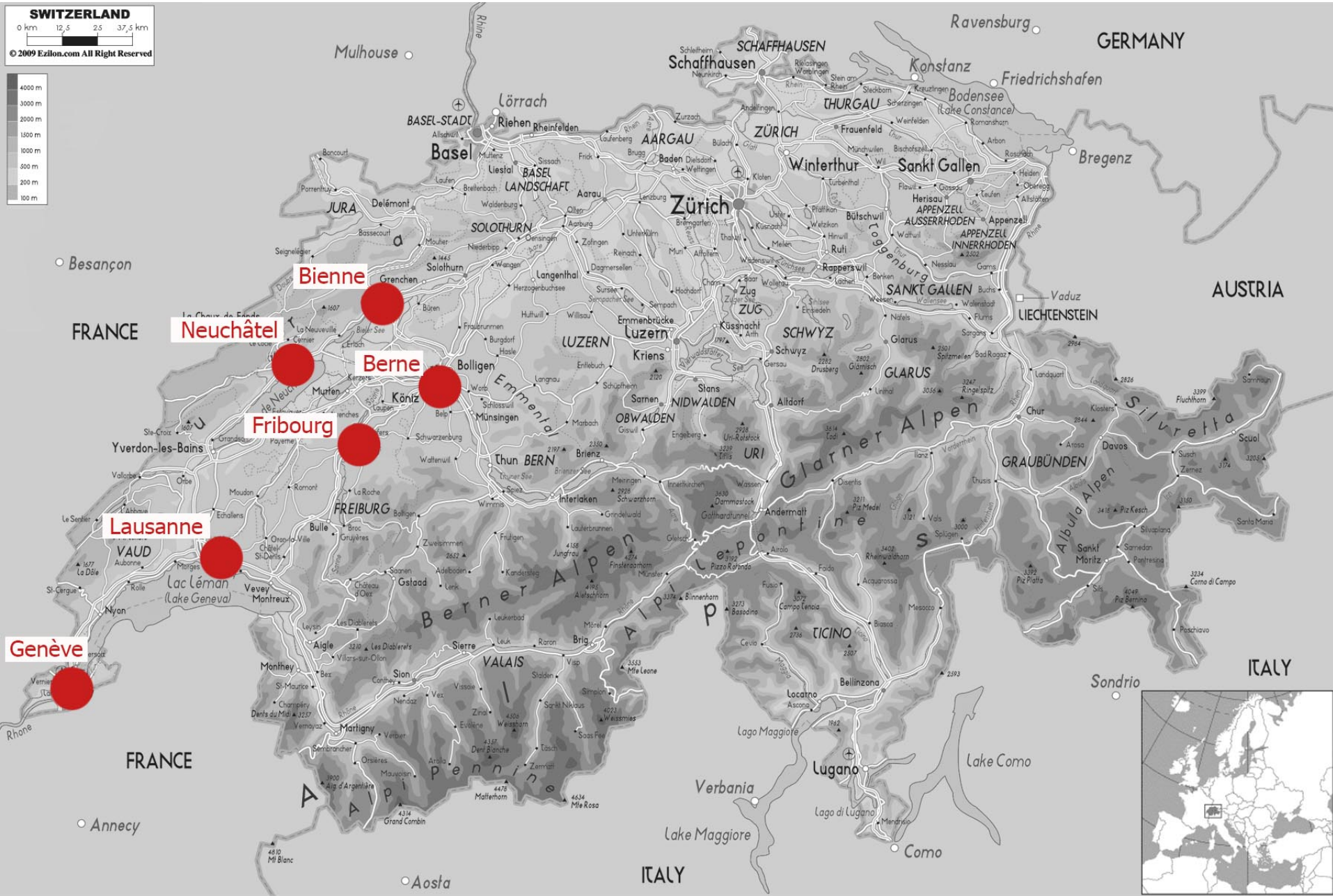
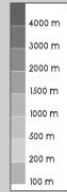


