



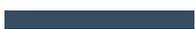
TECHNICAL ASSISTANCE FOR ACTIVE TRANSPORT DEVELOPMENT IN THE PHILIPPINES

# BICYCLE INFRASTRUCTURE TRAININGS

## APRIL - SEPTEMBER 2021



Australian Government



WORLD BANK GROUP / MARCH 2021



In 2021 a series of **unique bicycle infrastructure trainings** is offered for key government agencies and stakeholders involved in active transport in the Philippines.

## WHY SHOULD YOU OR YOUR STAFF PARTICIPATE?

- CERTIFICATION
- SAFER BICYCLE INFRASTRUCTURE DELIVERED FASTER
- BETTER PLANS, DESIGNS, POLICIES AND STRATEGIES
- OVERCOMING BARRIERS AND CREATING ACCEPTANCE FOR YOUR PLANS AND DESIGNS



**CERTIFIED**



### *Bicycle Infrastructure Trainings*

# ACTIONABLE. TOGETHER. DUTCH-INFUSED.

Practitioners will enhance their knowledge and skills on bicycle infrastructure planning and design and related topics through a series of online trainings delivered under the World Bank technical assistance.

Three key principles form the foundation of each training.

**Actionable:** trainings are designed on the principle of action learning. Participants will experience and bring into practice important lessons and concepts through interactive group work and exercises such as: individual case studies, on street observations and experience rides.

**Together:** creating safe and successful bicycle infrastructure is not a "one-professional show". It requires "working together": cooperation and involvement of many agencies and stakeholders. "Working together" is reflected in the training programmes through e.g. group discussions and reflection.

**Dutch-infused:** the Netherlands has managed to grow a cycling culture from a car dominated society with high traffic accident rates and deaths. Important lessons can be drawn from this. Dutch cycling intelligence will be used AND contextualized to local conditions. Dutch examples, design principles and lessons learned will be used in presentations and exercises.

# TRAINING TOPICS

*Online training sessions start at 2pm*

**APRIL 7** **ADAPTING DUTCH CYCLING LEARNINGS TO THE PHILIPPINES**

**APRIL 10, 14, 21** **CYCLIST SAFETY - PRINCIPLES & PRACTICES**

**APRIL 28** **FUNDAMENTALS FOR BICYCLE INFRASTRUCTURE PLANNING AND DESIGN**

**MAY 5, JUNE 30** **PLANNING BICYCLE NETWORKS**

**MAY 26, JUNE 30** **BICYCLE INFRASTRUCTURE DESIGN (STREET DESIGN)**

**JUNE 2** **BIKEONOMICS: CBA OF BICYCLE INFRASTRUCTURE**

**JUNE 9** **COMMUNITY ENGAGEMENT**

**SEPTEMBER 1** **MONITORING AND EVALUATION OF CYCLING TRAFFIC**

**SEPTEMBER 15** **BICYCLE INFRASTRUCTURE LIFECYCLE ASSET MANAGEMENT AND COORDINATION**



# REGISTRATION

*Registration for each training is required. This can be done through [this simple online registration form](#). Or by scanning the QR code.*



# PRACTICALITIES

You might have participated in (online) trainings before. Or you might be new to this concept. In either way, have a look at the following practical information and tips, as this includes some specifics.

- The training sessions are organised as online sessions in Zoom. Make yourself familiar with [Zoom](#). Here you can find the [latest version for download and a great wealth of support](#).
- Our training sessions are actionable. They go beyond expert presentations followed by Q and As. We expect active participation and engagement from our participants. Please anticipate.
- In order to facilitate group work and interaction, we will be using the following tools:
  - Various functions in Zoom: chat, screen sharing and breakout rooms.
  - Jamboard. [Have a look at this one to try out](#).
  - Mentimeter
- Using a computer is recommended, We will be using screen sharing and interactive group work for which, to our experience, laptops/desktops are better equipped. Mobile devices or tablets lack or fall short in functionality for these purposes.
- Participate on an own device. So one participant per device. Try to avoid device sharing with e.g. your colleagues as much as possible.
- Try to find a stable internet connection. A LAN (cable) connection is preferable over wifi.
- Using a headset is recommended, as opposed to the computer mic and audio.
- Login to the training sessions well in advance, so we can start in time. Our trainers will launch the session 15 minutes before the actual starting time to accommodate for this.
- Schedule time in your calendar. Both for the training sessions, as well as for some preparation and homework. Make arrangements with your superiors and secure approval for investing time in your personal development and active transportation in the Philippines.

