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Presenting Date: **February 27, 2016**

Presenting Time: **11:30-12:30**

Session Title: **Teaching Cycling**

Presentation Session: **27AM3**

Presentation Format: **Workshop**

Participatory Action Research in Promoting Safe Bike to School

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PAR's definition

A kind of knowledge accumulation, combining social and pedagogic sciences, together with action learning.

Unlike ordinary cycling planning, the participatory action research encourages people to involve in the entire planning process.

The cycling promotion plan is expected to be highly realistic, innovative, fully accepted from all stakeholders and encourages the sense of sharing responsibilities in the society.

Question: How to promote cycling to school with PAR?

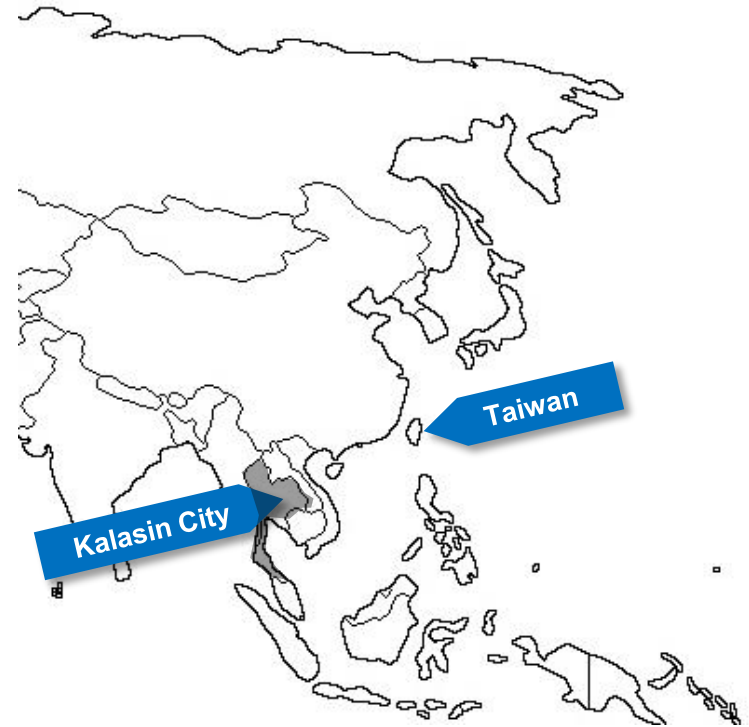
Target group: Pupils aged 6-12 years old

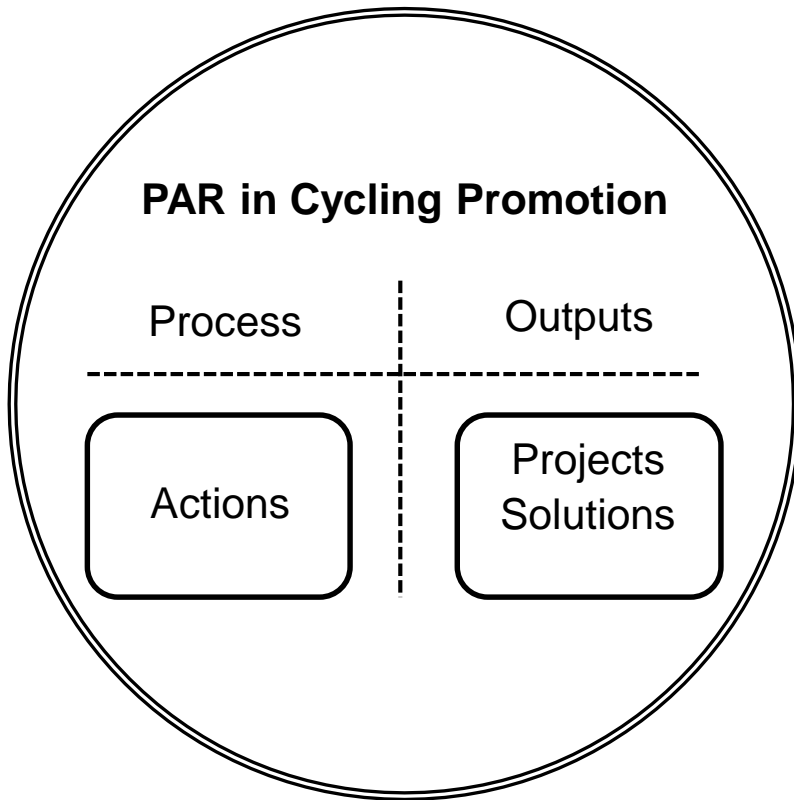
Area: Kalasin City

Time Period: April – December 2015

Participants:

