



Session #1 Saturday 22 October

Introductory Session

Time: 2.30 pm – 4.30 pm

Location: The Huddle

A meet and greet event for successful applicants. During this session we will get to know each other and outline the whole project, running through what to expect at each session. We will distribute the My Bike Project Workbooks and also determine the current skill level and experience of our group. We will begin the film project, documenting the hopes and aspirations of the participants and also invite everyone in the group to be administrators of the Facebook page. We will brainstorm a list of ride destinations and measure participants for the best fit from the collection of donated bikes.

Session #2 Saturday 29 October

Bike Skills & Bicycle Matching

Time: 2.30 pm – 4.30 pm

Location: The Huddle

This session will see the participants matched with a bike and given their own helmet. A Bike Ed trained provider will deliver the first classroom component on Bike Skills and Road Safety, with practical exercises to follow up on the Huddle basketball court. At the end of the session we will update the My Bike Project Facebook page with images of participants and their new bikes!

Session #3 Saturday 5 November

Road Knowledge & Bicycle Training

Time: 2.30 pm – 4.30 pm

Location: The Huddle

This week we extend upon the skills training with a session on Road Rules and Safe Riding from the Bike Ed provider. After a classroom component, participants will navigate a simulated road environment on The Huddle basketball court. Participants will have some free time to practice their skills in an enclosed environment, and again the Facebook page will be updated with images and impressions from the session.



Session #4 Saturday 12 November

Bike Skills & Road Readiness

Time: 2.30 pm – 4.30 pm

Location: The Huddle/North Melbourne Area

This session the Bike Ed provider will complete the road safety and bike skills training and get participants ready to ride on the roads with lights, locks, bells and reflectors being fitted to their bikes and high visibility reflective gear distributed to the group. We will undertake our first group ride in quiet streets surrounding The Huddle, returning to update the Facebook page with more images and feedback. The project workbook will be used to plan the route and participants will mark their journey on a map of their local area.

Session #5 Saturday 19 November

First Aid & Basic Bicycle Maintenance

Time: 2.30 pm – 4.30 pm

Location: The Huddle/North Melbourne Area

This session will focus on preparing participants to respond to incidents on the roads, with a basic first aid and bicycle maintenance course delivered by expert providers. We will also undertake another ride as a group in North Melbourne area, plotting the route in our workbooks. The participants will undertake a short quiz, asking them to recall their learnings from the sessions to date. The film project will continue with the documentation of the participants' new skills and favourite things about the project so far.

Session #6 Saturday 26 November

Bicycle Ownership & Shared Destination

Time: 2.30 pm – 5.30 pm

Location: The Huddle/North Melbourne Area

This week the My Bike Project participants claim ownership of their bikes, with the whole session devoted to a longer ride to an agreed social destination. Participants will map the ride in their workbooks together, drawing on the mapping skills developed in previous sessions. The ride will include a stop at participants' homes so family and friends can see their bikes and celebrate their achievements. At the end of this session, the keys to the bike locks will be distributed so participants can access their bike at any time between sessions to ride independently or with other members of the group. Photos of family and friends will be posted to the Facebook page.



Session #7 Saturday 10 December

Safe Road Skills and City Navigation

Time: 2.30 pm – 5.30 pm

Location: The Huddle/Capital City Trail/Birrarung Marr

This week the participants apply their bike skills and road safety knowledge to an extended ride to the city. We will plot the route in our workbook maps, anticipate traffic hazards, agree on group ride behaviours and point out sightseeing stops on the way. During the ride we'll stop for an afternoon tea break on Birrarung Marr. The group will also be encouraged to select destinations or activities they could ride to over summer, before the program resumes late January. The session will finish back at The Huddle, with the Facebook page updated with images from the day.

Session #8 Saturday 28 January

Picnic Ride & Feedback documentation

Time: 2.30 pm – 5.30 pm

Location: The Huddle/Capital City Trail/Abbotsford Convent

At this session the group will reconvene after a summer break and document any independent riding they have undertaken in their workbooks. Another group ride will take place along the Capital City Trail to the Abbotsford Convent for a picnic. Participants will plot the ride beforehand on a map, noting any traffic hazards and selecting the safest route to the destination. The film project will continue, documenting the ride to the picnic and inviting participants to film their final impression of the project. During the picnic we will conduct a feedback session, planning volunteer participation in Bikefest. The session will conclude at The Huddle, updating the Facebook page and making sure the project workbooks are complete.

Session #9 Saturday 29 February

Final celebration as part of Melbourne Bikefest

Time: 7.00 - 9.30pm

Location: The Huddle

The final evening session will officially mark the end of the My Bike Project, with a community celebration and BBQ involving project participants, The Huddle staff, project supporters and key stakeholders. On this evening we will screen the short film, featuring the participants content and interviews, with each member of the group invited to present their bikes and workbooks to friends, family and the community. This event will be programmed as part of Melbourne Bikefest 2012 and will be open for the public to attend.



Bikefest Volunteer-Participation

The My BikeProject participants will have the option of volunteering at Bikefest, during the Bike Market event at Birrarung Marr or the Bike Picnic at the Abbotsford Convent. The project has incorporated rides to these locations advance to ensure familiarity.

At the Bike Market program participants will be invited to assist with a workshop instructing young people on bike decoration and safety. They will share their skills and new enthusiasm for riding with a new group of young people, as well as decorating their own bikes with available materials.

The Bike Picnic will invite attendees to bring food to a large sharing table (by bike). The picnic will feature culturally diverse food and entertainment. The program participants may choose to act as picnic guides, ushering people in from the surrounding bike paths and assisting with bicycle parking.