



# CYCLING IN SAFETY

(CIS)

## WORKSHOP INFOPACK

*A transnational youth meeting for the  
promotion of safe cycling in Europe*

**26-30.09.2022**  
ATHENS, GREECE

An initiative of



Hosted at

With the support of





# CYCLING IN SAFETY

(CIS)

The project is coordinated by the Hellenic Road Safety Institute (R.S.I.) "Panos Mylonas and is co-funded by the ERASMUS+ programme of the European Union.



*The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

# THE PROJECT

Cycling In Safety (C.I.S.) aims to be the first step toward bridging the gap between the North and South in terms of promoting a cycling culture as well as cycling education for young people. The project outcomes and trainings will serve as the first material for the development and implementation of a Road Safety Educational Program on safe cycling using state of the art methodologies and educational techniques.

# THE SEMINAR

This seminar is funded by Erasmus+ Program and it is designed to facilitate the exchange of good practices and the creation of a network for young people and youth workers from European-level entities working in the field of Traffic Education & Safe Cycling.

For the period of 5 days, selected individuals from Greece, the Netherlands, Romania, Norway, and Iceland will come together to exchange good practices and experiences with young people from the hosting and the participating countries, in a friendly environment promoting also cultural exchange. In addition to the training seminars, participants will get to explore the host city and observe its Traffic Safety Culture, witness local road users attitudes and behaviors as well as experience traveling as a pedestrian or cyclist in the urban traffic.

The proposed activities are focused on increasing the level of awareness and involvement of young people in road safety with regard to safe cycling. In particular, the expected impact of the project for the different target groups is:

- Knowledge on different methodologies and practical examples in the field of training and awareness on road safety related to cycling, taught by entities from different EU countries.
- Practical and practical training on regulation and road safety related to cycling.
- Direct participation in the exchange of good practices to acquire new tools necessary to improve the policies and road safety surrounding cycling in EU cities and to train and raise awareness among young people.



- Increasing their awareness and understanding of other cultures and countries, offering the possibility to build international networks.
- Greater motivation and satisfaction in their daily activity and acquisition of competences. Generation of new ideas and quality actions.
- Participants will become aware of the possibilities offered by Youthpass certificate and will have the possibility to request theirs after the combined mobility.



## METHODOLOGY

The seminar is designed to disseminate the positive value of road safety, sustainable mobility, and connectivity among young citizens. Fatalities involving cyclists made up 8% of the total number of road accident fatalities in 2018 in the 28 EU countries, counting 2.160 people killed in car crashes. Cycle incidents are a common cause of physical injury and death in children and adolescents as well, constituting the most vulnerable group of road users, since traffic fatalities is the first cause of death for the ages 5-29. While further integration of cycling into transport policy by giving more attention to increased road safety and encouraging cities to adopt Sustainable Urban Mobility Plans (SUMPS) addressing active transport is the way to establish a cycling culture and reduce cycle-related injuries, educational interventions is also an important strategy. However, the way Traffic Safety and Mobility Education is provided in European Schools differs widely across Europe.

Traffic safety is not a dedicated lesson in primary and secondary education for the majority of member states, while cycling tests (i.e. ensuring that every student knows how to safely ride a bicycle after finishing school) are not mandatory for most countries. This explains the inconsistency on knowledge, skills and safe behaviours among road users across Europe concerning cycling which is also reflected into modal share choice as well as in injuries and fatalities statistics.

In this context, 6 organizations from 6 European countries join forces to improve traffic safety and mobility education on safe cycling by exchanging experiences and good Practices.



The innovation proposed by this project is to map and collect all the good practices of each country concerning safe cycling, those used by the partner entities and by other collaborators outside the consortium, to adapt and test them. With the involvement of the young people themselves in the testing and formulation of the methodologies with the most impact for them, the conclusions for a subsequent project will be collected.