- Local cycling club (Dino Speed Bike)
- Thai Cycling Club (TCC)
- Mahasarakham University (MSU)
- Kalasin Municipality
- Primary schools
- Provincial Police
- Provincial Transport Authority Office
- Provincial Health Office
- Provincial Skill Development Centre





PAR research Steps

- 1) An introduction and interview with the mayor and relevant actors
- 2) A questionnaire with pupils
- 3) Creative Vacation Project
- 4) A meeting with the municipality's leaders
- 5) A cycling committee meeting
- 6) Healthy Pupils Cycling Project
- 7) A meeting with Thai Cycling Club

PAR research Steps

- 1) An introduction and interview with the mayor and relevant actors



Jaruwat Boonperm

Mayor of Kalasin

**Provincial Skill
Development Center**

Provincial Police

Provincial Health Office

**Provincial Transportation
Authority Office**

Adisak Anuntariyasap

Chamber of Commerce
Governor's advisor
Mayor's advisor
Dino Speed Bike founder
Thai Cycling for Health
Association

Somsuk Teerachot

Head of Dino Speed Bike

Prayot Kansawai

Head of Municipal School
Member of Dino Speed Bike

Pismai Paprakai

Teacher of Anuban School

**Electricity Generating Authority of
Thailand**

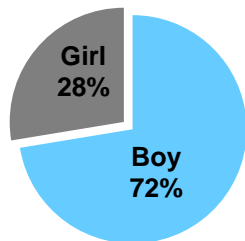
Green School Project

PAR research Steps

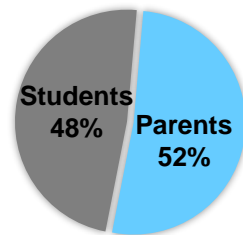
2) A questionnaire with pupils



Gender

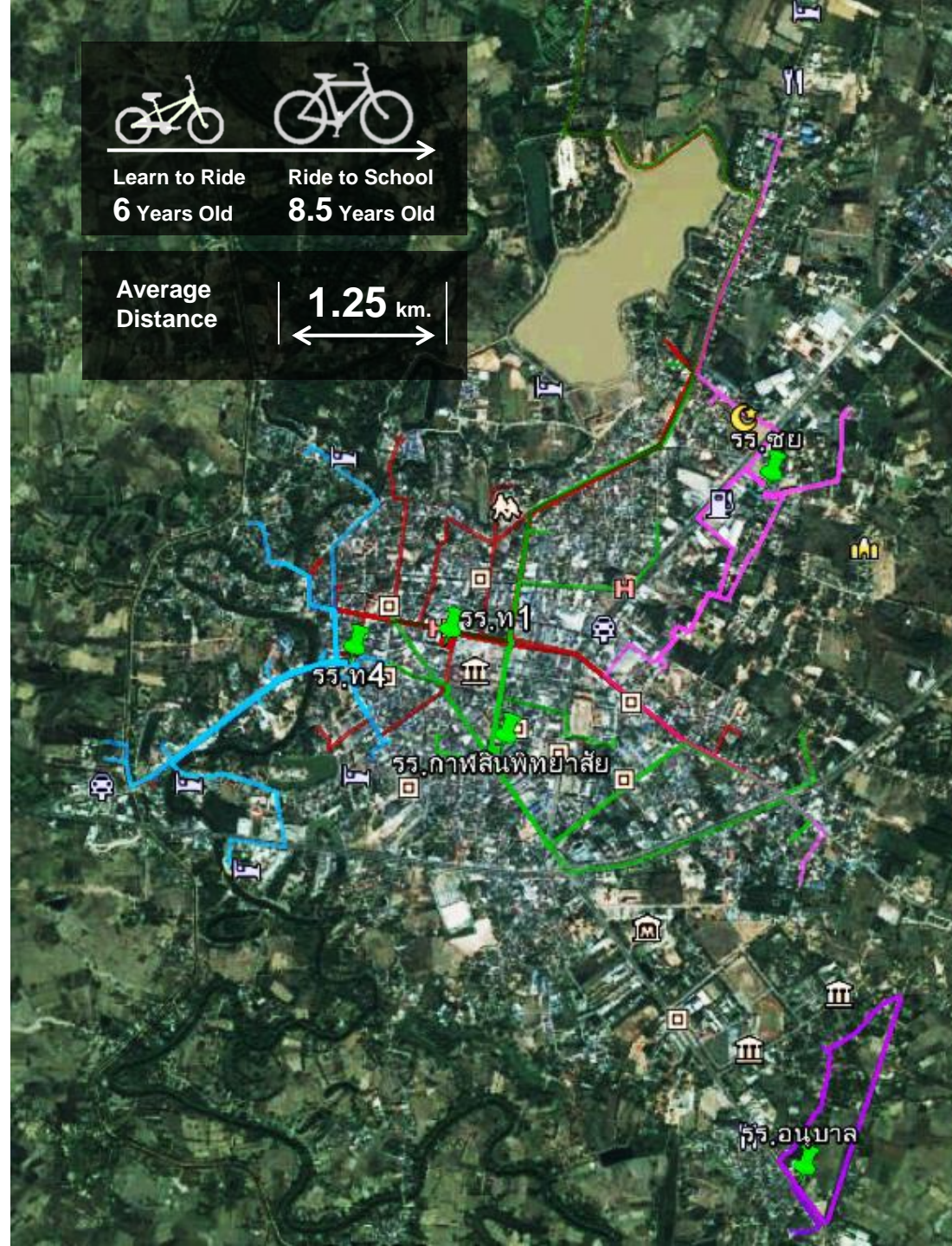


Decision Makers



- Mobility freedom
- Joyful
- Comfortable than walking
- Being with friends

- Parents having no time
- To train students



PAR research Steps

3) Creative Vacation Project



PAR research Steps

4) A meeting with the municipality's leaders

