

## IATSS Forum Alumni Activity Proposal

<b>Title</b>	Cycle safe: Road Safety for urban Malaysians (10 yrs - 50 years)
<b>Origin</b>	Malaysian IATSS Forum Alumni (MIFA)
<b>Beneficiaries</b>	Young people (10 - 18 years old) and their parents (optional)
<b>Partners</b>	MIROS (Malaysian Institute of Road Safety Research), O'Bike (Bike Sharing Platform), Bike Kitchen KL (bicycle care community) and TTDI RA (Residents Association TTDI and venue partner), DBKL
<b>Duration</b>	Phase 1 31st March 2018 or 1st April (8am - 12pm) - To be decided based on availability of stakeholders  Phase 2 July 2018
<b>Budget</b>	<ul style="list-style-type: none"> <li>● Logistics allowance</li> <li>● Development of training material and templates (for replicability)</li> <li>● Participant kit (bicycle flags, reflectors, bells, mirrors, activity booklet and repair kit)</li> <li>● Circuit materials Cones, road signage, chalk for road marking, obstacles- ramp and barriers</li> <li>● F&amp;B for project participants (MIFA, MIROS, Bike KL, TTDI volunteers)</li> <li>● Canopy and PA system Rental</li> </ul>
<b>Theme</b>	<p><b>Cycle safe</b> is dedicated to assist children with last mile connectivity and access to school within their suburb.</p> <p>This sustainable transport initiative supports the 2030 Sustainable Development Goals. The project will focus on SDGs</p> <p>Goal 3 – Good health and well-being: reducing air pollution in cities will significantly improve human health (through physical activity)</p> <p>Goal 11, which aims to make cities and human settlements inclusive, safe, resilient and sustainable (bikeability skills and of places).</p>
<b>Priority Issue</b>	<p>Engage young people and parents in Road Safety and road priority of Pedestrians and Cyclist to achieve safe connectivity within suburbs without motorized vehicles.</p> <p>To encourage physical activity among young people and their family while utilizing the infrastructure that is being developed by local councils towards improved suburb connectivity and LA21.</p> <p>Developing replicable modules and templates for this program to be carried out by other MIFA members, community groups and schools.</p> <p>To increase social interaction and place making within a suburb which nurtures a sense of place and nation building.</p>
<b>Goal</b>	<p>The aim of the <b>Cycle Safe</b> is to enable participants to achieve:</p> <ul style="list-style-type: none"> <li>● Knowledge and understanding of the road traffic environment and the road rules.</li> <li>● The development of physical and cognitive skills to manage the road traffic environment safely as a cyclist.</li> </ul>

	<ul style="list-style-type: none"> <li>The development of responsible behaviours, attitudes and decision-making skills for the safe use of bicycles both on and off road, through participation in enjoyable learning experiences relevant to their ages and abilities.</li> </ul> <p><u>Long term objective:</u></p> <ol style="list-style-type: none"> <li>Increase number of cyclist of all ages.</li> <li>Use of cycling lanes become wide spread across the urban areas of Malaysia.</li> </ol> <p><u>Short term objective:</u></p> <ol style="list-style-type: none"> <li>Skill building and encouraging more cyclist to ride safe in the suburb</li> <li>Engage with young people and families in bicycle tours around the suburb</li> <li>Collaboration with MIROS, O’Bike and BikeKitchen KL in conducting bicycle safety programs (2 times a year)</li> <li>Publicity for MIFA and engaging a wider spectrum of applicants in future IATSS Forum batches</li> <li>Inclusion of IATSS Committee members and specialist</li> </ol>												
<b>Objective(s)</b>	<ul style="list-style-type: none"> <li>Create awareness of Bicycle Safety (rider behavior)</li> <li>Raise awareness of connectivity and infrastructure in a suburb</li> </ul>												
<b>Location</b>	Lembah Kiara Park, TTDI												
<b>Activities</b>	<p>Introduction activities</p> <ul style="list-style-type: none"> <li>Basic program in school curriculum from kindergarten to year 6 by MIROS in collaboration with the education department.</li> <li>Introduction to IATSS and our mission to reduce road accidents through education and practical skill building</li> <li>Introduction by BikeKitchen KL</li> <li>Introduction by O’Bike</li> </ul> <p>Sessions for 40 young people and their parents to be conducted</p> <ul style="list-style-type: none"> <li>Cycle Safe introduction and activity (cycling in the rain, fixing)</li> <li>Checking your bicycle</li> <li>Fitting out bicycles with safety gear</li> <li>Hand signals</li> <li>Obstacle course</li> <li>Bicycle route: from park to MRT (as part of course completion)</li> </ul> <p>Booths</p> <ul style="list-style-type: none"> <li>MIFA</li> <li>O’Bike</li> <li>BikeKitchen KL</li> <li>Transition TTDI</li> </ul> <p>Proposed Schedule</p> <table border="1"> <thead> <tr> <th>Time</th> <th>Agenda</th> <th>Task</th> <th>Delegation</th> </tr> </thead> <tbody> <tr> <td>7am</td> <td>Set Up</td> <td>Workshop space, banners, sign boards and marking the obstacle course</td> <td>MIFA and TTDI RA</td> </tr> <tr> <td>8am</td> <td>Arrival of guests</td> <td>Register participants Usher guest and speakers</td> <td>MIFA and TTDI RA</td> </tr> </tbody> </table>	Time	Agenda	Task	Delegation	7am	Set Up	Workshop space, banners, sign boards and marking the obstacle course	MIFA and TTDI RA	8am	Arrival of guests	Register participants Usher guest and speakers	MIFA and TTDI RA
Time	Agenda	Task	Delegation										
7am	Set Up	Workshop space, banners, sign boards and marking the obstacle course	MIFA and TTDI RA										
8am	Arrival of guests	Register participants Usher guest and speakers	MIFA and TTDI RA										