From motility to empowerment

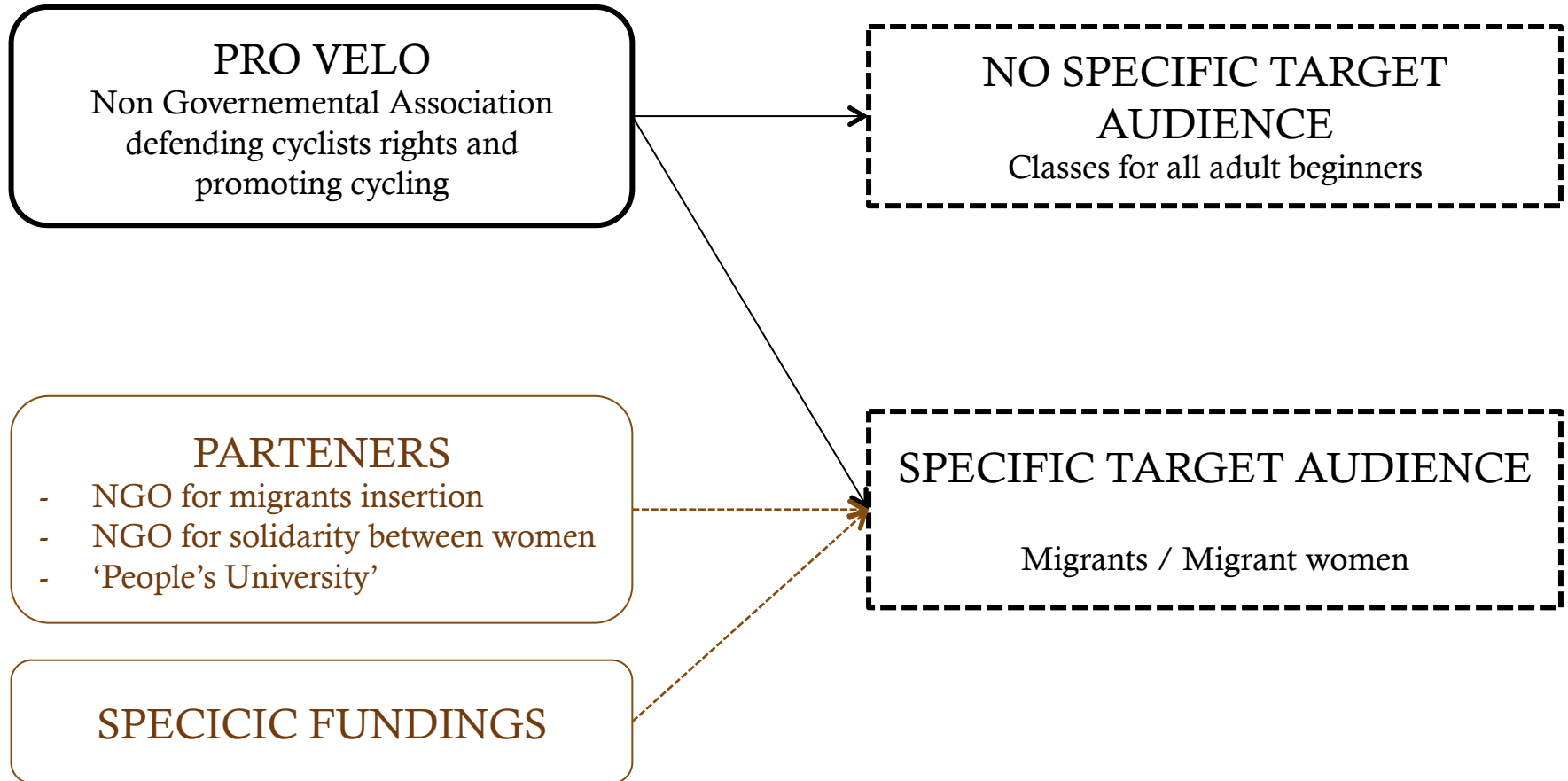
Impacts of bicycle lessons for adults in Switzerland

Context: 6 classes in 6 Swiss cities

SWITZERLAND
0 km 12.5 2.5 37.5 km
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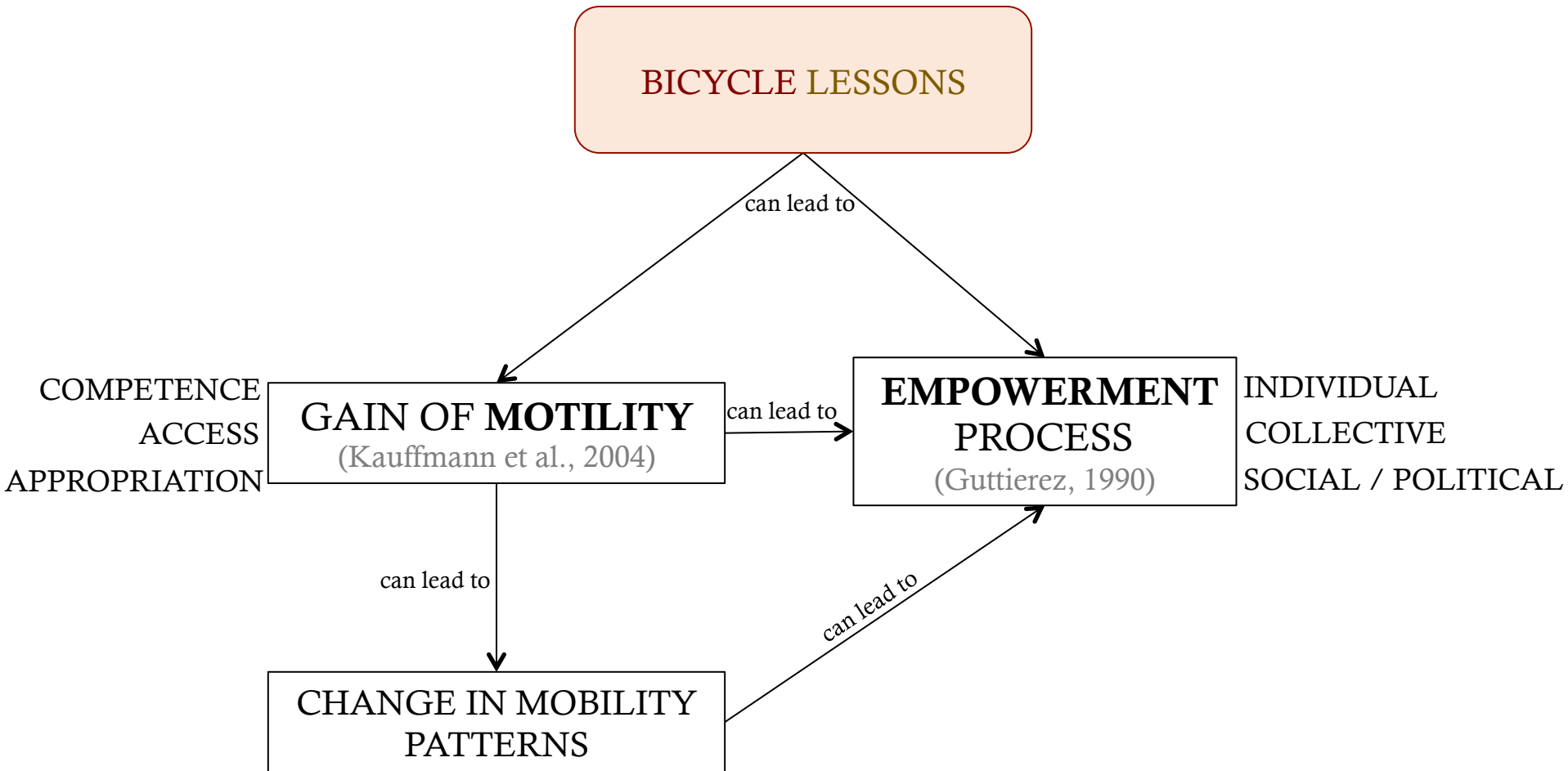
Context



