

1. Project Title: Bicycles for Capitals (B4C)

2. Country: Nauru, Niue and Tuvalu

3. Background:

The transport sector is among the major consumers of petroleum in the target countries. Most of the land transport fuel consumption is in the capitals where cars, scooters and light vehicles are mostly used for trips of less than 1.6 km (1 mile) and are the major cause of traffic jams during week days.

White collar workers, whose offices are mostly in capitals, are among the most vulnerable groups in terms of their exposure to the four key risk factors for NCDs – tobacco use, unhealthy diets, lack of physical activity and alcohol consumption.

Most of the youths in the capitals of the target countries have secondary school education and have basic reading, writing and technical skills. They can become productive members of societies if given the appropriate training and the enabling environment for employment and establishing small businesses.

Forty-Second Pacific Islands Forum held in Auckland, New Zealand, from 7 to 8 September 2011, Leaders reaffirmed their commitment to renewable energy and the promotion of energy efficiency. Leaders also acknowledged the need to make significant progress in the diversification of sources of energy by developing domestic renewable energy to reduce their reliance on imported fuels.

NCDs account for around 70- 75 percent of all adult deaths in the Pacific are due to NCDs and this can undermine the achievement of the Sustainable Development Goals (SDGs) in a region that is already struggling to meet the targets provides an even greater challenge.

At the eleventh Pacific Health Ministers Meeting held in Fiji, from 15-17 April 2015, Leaders reaffirmed their commitment to the health islands vision as a unifying theme to guide health developments. The leaders recognize the rising numbers of Non communicable diseases, such as diabetes are higher than in the rest of the world, shortening the lives of the adult population. The real and

potential impacts of climate variability on health and health systems represent an immediate challenge in the Pacific¹.

4. Project goal

The overall objective of the project is to minimise the dependence on petroleum products; address Non Communicable Diseases (NCD); and empowerment of youths through the promotion of renewable energy transport (bicycles) for cycling in capitals.

5. Objectives

The objectives of the programme

This project will therefore encourage walking and the use of bicycles in capitals through:

- i) Promotion of bicycle riding in schools and at work and as a sport and the use of wheelbarrows
Getting school children to do physical activity and to love sports can be relatively inexpensive compared to the costs of curing diabetic-related sicknesses.

In the Pacific, cycling clubs are mostly found in New Caledonia and French Polynesia. Grants for setting up and supporting cycling clubs (village, church or office affiliated clubs) will be made available to help with affiliation fees, administration costs, equipment, social and fun cycling events and competitions.

In the Suva market, the use of wheelbarrow in the food market has offered employment to the youth of Suva.

BMX bikes are affordable and cheap to maintain. They are designed for children as young as 5 years. BMX was an exhibition sport at the Beijing Olympics and was a full sport at the 2012 Olympics. It will not take long

¹ Eleventh Pacific Health Ministers Meeting, 2015 Yanuca Island Declaration on health in Pacific island countries and territories

before BMX becomes an event in the South Pacific Games, where the target PICs may take part in the future.

A Cycle to Work scheme will be introduced where facilities in offices, like showers and parking racks, will be set up to promote workers to cycle to work.

- ii). Declaring certain roads in the capitals to be non-motorized free during certain times of the day, allowing only bicycles and pedestrians
The core business centres of the target capitals are always crowded on weekdays due to the number of vehicles on the streets and the limited available parking spaces. Yet, for the case of the target capitals, the radius of the commercial centre is only less than a kilometer and can be accessed by foot.

In consultation with local authorities, certain areas of the capital will be carefully identified to be motorized vehicle free during certain hours of the day. This will allow everyone to either cycle or walk around these dedicated areas. Together with the

- iii). Training on establishing a bicycle-related business
The widespread use of bikes in the capital will create a market for supplying, assembling and for their maintenance too. It is common already to see youths setting up vehicle tyre services in capitals and the Bicycles in Capitals initiative will support youths to establish businesses in this area.
- iv). The B4C will be supported by an aggressive public awareness, public relations and training campaigns to promote a cycling culture in the participating countries and to address initial fears and misconceptions about cycling and open the way for individuals to acquire an easy, cheap, and sometimes free entry into cycling. These will be high profile and highly visible and have the endorsement and support of the Government and relevant Government ministries and Non Government Organisations.

5.1 Expected Key Outcome(s)/ Impact(s)

The expected key outcomes from the B4C are three folds:

Outcome 1: Increased use of bicycles and walking and the use of wheelbarrows and similar man-drawn carriers in the capitals

Outcome 2: Reduced fossil fuel use and traffic congestions in the capitals

Outcome 3: Increased youth employment in the capitals

Outcome 4: Increased awareness and acceptance of walking and cycling as solutions to energy, health and employment issues of the target islands

4.2 Objective(s)

The objective of the B4C is to promote the productive use of renewable energy to reduce fossil fuel use in the transport sector while at the same time improve health and provide youth employment.