	8:30am	Welcome speech & Introductions	MIFA MIROS O' Bike	Host team to coordinate
	9:10am	Bike Kitchen KL theory workshop	To conduct theory section	Bike Kitchen KL and MIFA to assist
	10:00am	Bike Kitchen KL Hands on section	Hand signals & Road signs	Bike Kitchen KL and MIFA to assist
			Obstacle course challenge	Bike Kitchen KL and MIFA to assist
			Cycle to MRT and back	Bike Kitchen KL and MIFA to assist
	11:00am	Refreshments	To set up and distribute refreshments	MIFA and TTDI RA
11:30am	Booth visit (MIFA, O' Bike)	Call to action : sign up and participate in MIFA activities	Bike Kitchen KL, O' Bike, MIFA and TTDI RA	
<b>Action Needed</b>	<ul style="list-style-type: none"> <li>• To advertise this program to the public by MIFA and TTDI RA</li> <li>• To gain public interest among neighbors and Lembah Kiara Park visitors</li> <li>• To gain public awareness on Cycle Safe on developing bicycling skills and habits</li> </ul>			
<b>M &amp; E Plan</b>	<ul style="list-style-type: none"> <li>• The secretariat needs to be aware on the progress of activity</li> <li>• All members need to cooperate to ensure the program runs smoothly</li> <li>• Involvement of TTDI RA, police/ RELA and DBKL are needed for approval to use the venue</li> </ul>			
<b>Project Team</b>	<p style="text-align: center;"><b>Project Manager:</b> Lydia Arshad (57<sup>th</sup>)</p> <p style="text-align: center;"><b>Program Coordinator</b> Firdaus Nisha Muhammad Faizal (Batch 57<sup>th</sup>) Hariz Kamal (54<sup>th</sup>) Jane Lissan (47<sup>th</sup>)</p> <p style="text-align: center;"><b>Treasurer:</b> Atiqah Johari (49<sup>th</sup>)</p> <p style="text-align: center;"><b>Graphic Designer:</b> Halami Aman (55<sup>th</sup>)</p> <p style="text-align: center;"><b>Writer:</b> Rashvinjeet Singh (47<sup>th</sup>)</p> <p style="text-align: center;"><b>Marketing &amp; Promotions:</b></p>			

**Participant coordinator:**

**MIFA & IATSS forum booth coordinator**

**Members:**

MIFA to be advised  
TTDI RA  
Bike Kitchen KL  
Dr Low, MIROS

**Responsibilities:**

MIFA

- i. to contact and coordinate whole program
- ii. to assist with registration of attendees
- iii. to manage fundraising booth
- iv. to assist with the publicity
- v. develop program module and template
- vi. manage guest on the day

MIROS

- vii. to provide talk and advise on the module development
- viii. to assist with engagement with DBKL to facilitate the fund raising
- ix. to provide road signs, helmets and items for participant kit

Bike Kitchen KL

- x. to provide the workshop on the event days (safety module, bike fixing)
- xi. to assist with the development of participant kits, fix it tools
- xii. to do promotion, advertisement and to facilitate participation

oBike

- xiii. to provide oBike bicycles for participants without bicycles
- xiv. to promote the use of oBike as bicycle sharing platform among youth.