The trainings are coordinated by Teije Gorris from the Netherlands and supported by Keisha Mayuga in Manila. In case of questions or for further information, send us an email: [wbactivetransport.trainings@gmail.com](mailto:wbactivetransport.trainings@gmail.com)

A group of cyclists is riding on a city street. They are wearing helmets and backpacks. The street is lined with buildings and an elevated structure. The cyclists are riding in a line, and the scene is captured from a low angle, looking down the road. The text "DETAILED TRAINING PROGRAMS" is overlaid on a dark blue banner in the center of the image.

## DETAILED TRAINING PROGRAMS

# TRAINING PROGRAMS

## ADAPTING DUTCH CYCLING LEARNINGS TO THE PHILIPPINES

### LEARNING OBJECTIVES

The Netherlands grew a cycling culture coming from a car dominated society involving high traffic accident and death rates. Important learnings can be derived and cover.

- Approach to piloting
- Safe system approach
- Stakeholder engagement
- Integrated planning (life cycle approach)

The learning objective of this training is to understand and translate key Dutch cycling learnings to the Philippines. Such insights provide a solid fundament for both upcoming trainings as well as day to day practice across the bicycle infrastructure lifecycle.

### PROGRAM

This training is centered around the documentary 'Together we cycle', which provides a useful and inspirational insight in Dutch cycling evolution. In preparation of the training session participants are requested to watch the documentary. This can be done online, individually. Participants receive a url and access code to gain access.

During the training the following topics will be covered:

- Welcome, introductions and learning objectives
- Group reflection on first impressions on the documentary
- Interactive elaboration of the key lessons learned
- Group work on Philippine practices
- Conclusions and take aways

### DATE AND TIME

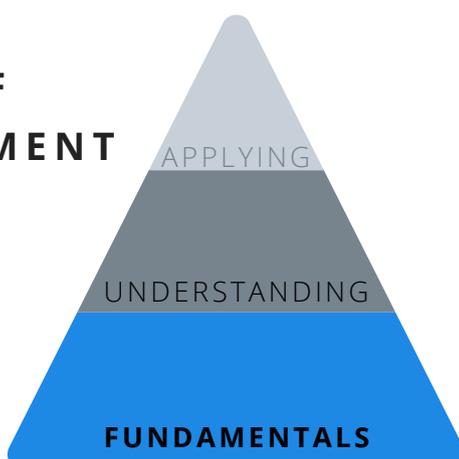
**7 APRIL | 2PM (90 min)**  
Online Training Session

### TARGET AUDIENCE

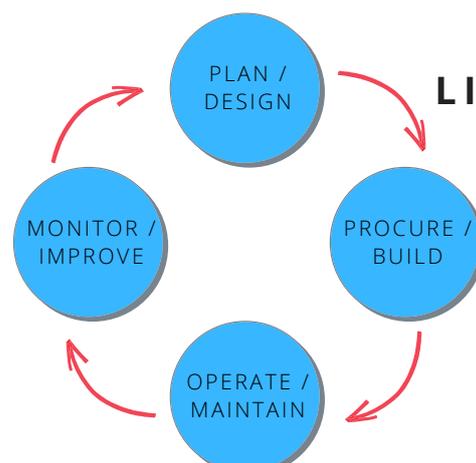
Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

*Note: Slots are limited. We encourage you to register as early as possible.*

**LEVEL OF ENGAGEMENT**



**LIFE CYCLE PHASE**



# TRAINING PROGRAMS

## CYCLIST SAFETY PRINCIPLES AND PRACTICES

### LEARNING OBJECTIVES

Amongst others, Dutch, Swedish and Australian experiences prove that safe infrastructure is key to the successful promotion and uptake of active transport (i.e. cycling). Their lessons and methods are relevant to apply in bicycle infrastructure development in the Philippines. In this actionable training you will gain:

- A basic understanding of the concepts of 'safe system' and 'road safety auditing' and their relevance
- An introduction on how to apply these principles in practice
- An understanding of the road safety strengths and weaknesses of local bicycle infrastructure designs

### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to Philippines

### DATE AND TIME

**10 APRIL | 7AM (90 min)**  
(Self) Guided Bicycle Ride

**14 APRIL | 2PM (150 min)**  
Online Training Session

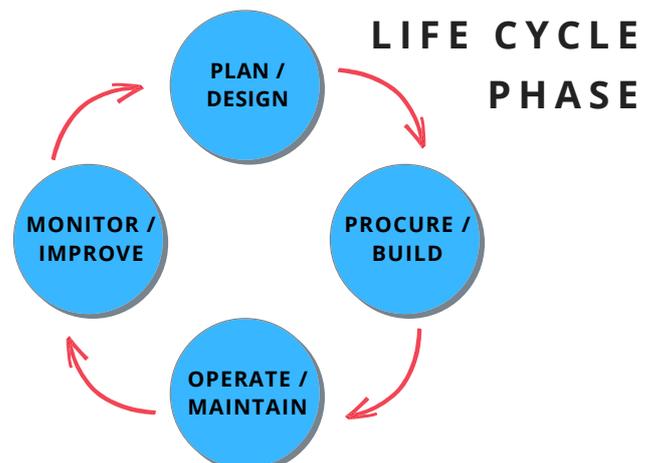
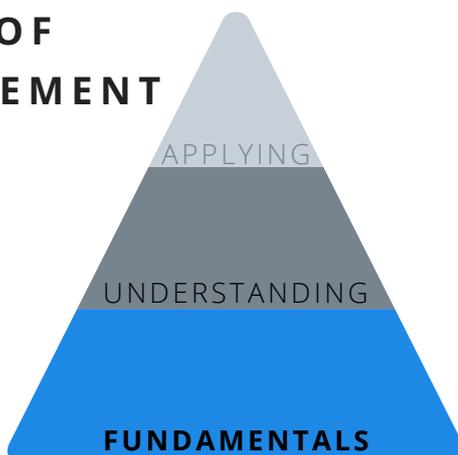
**21 APRIL | 2PM (60 min)**  
Online Follow-Up Discussion Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

*Note: Slots are limited. We encourage you to register as early as possible.*

### LEVEL OF ENGAGEMENT



# CYCLIST SAFETY PRINCIPLES AND PRACTICES

## PROGRAM

This training consists of three parts: (i) a (self)guided on-site road safety observation (ii) an interactive online training session and (iii) an online follow-up discussion session to reflect on learnings and individual work. The programs of the respective parts:

### (i) On site road safety observation (10 April)

The first part of the training is a on-site road safety observation. This is to obtain a first hand experience in current road design and relevant road safety aspects. Check the following how the first part of training for your region looks like:

- Metro Manila: a World Bank team local host team will take you on a guided bicycle ride to collect first-hand experiences and road safety observations. A route and road safety observation check list are provided. We will gather at 7am (departure at +15 minutes) at the meeting spot (will be communicated in due time). Bring your bike (alternatively, use a bike share or borrow one from friend or relative), some water and your phone with camera.
- Metro Cebu and Metro Davao: the observation for these regions is a self guided. In due time you will receive instructions that comprise of map containing a short route you can cycle (walking is possible as well), a number of points of interest and a checklist to perform observations at selected points of interest.
- Other regions / cities: the observation for these regions is self guided. In due time you will receive instructions. You will be invited to select 3 points of interest (e.g. intersection, bicycle lane, crossing). Based on the provided checklist you will perform observations at the points of interest of your choice.

The results of the observations will be used in the training session.

### (ii) Training session (14 April)

The online training session starts at 2pm and takes approximately 150 minutes. The following topics will be covered.

- Welcome and introductions
- Reflection on on-site safety observations
- A personal story about cyclist safety
- Expert presentation about safe system and road safety auditing
- Group work: safe and unsafe design
- Key lessons for all related stakeholders in the asset management life cycle

### (iii) Follow-up discussion session (21 April)

Between the second and third session participants will be invited to engage in a light exercise where they reflect on the possibilities to improve cyclist safety in an ongoing or upcoming project of their choice.

The third part of this training is to recapitalize on key lessons of the training session and reflect on the homework conducted. This session also provides additional possibilities for Q and As.

A photograph showing three cyclists riding on a road at night. The cyclist in the foreground is wearing a brown shirt and a black helmet. The middle cyclist is wearing a white shirt and a blue helmet. The cyclist in the background is wearing a yellow shirt and a purple helmet. The background is blurred, showing city lights and a car.

