

## What Is The Purpose of Cycling Without Age?

We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community. We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives. That way we build bridges between generations and we reinforce trust, respect and the social glue in our society.

## Guiding Principles

### Generosity

Cycling Without Age is based on generosity and kindness.

It starts with the obvious generous act of taking one or two elderly people out on a bike ride. It's a simple act that everyone can do.

Generosity permeates every single activity in Cycling Without Age and works its magic at many different levels. Pilots (the rickshaw riders) train each other in the simple art of riding a rickshaw. They spread the good word and recruit new pilots through wonderful stories, not because it's an obligation, but because they want to. And pilots tell delightful stories from the rides to nursing home staff and actively build relationships with the staff.

Nursing home staff create a welcoming environment and culture for pilots. They help organise all the practical stuff. They pass on the stories from pilots and their passengers to encourage more elderly to want to go for bicycle rides. And cities and municipalities help each other getting started by providing expert advice, by sharing stories and experiences, and by lending out bicycles or staff to other cities to encourage and boost start-up.

As a Partner you are also expected to show generosity to other people who wish to become part of Cycling Without Age in your city. Invite people along, engage in conversation, meet, have town hall meetings. Involve people in cycling, event planning and other activities. We aim to spread happiness wherever we go.

## Slow Cycling

Out of respect for others and the environment we cherish being slow. Slow cycling is a key principle and ensures that pilots, passengers, pedestrians and other road/path users have good experiences when being part of or meeting a Cycling Without Age bicycle group. Slow cycling allows you to sense the environment, be present in the moment and it allows people you meet along the way to be curious and gain knowledge about Cycling Without Age because you make time to stop and talk.

## Storytelling

When we grow older, we lose the witnesses to our lives and to our stories, and being in nursing homes may isolate us and prevent us from building new relationships.

Elderly people have so many stories that will be forgotten if we don't reach out and listen to them. We tell stories, we listen to stories on the bike and we also document the stories when we share them via word of mouth or on social media. Storytelling is crucial for building and spreading the movement and we encourage everybody to participate. Even a single line, a chat, a tweet, an image or a couple of sentences.

## Relationships

Cycling Without Age is about creating a multitude of new relationships: between generations, among the elderly, between pilots and passengers, nursing homes employees and family members.

Relationships build trust, happiness and quality of life.

## Without Age

Life does not end when you turn 75. Life unfolds at all ages, young and old, and can be both thrilling, fun, sad, beautiful and meaningful. Cycling Without Age is about letting people age in a positive context – fully aware of the opportunities that lie ahead when interacting in their local community.