Cycling In Safety (CIS) aims to be the first step for bridging the gap between North and South in terms of promoting a cycling culture as well as cycling education for young people. Secondly, due to the methodology and typology of activities that the consortium intends to carry out, all of them have the objective of a practical exchange of knowledge and experiences between the different partners and the young participants.

Cycling in Safety helps to improve a sustainable lifestyle and responsible citizenship. The project focuses on developing and reinforcing youth participation on common matters, such as the promotion of road safety in their communities, and developing of social skills, critical thinking and young people's ability to make decisions - all the essential 21st century skills that young people should acquire at an early stage of their life. Enhancing the active participation of young people, especially those belonging to vulnerable social groups as well as young people with fewer opportunities is also another characteristic of the project.

The design and development of innovative training material enhanced by interactive new media technologies and a delivery methodology supported by interactive visualization technologies (including intelligent use of virtual augmented reality) will support the development of skills and methodologies in the relevant areas and ensure sustainability. Its innovative character is also found in the gamification component that includes some of its activities; The use of elements of the game in non-recreational activities is intended to promote the active participation and involvement of the participants. The proposed activities ("culture cycling", "simulation workshop", etc.) are all participatory and with a very relevant practical component, generating a space for interaction and sharing of ideas where participants do not simply listen passively, but allow participants to contribute to activities with their own knowledge and skills, learn by doing, reversing the traditional roles of external "experts" (in a way that learning passes from obtaining of knowledge to the qualification).

During the 5-day training seminars, participants will have a complete experience around Road Safety combining different methods and didactic resources for collaborative learning.



# PROGRAMME

**Monday 26th September**

**Theoretical training on road safety & cycling safety**



**PLACE:** Seirios SEA (Rest Area Station)  
address: Oropos, 190 11  
Map: <https://bit.ly/3r8b4hn>



**Transfer Meeting point:**  
St. Larissis (Metro Station-Line 2)  
Map: <https://bit.ly/3R3N75v>

10:00 AM

8:30 AM

*The "SEA SEIRIOS" Rest Area Station was built at the 43rd km of the Athens - Lamia highway in 1996. Its name comes from the brightest star in the night sky and means "bright". It includes two central passenger service buildings (connected by a metal bridge - restaurant), gas stations, laundries, control stations, shops, etc. Reinforced concrete and structural steel were used for its construction. For many years, it was a meeting point as well as a must for those using the Athens-Lamia National Highway. Highlight of course is the bridge with the large glass surfaces, where you could see the cars passing under you while you eat! The workshop is hosted in a hall of Nea Odos in Seirios.*

<b>8:45h.</b>	<b>Transfer to SEIRIOS Rest Area Station</b>
<b>10:00h.-10:25h.</b>	<b>Arrival and Welcoming from Road Safety Institute (R.S.I.) "Panos Mylonas"</b> <b>Warm-up and short presentation of the participants.</b>
<b>10:25h.- 10:35h.</b>	<b>"Young People and Road Safety" - RSI "Panos Mylonas"</b>
<b>10:35h.- 10:45h.</b>	<b>"The Erasmus Project Cycling in Safety" - RSI "Panos Mylonas"</b>
<b>10:45h. - 11:00h</b>	<b>"Safe Systems Approach" - RSI "Panos Mylonas"</b>
<b>11:00h. - 11:15h.</b>	<b>Coffee break</b>
<b>11:15h. - 11:35h.</b>	<b>"Safe Cycling" - Einar Guðmundsson - Brautin, Iceland</b>
<b>11:35h. - 11:50h.</b>	<b>"Sustainable mobility" - Trygg Trafikk</b>
<b>11:50h. - 12:30h.</b>	<b>Presentations of Best Practices from each country</b>
<b>12:30h. - 13:30h.</b>	<b>Lunch Break</b>
<b>13:30h. - 14:30h.</b>	<b>"Prevention" - PIHE &amp; RYD presentations and activities</b>
<b>14:30h. - 14:45h.</b>	<b>QA session</b>
<b>14:45h. - 15:00h.</b>	<b>Evaluation</b>
<b>15:05h.</b>	<b>Departure to the City Center</b>