TRAINING  
PROGRAMS

# TRAINING PROGRAMS

## FUNDAMENTALS FOR BICYCLE INFRASTRUCTURE PLANNING AND DESIGN

### LEARNING OBJECTIVES

When growing a cycling culture and planning and designing for cyclists it is important to understand key elements of functional cycling. And key principles that need to be considered by those involved. Both directly and indirectly: planners, designers, project managers, policy makers, advocates, urban planners, engineers, etc. Understanding these principles is key in achieving success. The objectives of this training are:

- To provide an understanding of the 5 principles for creating safe and successful bicycle infrastructure.
- To provide a solid reference base for those planning to participate in the network planning and design trainings.

### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to Philippines
- Cyclist Safety - Principles & Practices

### DATE AND TIME

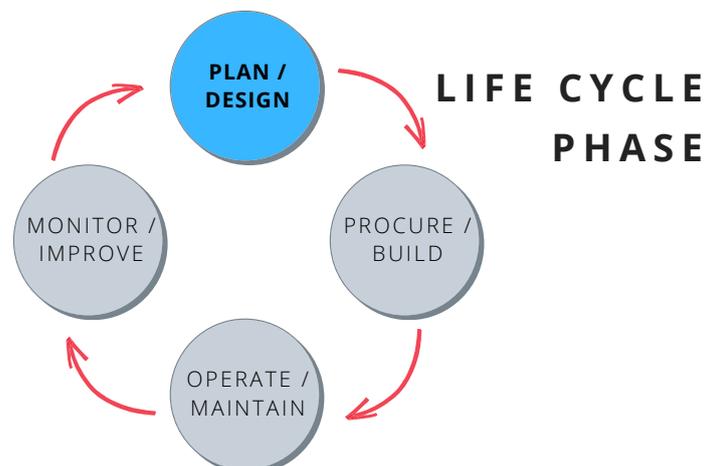
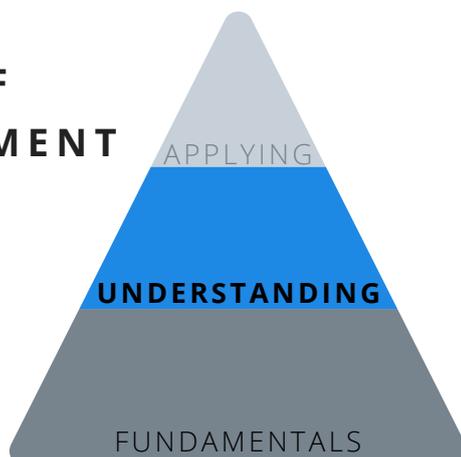
**28 APRIL | 2PM (90 min)**  
Online Training Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

*Note: Slots are limited. We encourage you to register as early as possible.*

LEVEL OF  
ENGAGEMENT



# FUNDAMENTALS FOR BICYCLE INFRASTRUCTURE PLANNING AND DESIGN

## PROGRAM

The training consists of a live session and is supported by an e-course. The training session will cover the following elements:

- Welcome, introductions and learning objectives
- Presentation: 5 principles for safe and successful bicycle infrastructure followed by Q and A and group discussion
- Group work and plenary debriefing: understanding the principles at network level
- Group work and plenary debriefing: understanding the principles at street level
- Conclusions
- Introduction to e-course and the network and street design training sessions

The training session is supported with an e-course which provides further learning material and exercises that support the learning transfer.

The World Bank technical assistance offers 30 seats for the e-course, for which participants have been nominated by their superiors. Additional seats are available, but at a surcharge. Please contact us for further support.

Participants receive specific information and instructions for the e-course platform in due time. Though it is possible to participate in the training without following the e-course, it is strongly recommended to participate in the e-course as well. Especially for those that are participating in the trainings about network planning and street design.

A photograph showing three cyclists riding on a city street at night. The cyclist on the left is wearing a brown shirt and a dark helmet. The middle cyclist is wearing a light-colored shirt and a blue helmet. The cyclist on the right is wearing a yellow jacket and a purple helmet. The background is blurred, showing city lights and a car. The text 'TRAINING PROGRAMS' is overlaid in white on the bottom left of the image.

TRAINING  
PROGRAMS

# TRAINING PROGRAMS

## PLANNING BICYCLE NETWORKS

### LEARNING OBJECTIVES

This training will introduce bicycle network planning. The objective is to provide a basic skill set that includes:

- The network planning process and the relevance to strategic planning
- Network hierarchy: planning principles and priority networks.
- Comparing route alternatives

A second objective of the training is provide an understanding of suggested improvements following from the World Bank conducted review of the cycling infrastructure guidelines.

