



## Cycling and health in an ageing society



## Fourth AENEAS Training Workshop 9 and 10 June 2010 City of Odense Second Announcement

Version 3 May 2010

AENEAS is supported by





## The AENEAS project

AENEAS is a European project in the framework of the Intelligent Energy Europe (IEE) programme. Its acronym stands for "Attaining Energy-Efficient Mobility in an Ageing Society." The project's objective is to become the cornerstone for international reference projects in the field of urban mobility of older people. As the "car generation" is growing old, older people (50 and above) are increasingly using the private car instead of environmentally sustainable modes of urban transport. AENEAS wants to exchange good experiences among European cities on energy-efficient mobility in ageing societies. Concrete measures in the AENEAS partner cities, on mobility management; training; awareness raising and communication, are enabling and encouraging older people to use energy-efficient mobility. Find out more on [www.aeneas-project.eu](http://www.aeneas-project.eu).

## Aims of the training workshop

Why should older people cycle? Is that not too dangerous for them? This argument is often raised when it comes to the topic of older people & cycling. However, not all people aged 50+ are the same, a lot of them enjoy cycling and many of them could travel more actively in order to improve their personal health. AENEAS therefore promotes safe cycling among older people with the aim of reducing car use, fostering public health and increasing road safety. The aims for this fourth training workshop are:

- Provide participants with a basic understanding of the challenges emerging from a car generation growing old, looking at their requirements, behavioural routines and preferences;
- Showing the links between cycling and health regarding the generation 50+;
- Provide examples of practical experiences on activating older people to cycle and training schemes for safe cycling for older people;
- Create an interactive environment and work in small groups to enhance learning and knowledge exchange;
- Give an insight into the integrated approach for cycling in Odense, through technical site visits and case study transfer sessions.

The main target group of the AENEAS training workshops consists of professionals from city mobility departments and public transport operators. Representatives from other organisations working on themes of sustainable transport on the local level are also welcomed to participate in the workshop.

The first day of the programme has a more plenary character, while during the second day we will break up in smaller groups for the training session and site visits. All participants will receive a reader before the workshop, which will contain background information on the theme, good practice examples and an introduction to the interactive parts. After the workshop the reader will be extended with the conclusions from the workshop. The conclusions from the previous workshops are available on the AENEAS website.

The language of the workshop will be English.



## Practical information

Participation is free. If you are interested to join us in Odense, please send the registration form via e-mail to Ms. Gabi Wegeler at: [g.wegeler@rupprecht-consult.eu](mailto:g.wegeler@rupprecht-consult.eu) or fax it to +49 221 60 60 55 29. In case of any questions, you may reach Gabi via e-mail or telephone: +49 221 60 60 55 12 (9-13h, EN, DE, FR). The deadline for registration is the 21<sup>st</sup> of May.

## Workshop Participation

The participation in the AENEAS workshop is free for trainees. Catering on the two days and the dinner on Wednesday evening are provided by the AENEAS project as well.

Travel and hotel costs have to be borne by the trainees.

AENEAS, however, supports participants who would otherwise not be able to take part in the workshop. NGOs and local public administrations, particularly from Central and Eastern Europe are entitled to ask for a partial reimbursement of travel and accommodation costs based on the cheapest available fares / prices. Please contact Matthias Fiedler, [m.fiedler@rupprecht-consult.eu](mailto:m.fiedler@rupprecht-consult.eu) or +49 (0) 221 60 60 55 22.

## How to get to Odense

*From Copenhagen Airport:*

Take an IC3 train (Intercity) from the airport train station, destination Frederikshavn, Struer Esbjerg or Sønderborg. Travel time to Odense is 1 hour and 50 minutes.

*Timetable in English:*

<http://www.dsb.dk/Global/PDF/Koereplaner/Intercity/K10/InterCity%20M65%20-til%20internettet-.pdf>

*By train*

There is a direct night train from Amsterdam, Cologne, Munich and other cities in the Netherlands and Germany to Odense (arrival time 8:16h in the morning)

## Hotel

A number of rooms have been pre-reserved at **Hotel Windsor, Vindegade 45, 5000 Odense**. The price is 79 EUR for a room per night, breakfast included. Please make your reservation soon, indicating that you are participating in the AENEAS workshop and mentioning the **reservation code 213913**.

Hotel Windsor

Vindegade 45

5000 Odense C

Phone: +45 66 12 06 52

Website (English):

[http://www.millinghotels.dk/forside\\_uk.php?p\\_id=2](http://www.millinghotels.dk/forside_uk.php?p_id=2)

E-mail: [co.windsor@choice.dk](mailto:co.windsor@choice.dk)

*How to get there from the railway station:*

Right upper sit the railway station you find Kings Garden. Walk through the garden until you connect with Vindegade at the first crossing. Turn right. About 50 meters down Vindegade you find Hotel Windsor, a corner building on your right (see map below).