=> In every case, a strong majority of migrant women among the participants but
with very different profiles.

Factors at the cultural, familial and individual level are intertwined.

Articulation of the concepts



Results

Motility and mobility

COMPETENCE

As reported by the bicycle instructors : after the classes...

80 to 100% can ride a bike

10 to 50 % can ride a bike in the traffic

However

“After the 4 lessons I was not there yet [...] I use to take my bicycle in my car and go to the forest and I tried, I tried [...] insisted, insisted and it started to come [...] After that, it's been a few months, I take the bike alone, I don't go with the car, I take the bike directly from home”.

(Former participant, City of Lausanne)

Results

Motility and mobility

ACCESS

Most instructors take into account the issue of access by selling relatively cheap bikes, or even giving bikes to the participants

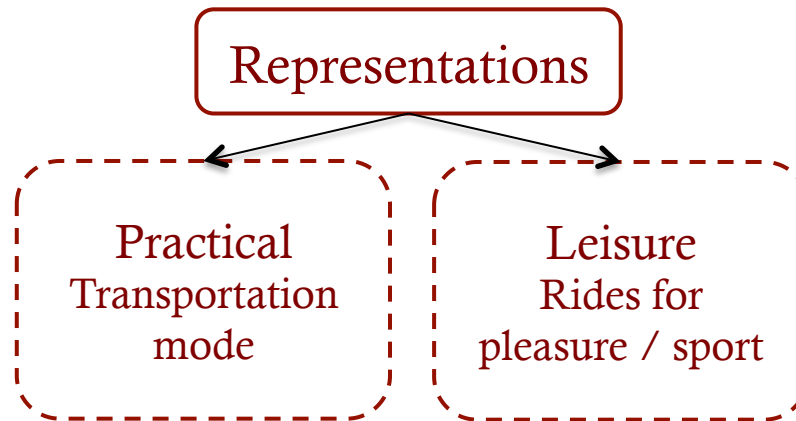
“With the course, I also try to give them a bike, by repairing bikes that are normally discarded because they are left behind by people moving out. Last year I could give bikes to almost all the participants and even sometimes their children. Because the issue is that here, the bicycle fair takes place in the spring, so if people have to wait one year, generally they won't start again”

(Instructor, City of Fribourg)

Results

Motility and mobility

APPROPRIATION



“I will use the bike to go to work. Because it’s cheaper than public transportation...”

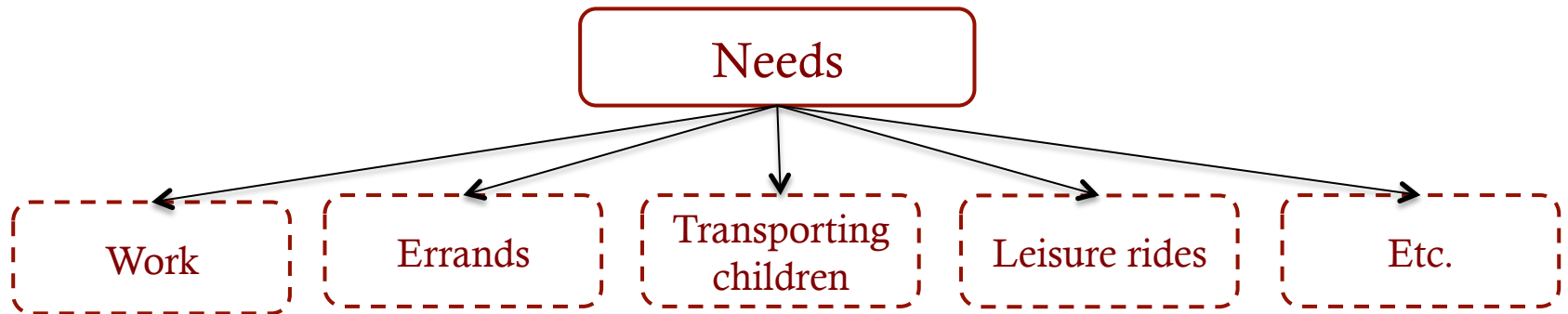
“I want to learn cycling to go along the lake and to the forest with my children”