# Tuesday 27th September

## Practical training on road safety & cycling safety



PLACE: Seirios SEA (Rest Area Station)  
address: Oropos, 190 11  
Map: <https://bit.ly/3r8b4hn>



8:30 AM

Transfer Meeting point:  
St. Larissis (Metro Station-Line 2)  
Map: <https://bit.ly/3R3N75v>

10:00 AM

*The workshop is hosted in a hall of Nea Odos Sirios Rest Area and the practical training will take part in the Cycling Park located at the premises of the Rest Area*

<b>8:45h.</b>	<b>Transfer to SEIRIOS Rest Area Station</b>
<b>10:00h.-10:25h.</b>	<b>Welcoming from Road Safety Institute (R.S.I.) "Panos Mylonas"</b>
<b>10:25h.- 10:45h.</b>	<b>"Safe cycling equipment and maintenance" - Einar Guðmundsson, Brautin</b>
<b>10:45h. - 11:00h</b>	<b>"Attention and distraction" - Trygg Trafikk</b>
<b>11:00h. - 11:15h.</b>	<b>Coffee break</b>
<b>11:15h. - 12:30h.</b>	<b>Practical training in the Traffic Park - Trygg Trafikk, Brautin, RSI</b>
<b>12:30h. - 13:30h.</b>	<b>Lunch Break</b>
<b>13:30h. - 14:30h.</b>	<b>Practical training with the use of special equipment and simulators -RYD, PIHE &amp; RSI</b>
<b>14:30h. - 14:45h.</b>	<b>QA session</b>
<b>14:45h. - 15:00h.</b>	<b>Evaluation</b>
<b>15:05h.</b>	<b>Departure to the City Center</b>



## Wednesday 28th September Visit the historical city center of Athens- Cultural Cycling



Meeting point: Akropoli (Metro Station – Line 2)  
Map: <https://bit.ly/3SvdDWL>

9:30 AM

*Cycle in Athens and learn about the city's long history. Follow the major cycle lane and visit the Athenian neighborhoods of the historic centre till the magnificent modern venue Stavros Niarchos Foundation Cultural Centre at the coast of Kalithea.*

**10:00h.-12:30h.** Cultural Cycling in the city center

**12:30h.-13:00h.** Light snack Break

**1:00h. – 15:00h.** Cultural Cycling



## Thursday 29th September - Survey on Cycling Behavior



Meeting point: Serafio City of Athens (Echelidon 19 & Pireos 144)  
Map: <https://bit.ly/3BETZRd>

10:00 AM

*Serafio of City of Athens is a contemporary Sports, Culture & Innovation Center. Sports facilities, cultural activities and open workshops, along with initiatives of social and technological innovation, are housed or hosted in a contemporary complex, with a common purpose: to offer new possibilities, education and entertainment, and enhance the life of the residents and visitors of Athens.*

**10:00h.-10:10h.** Welcome from Road Safety Institute (R.S.I.) "Panos Mylonas"

**10:10h.- 10:25h.** "How to create a survey" – RSI "Panos Mylonas"

**10:25h. – 11:25h** *Observations - The participants will have the opportunity to get involved in an observational study in order to survey cyclists' behaviors concerning helmet use and protective equipment as well as mobile phone use while cycling. Teams of 2-3 Participants will be spread at selected places across the city and will observe passing cyclists.*

**12:00h. – 12:15h.** Coffee break

**12:15h. – 12:30h.** Create a database – presentation of results

**12:30h. – 13:30h.** Lunch Break

**13:30h. – 14:30h.** Presentations of the surveys

**14:30h. – 14:45h.** Discussion of the findings

**14:45h. – 15:00h.** Evaluation



# Friday 30th September

## Develop a Road Safety Campaign



Meeting point: Serafio City of Athens (Echelidon 19 & Pireos 144)  
Map: <https://bit.ly/3BETZRd>

