

## The PRESTO consortium

The PRESTO consortium consists of five cities as well as European experts in cycling and urban transport. The five cities are:

**Bremen** (Germany), **Grenoble** (France), **Tczew** (Poland), **Venice** (Italy) and **Zagreb** (Croatia).

The European networks and experts are: the European Cyclists' Federation (ECF), the European Two-wheel Retailers' Association (ETRA), Ligtermoet & Partners, the European city network Polis, the German Cyclists' Federation Bremen Branch (ADFC-HB), and the Pomeranian Association for Common Europe (PSWE). The PRESTO project is coordinated by Rupprecht Consult GmbH.



### Contact

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(Subscribe to our mailing list and receive the PRESTO newsletter!)

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**PRESTO Promoting cycling for everyone as a daily transport mode**  
is supported by the European Programme Intelligent Energy-Europe

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## Training material

**Cycling:  
a daily transport  
mode for everyone**



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## PRESTO is a project to promote cycling in Europe

Five cities and a range of experts unite in developing strategies to tap the potential of cycling in cities. The cities represent a range of diverse size, location, culture and cycling tradition. All will deploy actions in three fields: cycling infrastructure, cycling promotion and pedelecs. In the course of the project, they will benefit from training sessions and expert advice. The trainings will further be developed into a set of e-learning virtual classes on cycling policy that will later be open to any interested participants.

**Pedelecs are electrically assisted pedal bicycles on which you have to pedal to get moving. Pedelecs differ from e-bikes which have a motor which can function independently of whether you pedal or not.**



### Policy guides and fact sheets

PRESTO has produced fact sheets and policy guides following the three thematic pillars of the project: infrastructure, promotion and pedelecs. These documents are written for urban policy makers and city planners to help them to build cycle-friendly urban environments taking into consideration whether their city is a 'starter', 'climber' or 'champion' with respect to cycling.

The 4 policy guides offer a clear and systematic framework to help decision makers develop a cycling policy strategy. The policy guides are accompanied by 25 implementation fact sheets which give more detailed and practical (technical) information on how to implement a selection of cycling policy measures. They are meant as a working instrument for those involved in implementing cycling policy.

**The guides and fact sheets are available in numerous languages, and can be downloaded for free from the PRESTO website.**

### What's in the guides and fact sheets?

One policy guide presents a general framework outlining the fundamentals of an integrated cycling policy. Three further policy guides investigate three areas more in depth: cycling infrastructure, cycling promotion and pedelecs.

**The fact sheets follow these same topics:**

**Cycling Infrastructure**, 15 fact sheets based around 4 topics:

- **Network links:** cycle lanes, cycle tracks, cycle streets, traffic calming and cycling, contra-flow cycling, bicycle and buses, and cyclists and pedestrians.
- **Intersections and crossings:** traffic light intersections, roundabout intersections, right-of-way intersections, and grade separation.
- **Parking:** bicycle parking and storage solutions, bicycle parking in residential areas, and bicycle parking in the city centre.
- **Public transport:** cycling facilities at interchanges.

**Promotion of cycling in urban areas**, 9 fact sheets with 3 main topics:

- **Awareness raising:** broad promotional campaigns, safe cycling campaigns, targeted campaigns, and bicycle barometers.
- **Information:** bicycle maps, bike events and festivals, and cycling information centres.
- **Training programmes:** targeted adult training programmes, and bike testing events.

**Promotion of pedelecs**, a fact sheet focusing on regulatory aspects.

## On-site training sessions

Training sessions will be held in each of the 5 PRESTO cities during the course of the project (which runs until January 2012). The on-site training workshops cover general cycling policy topics as well as more focussed issues relevant to the host city. The workshops are held in the national language of the city as well as in English. The target group for the training sessions is primarily urban policy makers and city planners, although each workshop differs dependent on the local objectives.

In each case, the on-site training session is free of charge, and for participants interested in furthering their knowledge, a distance e-learning session follows each of the on-site sessions. Training material is available on the PRESTO website after the workshop.



## E-learning course

PRESTO will run an e-learning course, to be held in English for a European-wide audience. Participants working on cycling policy will be selected to attend this virtual course which consists of seven modules based around the three PRESTO pillars: 3 modules on infrastructure; 3 on promotion and 1 on pedelecs. The course runs in 2011, and the material from the course will be made available online.

## Interested in joining any of the training events?

If you would like more information about any of the PRESTO training material or events, or would like to attend any PRESTO training events, visit the website or contact the coordinator!

### Do you have cycling expertise?

**Join the PRESTO pool of experts!**

PRESTO aims to establish a European knowledge centre of cycling expertise.

Visit the website for more information or contact the coordinator.



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