DBKL / janatan landscap

- xv. to provide approval to use venue
- xvi. to provide props for obstacles challenge

TTDI RA

- xvii. to arrange the venue of the program (get approvals etc)
- xviii. to do promotion and advertisement to facilitate the fund raising  
(Food, Canopy and PA System)

### Details of Budget (Based on 2 x events)

No	Item Breakdown	Budget Request (USD)	Revised Cost (USD)	Revised Cost (RM) USD to RM at 3.9	Purpose	Remark
1	Coordination and logistics	1,500.00	550.00	2,145.00	i. Design and build obstacles for the road safety course ii. Canopy, PA system and furniture	<u>Obstacle course</u> of ramps, road markings, signage and cones
2	Bike Kitchen fees	300.00	300.00	1,170.00	to conduct the workshop and bring trained volunteers	for 2 sessions
3	Transportation cost	300.00	300.00	1,170.00	Transportation allowance: 20 pax	All templates will be made available to MIFA members and public to replicate the program at the cost of printing
4	Design and printing of all collaterals	700.00	550.00	2,145.00	i. Graphic design for all collaterals ii. Workbook printing 80pcs iii. Sticker printing 100pcs iv. Banner printing 2pcs v. Digital promotional flyer vi. Printing flyers 50pcs	All templates will be made available to MIFA members and public to replicate the program
5	Admin and Publicity Inclusive of Press Kit and media engagement	100.00	100.00	390.00	i. Development of proposal, press kit, official letters and meetings ii. Buy FB advertisement	This will include a simple branding of the program and all templates will be made available to MIFA members and public to replicate the program
6	Cost for MIFA promotion and collaterals	2,000.00	300.00	1,170.00	70 Polo Tshirts MIFA + participants  50 Participant Kit i. reflector sticker, ii. flag,	

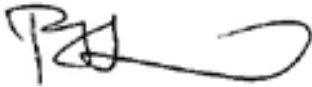
					iii. certificate, iv. bell, v. sash,	
7	Rental of Lembah Kiara Park space	600.00			RM180/hour  2 sessions	We will attempt to get sponsorship from LA21 or SPAD
8	Refreshments	100.00	320.00	1,248.00	40 pax x 2 sessions	Contingency monies
9	Miscellaneous items		100.00	390.00		
	<b>Total</b>	<b>5,750.00</b>	<b>2,970.00</b>	<b>11,583.00</b>		

**Prepared by:**

---

Firdaus Nisha Muhammad Faizal (57<sup>th</sup>)

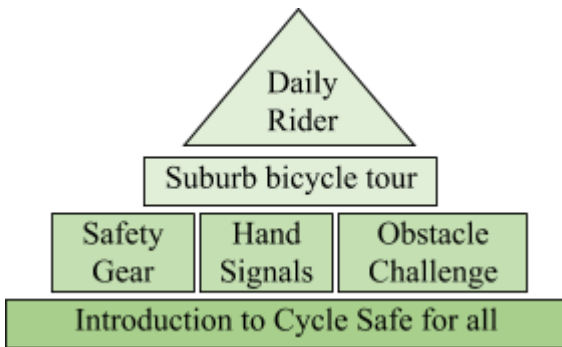
**Approved by:**



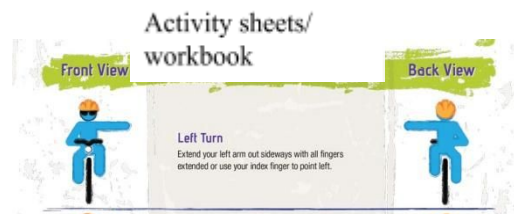
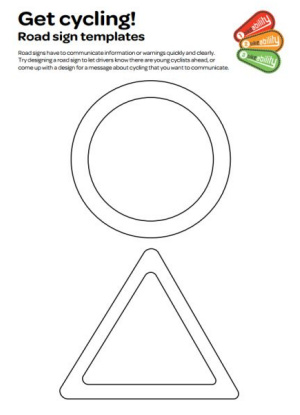

---

President,  
IATSS Forum Malaysia Alumni Association  
Kuala Lumpur, Malaysia

# Program model



## Reference images for the reusable modular obstacle course



Obstacle course

Signage