“For me cycling is like freedom ! I want to go for ride along with my husband and my daughter [...] I also want to use it for my daily life”

Results

Motility and mobility

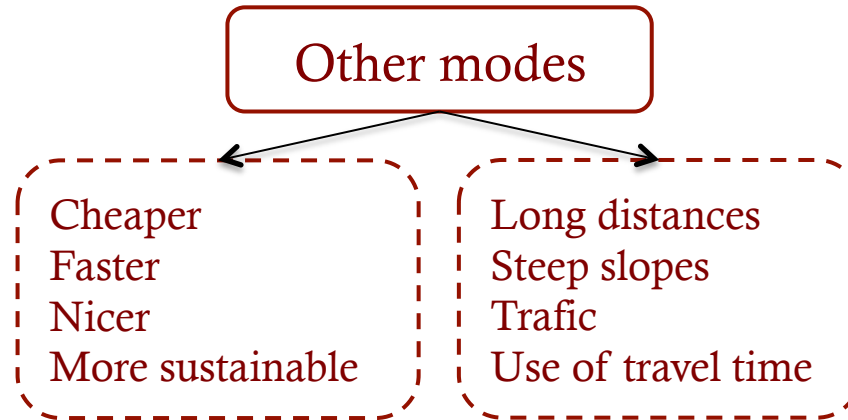
APPROPRIATION



Results

Motility and mobility

APPROPRIATION

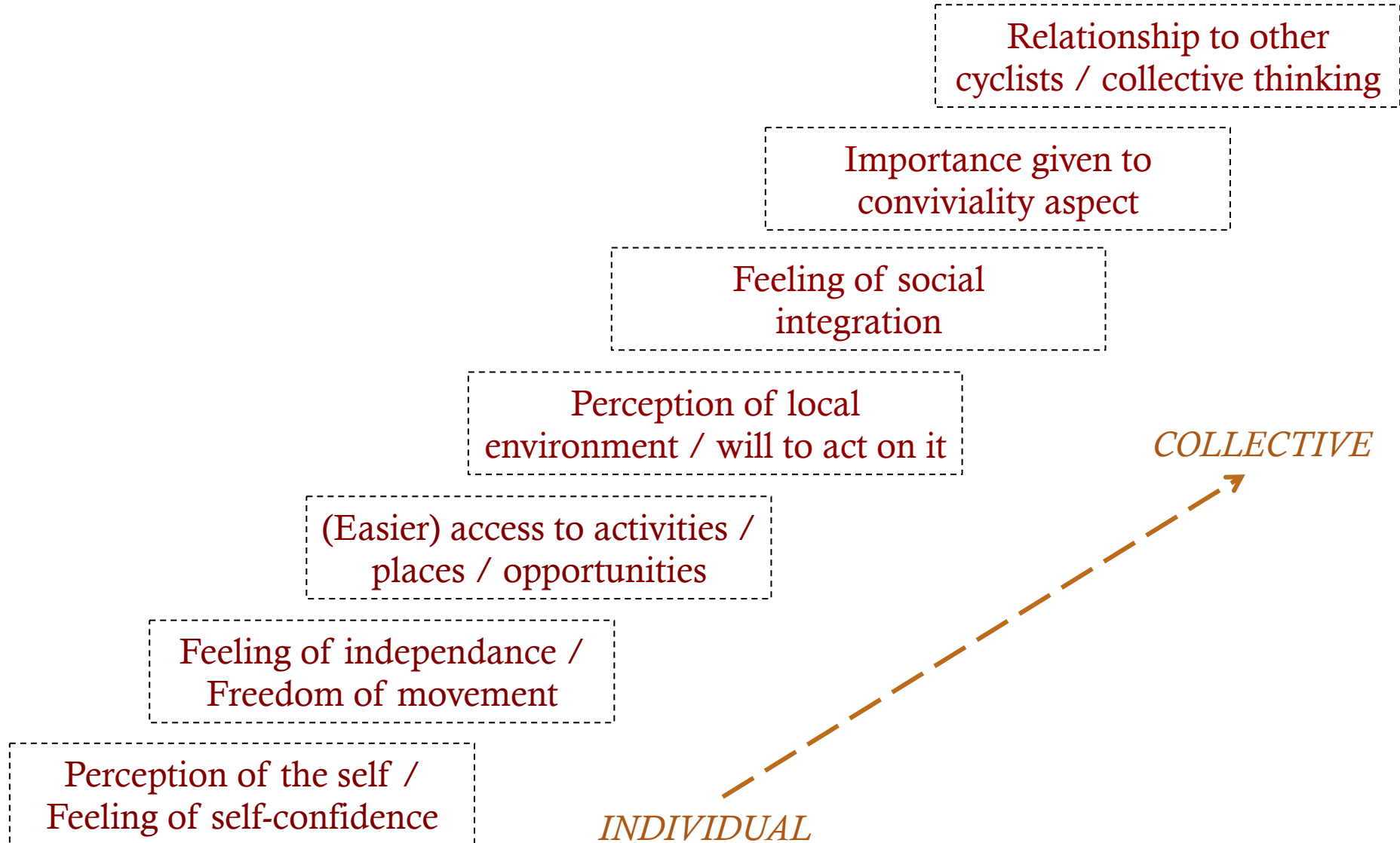


“I want to use cycling for everything for rides, for groceries, to get to work, instead of taking the bus. It’s not really because it’s more convenient, it’s just for pleasure”