5) A cycling committee meeting



PAR research Steps

6) Healthy Pupils Cycling Project



Results

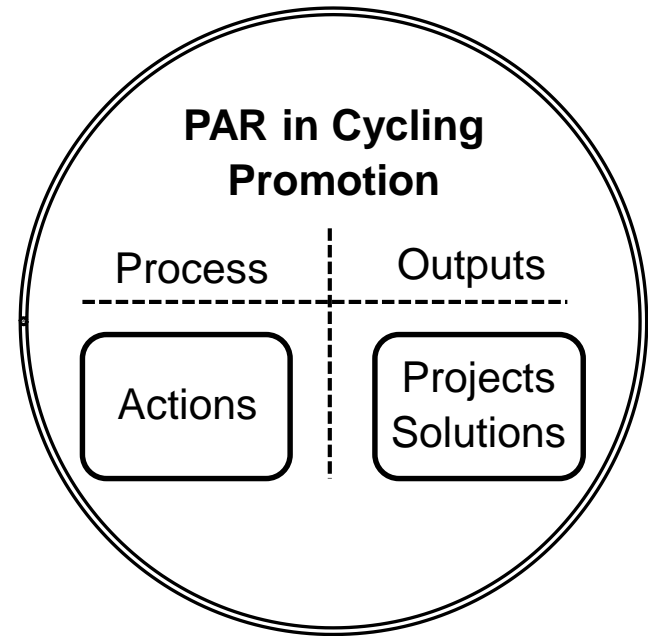
- | | |
|-----------------------------------|------|
| • Satisfaction with this project | 4.60 |
| • Increasing cycling confidence | 4.79 |
| • Increasing cycling will | 4.47 |
| • Agree on 'Kalasin Cycling City' | 4.67 |
| • Demand on repeat this project | 4.77 |

Opinions towards activities

- | | |
|---|-------|
| • On street cycling | 90.0% |
| • Cycling training on demonstration track | 4.3% |
| • Games | 5.2% |
| • Souvenir and sweets | 0.4% |

PAR research Steps

7) A meeting with Thai Cycling Club



PAR research Steps

- 1) An introduction and interview with the mayor and relevant actors
- 2) A questionnaire with pupils
- 3) Creative Vacation Project
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- 5) A cycling committee meeting
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- 7) A meeting with Thai Cycling Club

PAR's Initiatives

- 1) Creative Vacation Project
- 2) Committee meetings
- 3) Healthy Pupils Cycling Project
- 4) Cycling Community Project (on process)
- 5) Cycling Family Project (on process)
- 6) Local Cycling Personal Training (on process)

The results were the participatory action research successfully generates effective solutions to cope with traffic safety in pupils.

Pupils enrolling in the cycling training course felt more confident in cycling, more willingness to ride, and highly agree on Kalasin to be a cycling city.

The research successfully strengthen civil society network, evidently from following collaborative projects among participants.