10:00 AM

*Serafio of City of Athens is a contemporary Sports, Culture & Innovation Center. Sports facilities, cultural activities and open workshops, along with initiatives of social and technological innovation, are housed or hosted in a contemporary complex, with a common purpose: to offer new possibilities, education and entertainment, and enhance the life of the residents and visitors of Athens.*

- |                          |                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10:00h.-10:10h.</b>   | <b>Welcome from Road Safety Institute (R.S.I.) "Panos Mylonas"</b>                                                                                                                                                                                                                                                                                                                                                                     |
| <b>10:10h.- 10:25h.</b>  | <b>"Campaign development", Guidelines, awareness and advocacy. - TryggTrafikk</b>                                                                                                                                                                                                                                                                                                                                                      |
| <b>10:25h. - 11:25h</b>  | <b>Examples of cycling campaigns - Each organization will present one example. The outcomes of the observational studies together with the examples of the campaigns will help young participants to come up with the theme of an awareness raising campaign on safe cycling. Participants will be taught how to implement a campaign from the very beginning of the concept idea till the development and launch of the campaign.</b> |
| <b>11:25h. - 11:45h.</b> | <b>Coffee break</b>                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>11:45h. - 12:45h.</b> | <b>Campaign Development - The outcomes of the observational studies will help young participants to come up with the theme of an awareness raising campaign on safe cycling. Participants will be taught how to implement a campaign from the very beginning of the concept idea till the development and launch of the campaign.</b>                                                                                                  |
| <b>12:45h. - 13:15h.</b> | <b>Lunch Break</b>                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>13:15h. - 14:15h.</b> | <b>Presentations of the campaigns</b>                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>14:15h. - 14:45h.</b> | <b>QA session</b>                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>14:45h. - 15:00h.</b> | <b>Evaluation</b>                                                                                                                                                                                                                                                                                                                                                                                                                      |