“If I feel self-confident enough I would like to use the cycle to go to work... because with public transportation it takes me 50 minutes, while with the bike it would take me only 20”

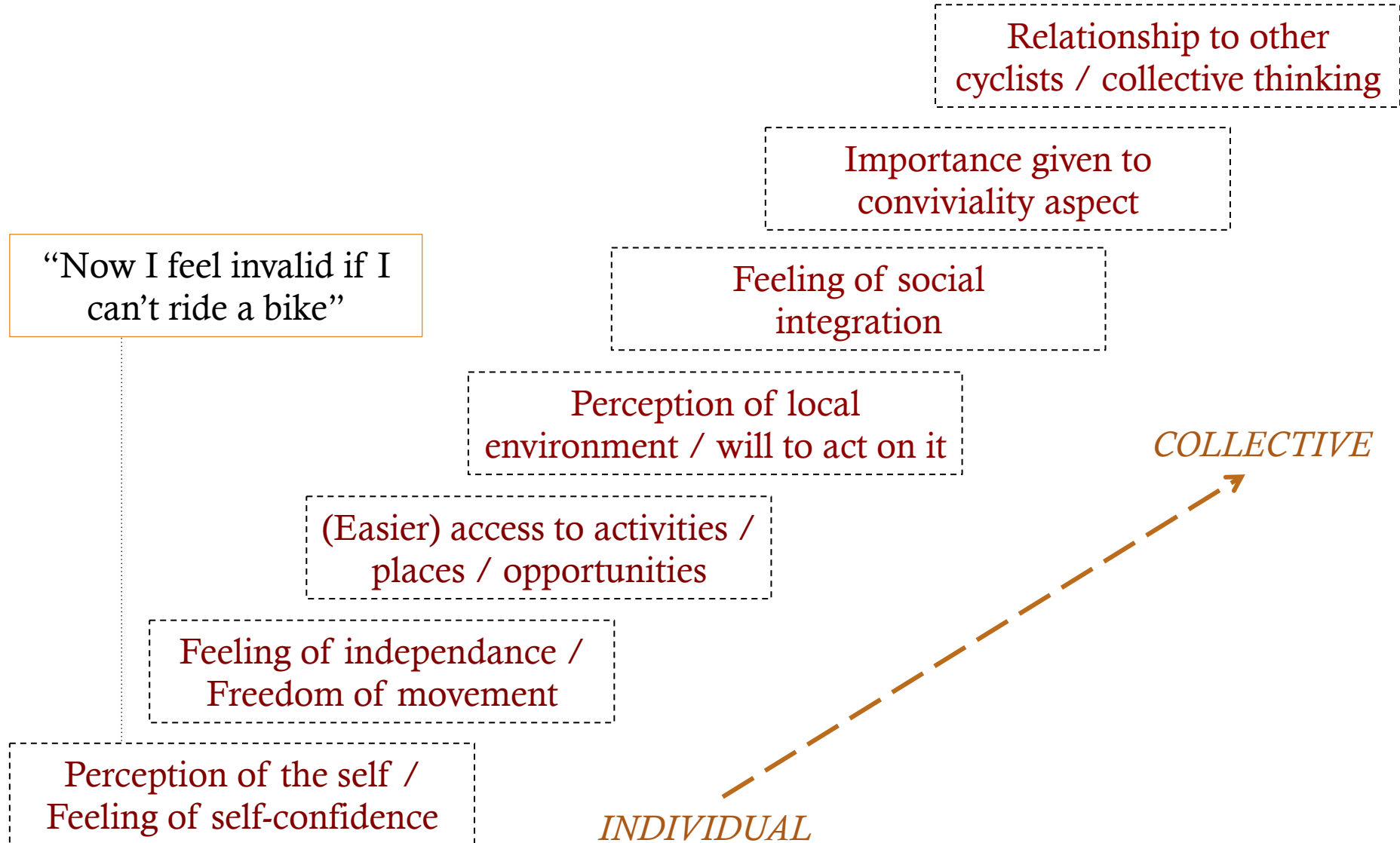
“I would like to see it as a transportation mode but it’s difficult in Lausanne (...) the steep slopes really discourage me from using the bike as a transportation”

