



Brindisi, 21st – 22nd November 2008
Workshop on indoor/outdoor
environment in kindergartens

Call For Papers	
Title of Presentation:	Mobility Management for Kindergartens There is nothing like starting young
Name:	<i>Karl Reiter, <u>Margit Braun</u></i>
Organisation:	FGM-AMOR, Austrian Mobility Research
Position:	Department for Mobility Management & Travel Awareness
Address:	Schoenaugasse 8a, A-8010 Graz, Austria
Email:	braun@fgm.at (reiter@fgm.at)
Telephone:	0043 316 810451 29 (23)
Fax:	0043 316 810451 75
Summary	Kindergarten age is the perfect age to rouse children's enthusiasm for cycling and walking and to influence the mobility behaviour in further life. Children who have a positive attitude towards these ways of moving tend to "educate" their parents to use bicycles more often because they are affected in an emotional way.
Background / Introduction	There is a dramatic decrease of physical activity of children in Austria even in the kindergarten age. This leads to overweight, a lack of co-ordination abilities and consequently to a higher risk of being involved in an accident. About 20% of the children between 10-14 years report pain in the back. On the other hand children are more and more taken to the kindergarten by car and experience the world from the perspective of the back seat of their parents' car.
Objectives	The goals of the kindergarten programme are: <ul style="list-style-type: none"> - to motivate children of kindergartens to learn cycling playfully - to train employees of kindergartens on how to implement the action - to provide emotional context and material - to "touch" and involve the parents - to design the kindergarten environment into a reduced car area - to advise parents to abstain taking their children to the kindergarten by car - to motivate the police to participate and co-operate



Brindisi, 21st – 22nd November 2008
Workshop on indoor/outdoor
environment in kindergartens

Materials	<p>Per kindergarten:</p> <ul style="list-style-type: none"> - 2 special bicycles called “Laufrad” - 1 special picture book for children with stories about cycling - 1 certificate “I am a cyclist” with a personal photo on it per child
Methods	<p>Seminars for the kindergarten staff; Informational events for parents; Learning by doing: children learn to cycle by using the “Laufrad” Final events to celebrate the success that children learned to cycle in an early stage</p>
Implementation & Results	<p>In the Municipality of Weiz (10.000 inhabitants) all kindergartens (14 kindergarten groups, altogether more than 250 children) implemented the programme “Mobility management for kindergarten”. The programme consisted of two seminars for the kindergarten staff, 3 informational events for parents.</p> <p>Every group got two special bicycles to learn to cycle. These bicycles are designed especially for small children with no pedals and no training wheels. Experience showed that children mostly needed only one afternoon to learn cycling.</p> <p>Kindergarten children telling stories about cycling was another activity. A special picture book was developed.</p> <p>In the end of the season all children got a certificate (“I am a cyclist”) with a personal photo on it. Additionally, the surrounding area of the kindergartens was analysed and the accessibility for pedestrians and cyclists was improved. A rental system for bicycle trailers was introduced at the kindergarten sites free of charge.</p>