4.3. Key Outputs

The expected key outputs from the B4C are the following:

Output 1.1: At least 4 bicycle clubs are established in the capitals

Output 1.2: At least 4 schools and 4 government offices have built facilities to encourage students and workers to ride bicycles or walk to school / work

Output 1.3 Cycling competitions become part of the sports competitions in the target island countries

Outputs 1.4 Wheelbarrows and similar man drawn carriers are widely used in the food markets

Output 2.1: Each participating country has a dedicated non-motorized vehicle zone during certain times of the days of the week

Output 3.1: At least 100 youths are trained on bicycle assembling, maintenance and small business entrepreneurship

Output 3.2: At least a youth owned bicycle-related business is registered in each participating PICs, employing at least 20 youths

Output 4.1 Public awareness materials on energy, health and employment are produced and widely disseminated

Output 4.2 Extensive endorsement by government authorities, the private sector, NGOs, etc of increased walking and cycling in capitals

4.4 Key Activities

Activity 1.1.1 Technical Assistance and hardware to establish bicycle clubs / extend existing social clubs to include cycling

- Activity 1.2.1 Conduct an essay competition for schools on Cycling and Walking to Save Energy and Get Fit.
- Activity 1.2.2 Conduct cycling clinics for schools
- Activity 1.3.1 Work with sporting bodies to include cycling in sporting competitions
- Activity 1.4.1 Work with the marketing authorities to introduce wheelbarrows and man-drawn carriers in the food market
- Activity 2.1.1 Conduct consultations with government authorities, the town councils and the general public on the identification of dedicated non-motorized vehicle zone during certain times of the days of the week.
- Activity 2.1.2 Assessment of legislations and government policies relating to the dedication of non-motorized vehicle zones in the capitals
- Activity 3.1.1 Conduct trainings on the assembling and maintenance of bicycles and the construction of man-drawn carriers
- Activity 3.1.2 Conduct trainings on youth entrepreneurship relating to bicycle-related business
- Activity 3.2.1 Provide technical assistance to youth groups to establish small businesses relating to bicycles
- Activity 4.1.1 Conduct public awareness activities including newspapers, radio and the TV
- Activity 4.2.1 Conduct extensive consultations with government authorities, the private sector, NGOs, etc on increased walking and cycling in capitals

Outcome 1:	Increased use of bicycles and walking and the use of wheelbarrows and similar man-drawn carriers in the capitals
Output 1.1:	At least 4 bicycle clubs are established in the capitals
Activity 1.1.1	Technical Assistance and hardware to establish bicycle clubs / extend existing social clubs to include cycling
Output 1.2:	At least 4 schools and 4 government offices have built facilities to encourage students and workers to ride bicycles or walk to school / work
Activity 1.2.1	Conduct an essay competition for schools on Cycling and Walking to Save Energy and Get Fit.

Activity 1.2.2	Conduct cycling clinics for schools
Output 1.3	Cycling competitions become part of the sports competitions in the target island countries
Activity 1.3.1	Work with sporting bodies to include cycling in sporting competitions
Outputs 1.4	Wheelbarrows and similar man drawn carriers are widely used in the food markets
Activity 1.4.1	Work with the marketing authorities to introduce wheelbarrows and man-drawn carriers in the food market
Outcome 2:	Reduced fossil fuel use and traffic congestions in the capitals
Output 2.1:	Each participating country has a dedicated non-motorized vehicle zone during certain times of the days of the week
Activity 2.1.1	Conduct consultations with government authorities, the town councils and the general public on the identification of dedicated non-motorized vehicle zone during certain times of the days of the week.
Activity 2.1.2	Assessment of legislations and government policies relating to the dedication of non-motorized vehicle zones in the capitals
Outcome 3:	Increased youth employment in the capitals
Output 3.1:	At least 100 youths are trained on bicycle assembling, maintenance and small business entrepreneurship
Activity 3.1.1	Conduct trainings on the assembling and maintenance of bicycles and the construction of man-drawn carriers
Activity 3.1.2	Conduct trainings on youth entrepreneurship relating to bicycle-related business
Output 3.2:	At least a youth owned bicycle-related business is registered in each participating PICs, employing at least 20
Activity 3.2.1	Provide technical assistance to youth groups to establish small businesses relating to bicycles
Outcome 4:	Increased awareness and acceptance of walking and cycling as solutions to energy, health and employment issues of the target islands
Output 4.1	Public awareness materials on energy, health and employment are produced and widely disseminated

Activity 4.1.1	Conduct public awareness activities including newspapers, radio and the TV
Output 4.2	Extensive endorsement by government authorities, the private sector, NGOs, etc of increased walking and cycling in capitals
Activity 4.2.1	Conduct extensive consultations with government authorities, the private sector, NGOs, etc on increased walking and cycling in capitals

5. Management Arrangements

This project will be jointly implemented by the Energy Programme of SPC's Economic Development Division, Energy Division in the respective countries, Youths Association.

The Energy Programme will be responsible for the coordination and management of the implementation of the project.

Mutual collaboration with other government stakeholders; Department of Environment and Youth Department, international partners.

6. Implementation Period

The project will be implemented over a period of 24 months.

7. Project Budget

The project budget will be a total of USD 295,000.

Project Management	25,000
Technical Assistance	80,000
Training and Consultations	70,000
Materials and Hardware	80,000
Public Awareness	40,000
Total	295,000