## Workshop location

Odense Castle  
 Nørregade 36 – 38  
 5000 Odense C

### How to get there

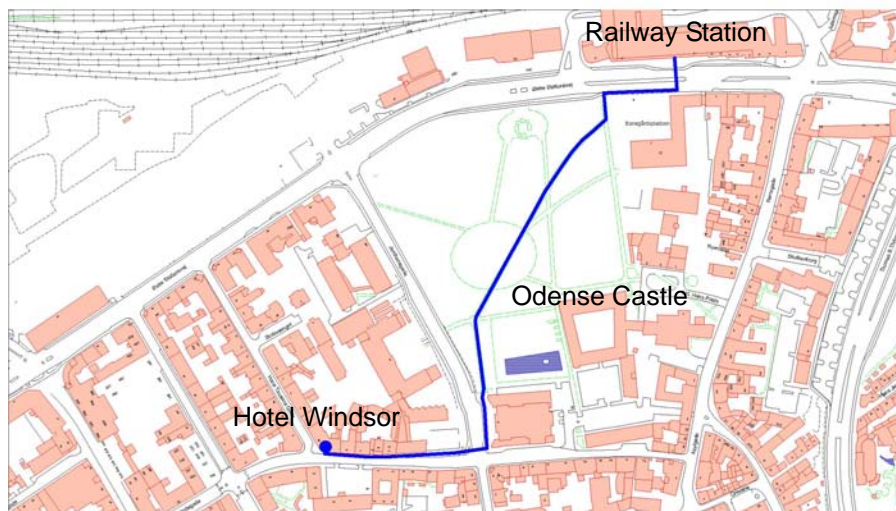
*From the hotel:*

Exit the hotel and turn left. You find Odense Castle 100 meters down Vindegade on your right. Enter the yard in main castle building and find the main entrance.

*From the railway station:*

Odense Castle is situated in Kings Garden which you find as you leave the station. Walk pass the main building and in to the castle yard. Here you find the main entrance.

### Map of the railway station, the hotel and the workshop location at Odense Castle



## Programme

<b>Wednesday 9 June</b> <b>Venue: Nørregade 36-38, Slottet, indgang C</b>		
<b>Introduction</b>		
09:00	Official welcome	City of Odense
09:15	Introduction to the training workshop	Bernd Decker, Rupprecht Consult (Moderator)
09:20	The AENEAS project; objectives and actions	Matthias Fiedler, Rupprecht Consult
10:00	The interplay between cycling and health, the case of older people	Lars Østergaard, University of Southern Denmark
10:40	Who is who in the training?	Bernd Decker, Rupprecht Consult (Moderator)
10:50	Coffee Break	
11:20	Needs and attitudes of older people regarding cycling	Pernille Ehlers, Council of Safe traffic
12:00	LUNCH	
<b>Experiences – cycle training and motivating older people to cycle</b>		
13:30	Activation exercise	Bernd Decker, Rupprecht Consult (Moderator)
13:45	Activating older people to cycle in the UK	Helen Biggerstaff, CTC
14:30	Motivate & keep senior citizens cycling: Approaches from Odense and Munich	Dorthe Råby, City of Odense and Andreas Schuster, Green City
15:15	Coffee break	
15:45	Training for safe cycling in the Netherlands	Mario Kramer, Fietsersbond
16:30	Interactive session	Bernd Decker, Rupprecht Consult (Moderator)
17:15	End of first day	
20:00	Official dinner	

Thursday 10 June Venue: Nørregade 36-38, Slottet, indgang C		
<b>Site visit Odense</b>		
09:00	Welcome, the highlights of the first day and short presentation of second day programme	Moderator and Rapporteurs
09:30	Cycling tour	All participants
12:00	LUNCH with older citizens	On location in Engen
<b>Transfer workshop</b>		
13:15	Small groups work on transfer of training concepts to other cities.	
15:00	Presentations of results in market place setting	
15:30	Closing and evaluation of workshop	Bernd Decker, Rupprecht Consult (Moderator)
16:00	End of the programme	

The **cycling tour** will be preceded by a presentation on the mobility policy of the city of Odense. During the tour the participants will visit examples of different types of infrastructure for cycling and walking. For lunch the participants will meet a group of older citizens, which is doing an AENEAS cycling tour on the same day.

For the **Transfer workshop**: *Transferring concepts on cycling activation to other cities*

We will investigate in which ways the training and activation concepts, presented on the first day, could be implemented in cities from different areas in Europe. Small groups will prepare implementation plans for different cities and present them in a market place setting.