



Stowarzyszenie Inicjatyw Kulturalno Młodzieżowych Art

"Switch To a Bike. Protect Your Home"



Wierzchosławice 22-29.05.2023



**Współfinansowane
przez Unię Europejską**

Usage of bikes instead of vehicles powered by engines

Cost Benefits

With the cost of living rising, and fuel prices perpetually increasing, there's never been a better time to consider using a bike for most of your journeys, especially a commute, in order to save money. Before the pandemic, car owners had an average fuel spend of £1,154 a year, a staggering 3.26% of the average salary in 2020. By reducing that cost significantly, or even totally, the savings can quickly add up and leave more breathing room in your budget. Fuel is not the only running cost when it comes to owning a car, of course. Tax, insurance, parking and a whole range of other costs run at a premium nowadays, due to the vast number of cars on the road. Bikes, on the other hand, suffer from none of these problems.

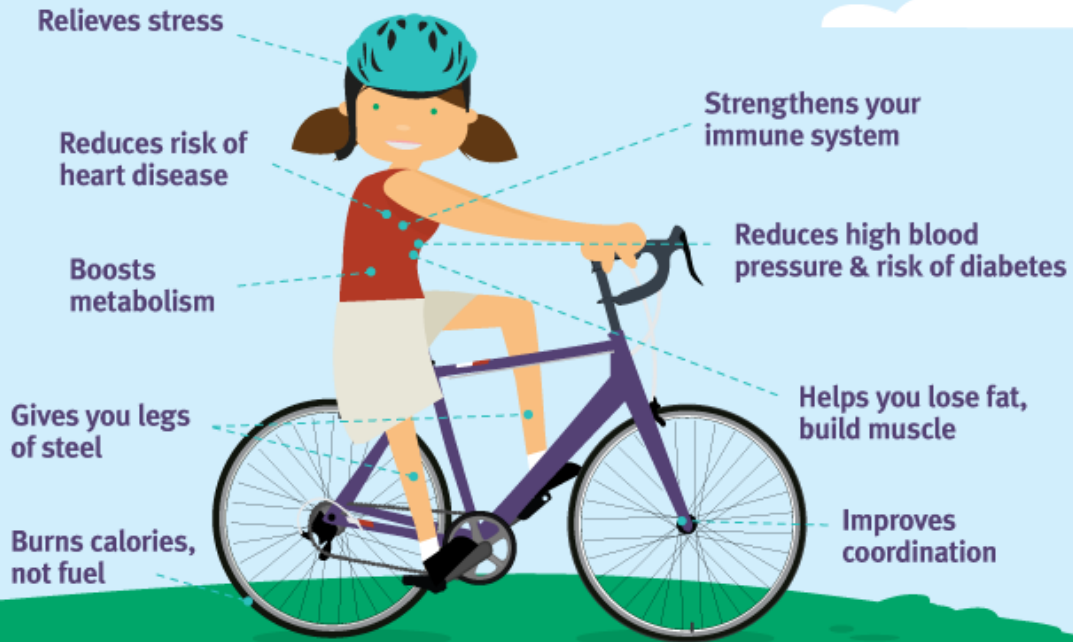


Health Benefits

As you are most likely aware, cycling is an excellent form of exercise, and with that comes a wide array of health benefits. According to the NHS, regular exercise is the 'miracle cure' that can reduce your risk of developing major illnesses, such as coronary heart disease, cancer, stroke, and type 2 diabetes, as well as lowering your risk of early death by up to 30%. Especially if you are replacing your car with a bike for the purposes of traveling to and from work or school, you have replaced a sedentary activity with an active one. Getting your heart rate up in this way can leave you fitter and healthier, and commuting by cycling can improve your overall well-being.



Health Benefits of Biking



#bike4health



Environmental Benefits

As we all become more aware of our impact on the planet and make efforts to reduce global consumption and emissions, switching your car for a bike can be one of the most impactful changes you can make to your overall carbon footprint. Because of lockdowns and the shift they've made to many people's working arrangements, it's difficult to tell if we will reach those levels again in the near future, but either way, the environment benefits from the reduced traffic, and therefore the reduced pollution. Something that some people may not consider is it's not just the car using fuel that contributes to a large number of emissions. The drilling, refining, and global distribution of the oil used to make the fuel also have a costly impact on the plane



Another positives

Using bicycles helps reduce the traffic jams and lighten congestion on roads.



Also helps the city economics, by collecting the money from rented bicycles.



The people stay fit, and the city population has a good opportunity to reduce the obesity.





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**Project: "Switch To a Bike. Protect Your Home"
Program: Erasmus+**

Host organization:

**Stowarzyszenie Inicjatyw Kulturalno - Młodzieżowych Art
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Partner organisations:

**Enterprising Partners (Lithuania)
FNEE - Federação Nacional dos Estudos Europeus (Portugal)
Youth for Experience - Slovakia (YES) (Slovakia)
Silesian Society for Solidarity z.s. (Czech Republic)
Ótészettelék Egyesület (Hungary)
REGIONĀLAS ATTISTIBAS UN SOCIĀLO INICIATĪVU ORGANIZĀCIJA PERSPEKTĪVA (Latvia)**

**Place: Poręba Wierzchoławice, Poland
Date: 22-29.05.2023**



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