# TRAVEL



## Metro's Map

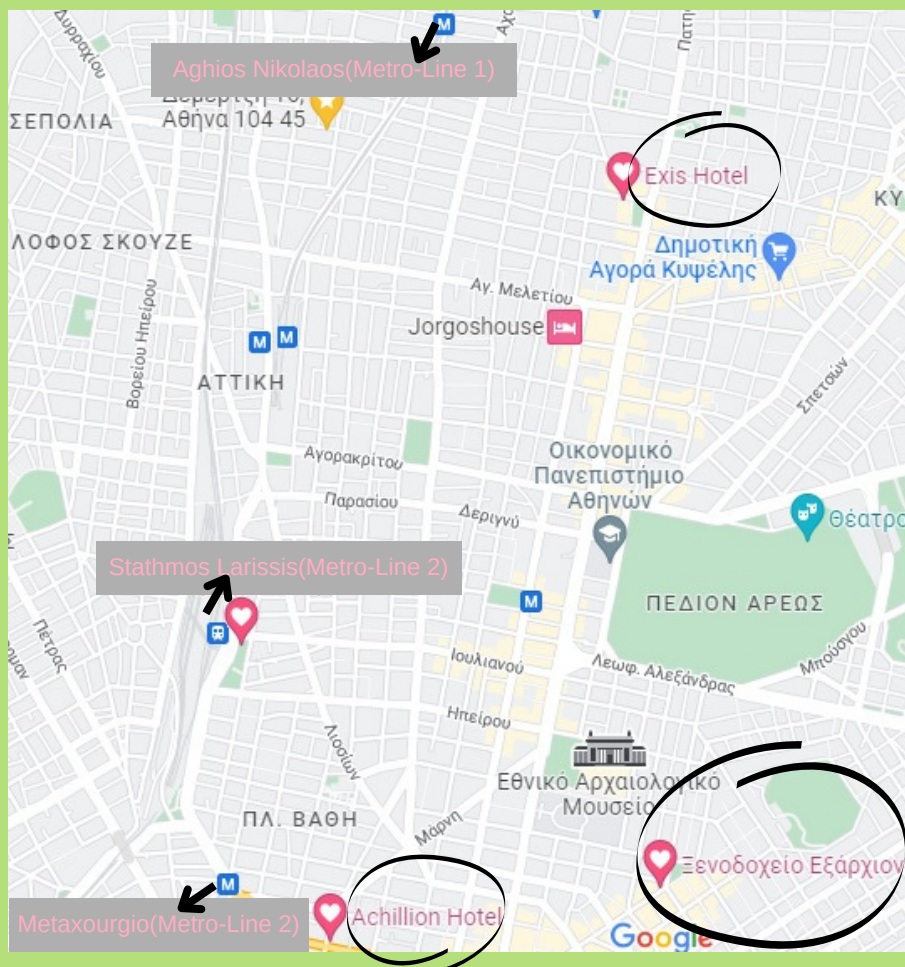


### General Information

- **The Athens International Eleftherios Venizelos (ATH) is connected with the city center by Metro (ticket price 10€ per person).**
- **If you have a late flight, It's better to take a taxi to your hotel. The cost is approximately 45-50€.**
- **The Metro starts its service from the airport at 06:30 and ends at 23:30.**
- **You can use the metro to visit sight seeing and in the meeting points of our workshop, and go to (or come from) Athens Eleftherios Venizelos international airport very easily.**



# HOTELS & METRO STATIONS



## Exis Hotel

**Spartis str. 1, 112 52 Athens**  
**Phone: +30 210 8662111 & +30 210 8620404**

You can take the metro line blue from the airport going in the direction of Aigaleo & get off at Monastiraki station. From here, change lines (green line) in the direction of Kifissia & get off at Victoria station (15' by foot or take the bus).

The bus stop at Patission Avenue will leave you at Amerikis Square stop. The Boutique Exis Hotel is just 2 minutes walk form the bus stop.

I am suggesting you to take a taxi from Syntagma metro station to the hotel. The price it's around 6-8€.



## Achillion Athens Hotel

**32, Ag. Konstantinou street.,**  
**10437 Athens,**  
**Tel.: +30 210 5225 618**

Get the metro line 3 Airport-Egaleo (train every 30 minutes) and at Syntagma Station change to line 2 direction to Agios Antonios. Get out at Station OMONOIA.

Omonoia station is a very central station with lot of exits. Follow the arrows to the exit «Ag.Konstantinou-Kotopouli» to get you exactly at the point where our street starts.

Walking through Agiou Konstantinou str. you will find us on your right hand site at number 32, few meters further than Athens National Theater.



## Exarchion Hotel

**55, Themistokleous Street,**  
**Athens**  
**Tel.00302103800731 /**  
**00302103801256**

Get the metro line 3 Airport-Egaleo (train every 30 minutes) and at Syntagma Station change to line 2 direction to Agios Antonios. Get out at Station OMONOIA. The Omonia metro station is just five minutes walk from the hotel.

# INSURANCE AND MONEY

Please, remember to ask for your **European Health Insurance Card**.

You are required to have your own health insurance, so you might want to think about taking out travel insurance for specific risks linked to travelling.

You will need to bring **pocket money** for personal expenses during free time. All the activities pointed in the Program attached are covered.



# MEALS



All meals inside the workshop (10:00-15:00) will be provided by the RSI "Panos Mylonas". Please, let us know if you have any food allergies or special dietary needs.

We have scheduled the consortium's dinner on 29/09 at 19:30. The place is pending.



# ABOUT ATHENS



Within the sprawling city of **Athens** it is easy to imagine the Golden Age of Greece when Pericles had the Parthenon built, when the tragedies of Aeschylus, Sophocles and Euripides were performed in the Theater of Dionysus and when democracy brought all citizens together to decide their common fate on the Pnyx Hill.