Results Empowerment



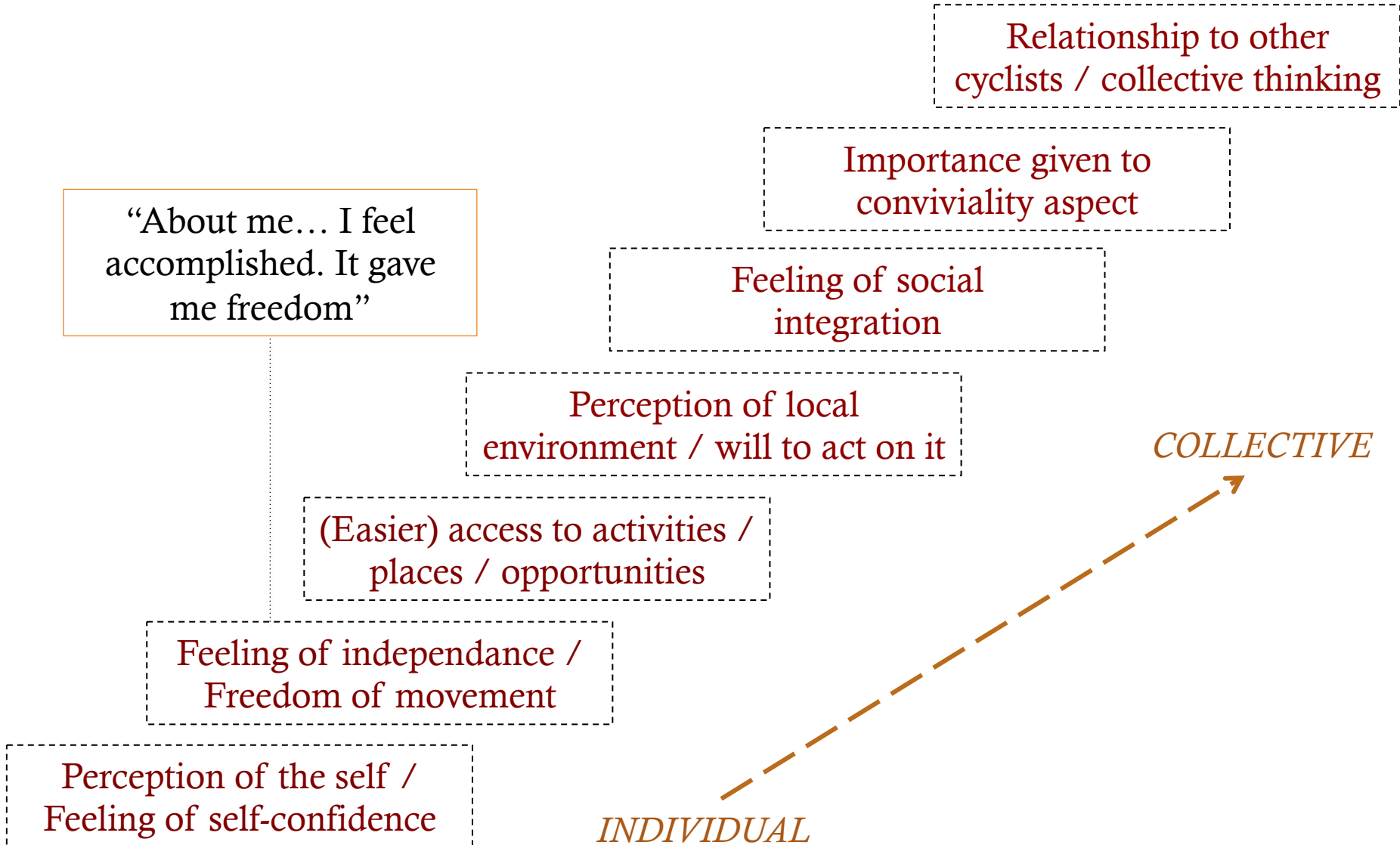
Results

Empowerment



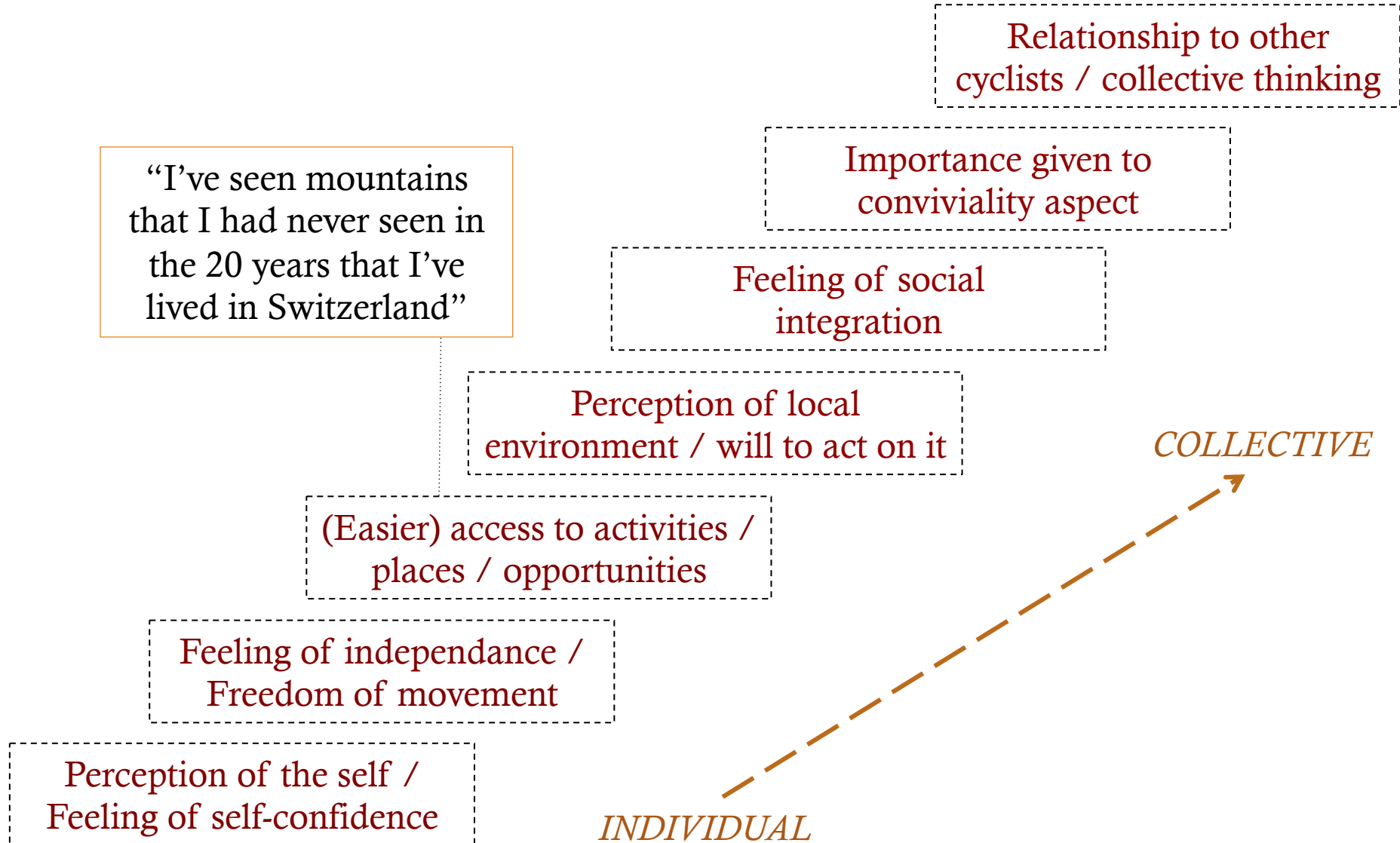
Results

Empowerment



Results

Empowerment



Results

Empowerment

“I feel a little closer to the values that my generation is concerned with [...] It gives me the impression, maybe not to be doing something for the planet, but at least not to be harmful ”

Relationship to other cyclists / collective thinking

Importance given to conviviality aspect

Feeling of social integration

Perception of (local) environment / will to act on it

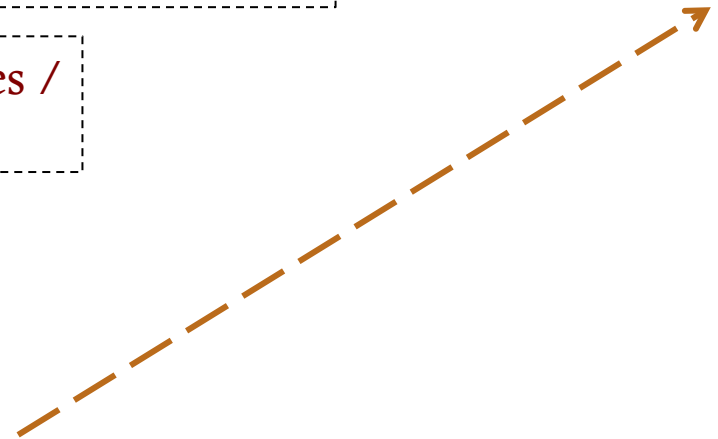
(Easier) access to activities / places / opportunities