### DATE AND TIME

**5 MAY | 2PM (150 min)**  
Online Training Session

**30 JUNE | 2PM (60 min)**  
Follow-up Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

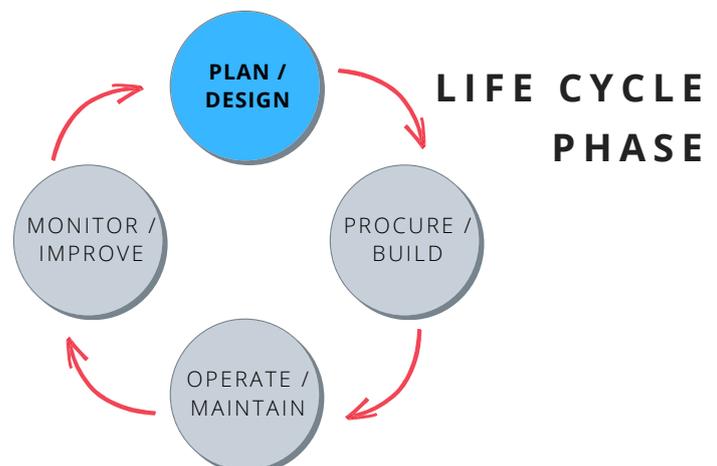
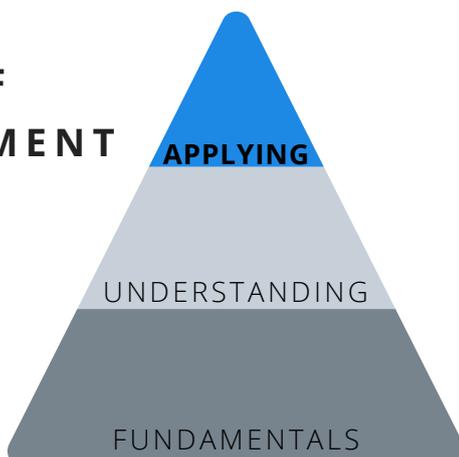
*Note: Slots are limited. We encourage you to register as early as possible.*

### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines
- Cyclist Safety - Principles & Practices
- Fundamentals for cycling infrastructure planning and design

LEVEL OF  
ENGAGEMENT



# PLANNING BICYCLE NETWORKS

## PROGRAM

This training consists of two parts: (i) an interactive online training session and (ii) an online follow-up discussion session to reflect on learnings and individual work.

The training is supported with an e-course. The programs of the respective parts:

### **(i) Training session (5 May)**

This training session will cover the following topics through an actionable mix of group work, plenary discussion, and expert guidance/presentation.

- Welcome, introductions, and learning objectives
- Recap on the 5 principles for safe and successful bicycle infrastructure
- Cycling networks and policy priorities
- Cycling potential
- Network planning process
- Key findings from the design guidelines review conducted by the World Bank technical assistance
- Conclusions

### **(ii) Follow-up discussion session (30 June)**

Between the first and second sessions, participants will be invited to engage in a homework exercise to reflect on the possibilities to improve network plans in an ongoing or upcoming project of choice. The second part of this training is to recapitalize on key lessons of the training session and reflect on the homework. This session also provides additional possibilities for Q and As.

The training is supported by the e-course "Creating safe and successful bicycle infrastructure", which is used in the training "Fundamentals for bicycle infrastructure planning and design" as well. Please refer to the description of this training for practical information about the e-course.

It is recommended that participants of this training also participate in the on-site road safety observation on 10 April which is organized as part of the Cyclist Safety training.



TRAINING  
PROGRAMS

# TRAINING PROGRAMS

## BICYCLE INFRASTRUCTURE DESIGN (STREET DESIGN)

### LEARNING OBJECTIVES

This training will introduce the basics of bicycle infrastructure street design. The objective is to provide a basic skill set that includes:

- Sections (including pop-up bicycle lanes)
- Intersections and crossings
- The relevance of a network plan for street design
- Bicycle parking
- Selection of relevant elements (roundabouts, bus stops, overpasses).