Each year, more and more travelers are choosing Athens for their leisure and business travel all year round. There are several reasons; Athens offers a variety of things to see and do, and most of the times, under favorable weather conditions. Athens is considered one of Europe's safest capitals; its transportation network is user-friendly; there are numerous museums and archeological sites and hundreds of restaurants to satisfy every taste.

Characterized by a culture and people that are welcoming and hospitable, every visitor just feels at home in Athens. The glorious Athens of antiquity is becoming synonymous with that of its contemporary counterpart.

Athens is an ideal congress destination, combining state-of-the-art infrastructure, excellent conference facilities and easy access from all over the world with world-class cultural attractions, modern amenities, diverse entertainment and natural beauty. Most hotels in Athens underwent extensive renovation in preparation of the 2004 Olympic Games, a great benefit for contemporary visitors that can enjoy comfortable and stylish accommodation combined with outstanding services.

Surrounded by a lining of stunning seas and mountains, Athens is filled with gems just waiting to be discovered. The Saronic Gulf, which, due to its proximity to Athens, is the prime yacht charter area in Greece, surrounds the west coasts of Athens and Attica.

During the last two decades, a construction of advanced wastewater treatment facilities has resulted in a spectacular recovery of water quality in the Saronic Gulf. Visitors can now enjoy numerous beach and bathing establishments which are in operation from PalaioFaliro to Sounion.



# ABOUT ATHENS



## GENERAL INFORMATION

**Language:** The native language is Modern Greek. English is widely spoken as a second language by the majority of Greeks, while French and German are also spoken at a good extent.



**Time:** Greece is two hours ahead of Greenwich Mean Time GMT+2

**Electricity:** The electricity current in Greece is 220v, 50Hz and the socket type is European Standard.



**Currency & Banking:** Greece is a full member of the European Union since 1981 and its currency is the Euro (€).

All major credit cards are widely accepted in Greece. ATMs and Exchange Offices are widely available. Foreign currency may be exchanged to Euros at most Greek and foreign banks and at exchange bureaus located in the city centre. Travelers are kindly requested to bring their passport when exchanging money as they will need it for the transaction.

Traveler's checks and credit cards issued by major companies are also widely recognized and an accepted means of purchasing items in Athens. Banks are open to the public Monday through Thursday 08:00 to 14:30 and Friday 08:00 to 14:00, except for public holidays. The "Open24" Bank (Eurobank & PIRAEUS) is open mornings and afternoons, as well as on Saturdays.

## THINGS TO DO IN ATHENS

Athens is a city that is made up of multiple and unique districts, all of which offer major attractions and interesting places that should be on any visitors must visit or to-do list. Here are a number of online travel guides for you check out in order to best experience one of Europe's most historic, culturally-rich and breathtakingly beautiful urban cosmopolitan cities.

- Visit Greece, <https://www.visitgreece.gr/>
- Breathtaking Athens, <https://www.visitgreece.gr/inspirations/breathtaking-views-over-athens/>
- Athens Survival Guide, <https://www.athensguide.com/>





# CONTACT DETAILS

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# CYCLING IN SAFETY CONSORTIUM



**ROAD SAFETY INSTITUTE (RSI) "PANOS MYLONAS" - GREECE (Coordinator)**



**ASOCIATIA PENTRU TINERII SI STUDENTII DIN PARTIUM (PIHE) - ROMANIA**



**BRAUTIN, BINDINDISFELAG OKUMANNA - ICELAND**



**STICHTING RESPONSIBLE YOUNG  
DRIVERS NEDERLAND - THE NETHERLANDS**



**THE PROVOST, FELLOWS, FOUNDATION SCHOLARS & THE OTHER MEMBERS  
OF BOARD OF THE COLLEGE OF THE HOLY & UNDIVIDED TRINITY OF QUEEN  
ELIZABETH NEAR DUBLIN - IRELAND**



**TRYGG TRAFIKK / NORWEGIAN COUNCIL FOR ROAD SAFETY - NORWAY**

# CYCLING IN SAFETY







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(CIS)

An initiative of



Hosted at

With the support of