Feeling of independence / Freedom of movement

Perception of the self / Feeling of self-confidence

INDIVIDUAL

COLLECTIVE



Results

Empowerment

“I’ve benefited from several bicycle classes in 2015 and 2016. [...] Would it be possible to get a participation certificate [as] I’m about to ask for the Swiss citizenship and I would like to share my positive experience of the bicycle lessons”

Relationship to other cyclists / collective thinking

Importance given to conviviality aspect

Feeling of integration

Perception of local environment / will to act on it

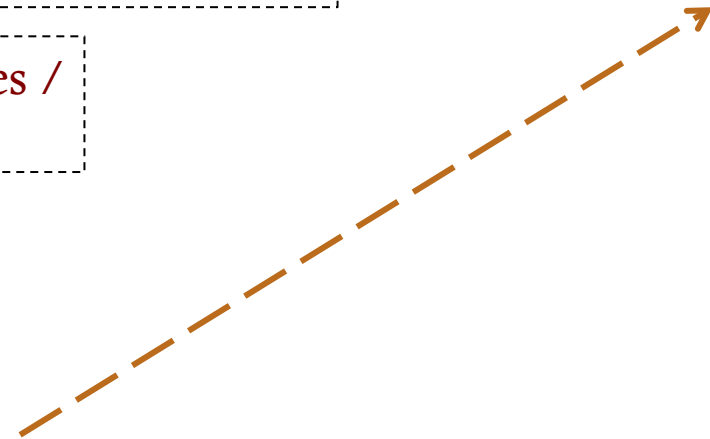
(Easier) access to activities / places / opportunities

Feeling of independence / Freedom of movement

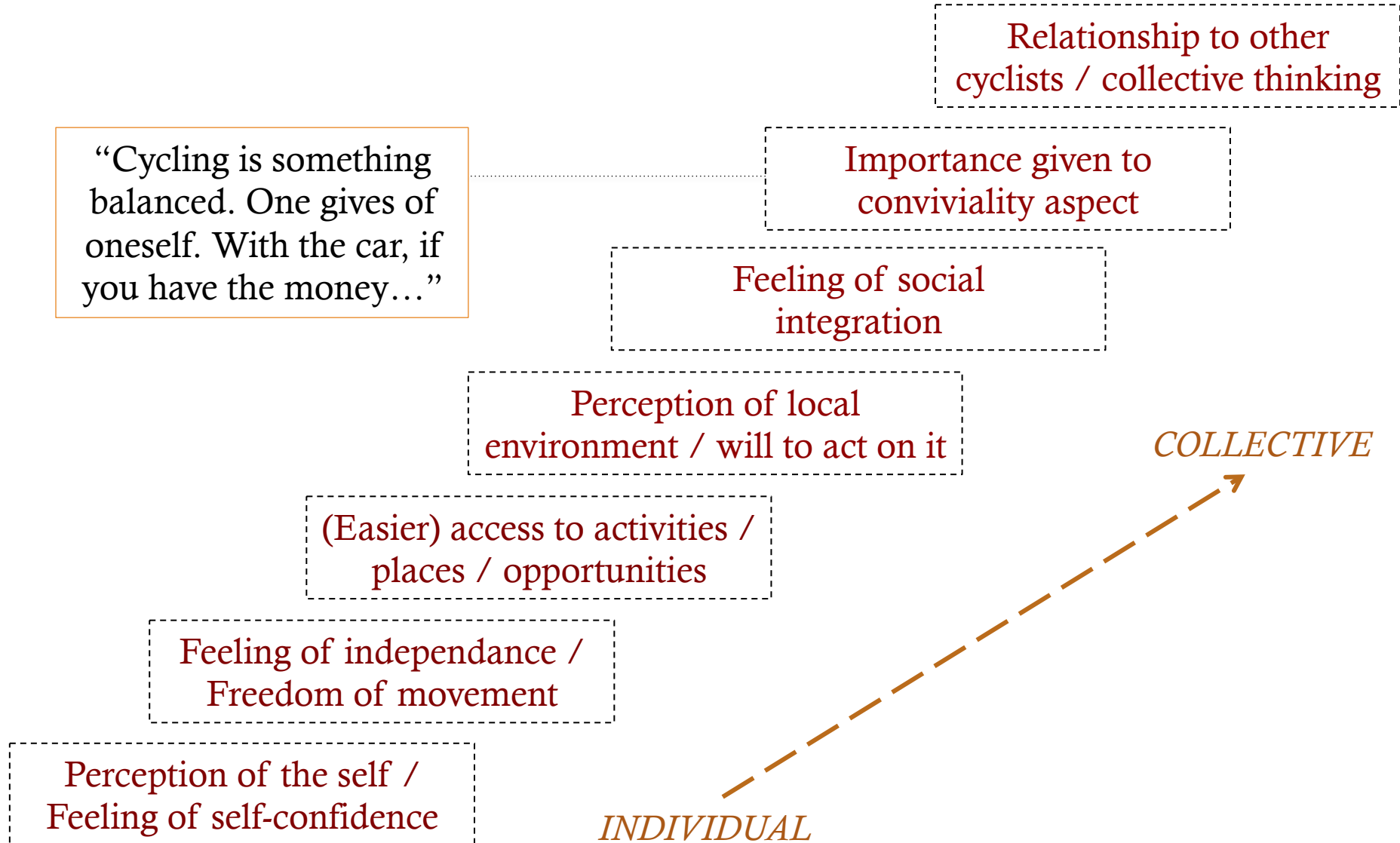
Perception of the self / Feeling of self-confidence

INDIVIDUAL

COLLECTIVE



Results Empowerment



Results

Empowerment

“I really enjoyed the exchange with other cyclists when I did this tour. They helped me find the best itinerary... ”

Relationship to other cyclists / collective thinking

Importance given to conviviality aspect

Feeling of social integration

Perception of local environment / will to act on it

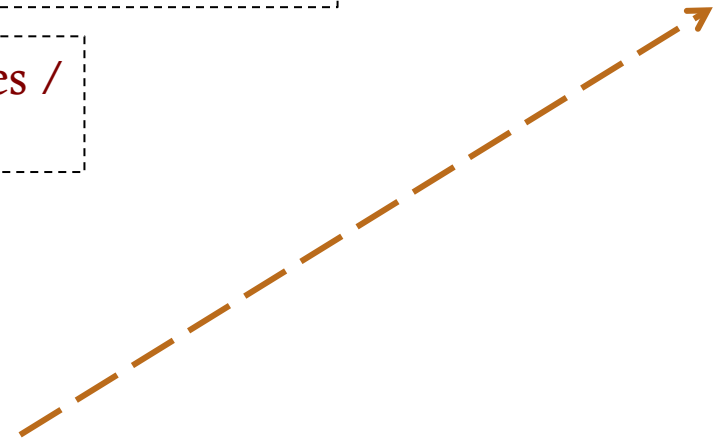
(Easier) access to activities / places / opportunities

Feeling of independence / Freedom of movement

Perception of the self / Feeling of self-confidence

INDIVIDUAL

COLLECTIVE



Conclusion

-For a great majority of the participants, there is a motility gain, but its level varies -> importance of the three aspects of motility

-The empowerment process can be linked to a gain in motility, a change of mobility pattern, but also simply to the lessons themselves

-Individual empowerment takes unexpected shapes : feeling of self confidence, easier access to work place, access to the mountains, appropriation of public space etc.

-Impacts in terms of collective empowerment are not obvious but are interesting to observe : encouraging other people to take the class, increased respect of cyclists when driving, effort to “not be harmful” to the planet etc.

-Cycling lessons as an answer to a need, as a source of pleasure and as a social injunction – leads to question the normative aspect of mobility