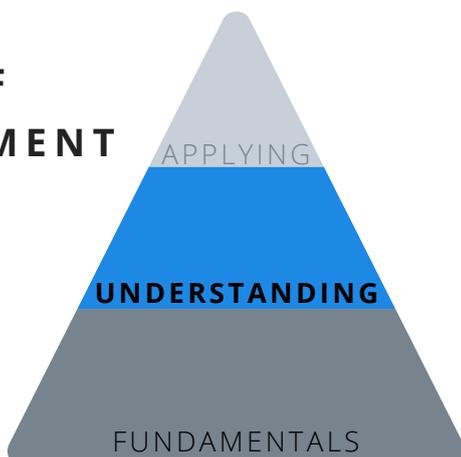
A second objective of the training is to provide an understanding of suggested improvements following from the World Bank conducted review of the cycling infrastructure guidelines.

### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines
- Cyclist Safety - Principles & Practices
- Fundamentals for cycling infrastructure planning and design
- Planning Bicycle Networks

### LEVEL OF ENGAGEMENT



### DATE AND TIME

**26 MAY | 2PM (150 min)**  
Online Training Session

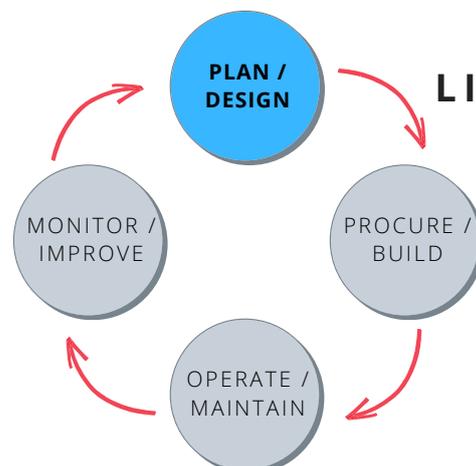
**30 JUNE | 2PM (60 min)**  
Follow-up Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

*Note: Slots are limited. We encourage you to [register](#) as early as possible.*

### LIFE CYCLE PHASE



# BICYCLE INFRASTRUCTURE DESIGN (STREET DESIGN)

## PROGRAM

This training consists of two parts: (i) an interactive online training session and (ii) an online follow-up discussion session to reflect on learnings and individual work. The training is supported with an e-course.

The programs of the respective parts:

### **(i) Training session (26 May)**

This training session will cover the following topics through an actionable mix of group work, plenary discussion, and expert guidance/presentation.

- Welcome, introductions, and learning objectives
- Recap on the 5 principles for safe and successful bicycle infrastructure
- Section design
- Intersection design
- Resolving design challenges
- Other design elements
- Key findings from the design guidelines review conducted by the World Bank technical assistance.
- Conclusions

### **(ii) Follow-up discussion session (30 June)**

Between the first and second sessions, participants will be invited to engage in a light exercise where they reflect on the possibilities to improve network plans in an ongoing or upcoming project of their choice. The second part of this training is to recapitalize on key lessons of the training session and reflect on the homework. This session also provides additional possibilities for Q and A's.

The training is supported by the e-course "Creating safe and successful bicycle infrastructure", which is used in the training "Fundamentals for bicycle infrastructure planning and design" as well. Please refer to the description of this training for practical information about the e-course.

It is recommended that participants of this training also participate in the on-site road safety observation on 10 April which is organized as part of the cycling safety training.



TRAINING  
PROGRAMS

# TRAINING PROGRAMS

## BIKEONOMICS: COST-BENEFIT ANALYSIS OF BICYCLE INFRASTRUCTURE

### LEARNING OBJECTIVES

The concept of 'cost-benefit-analysis' is a common method for infrastructure appraisal. What is perhaps less commonly known is that this method can also be applied to bicycle infrastructure. The objectives of this training are:

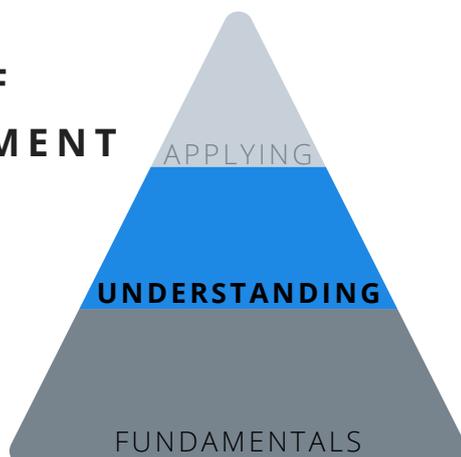
- To familiarize the participants with typical benefits of cycling.
- To introduce the CBA for bicycle infrastructure appraisal (bikeonomics).
- To introduce examples of bicycle infrastructure CBAs.

### PROGRAM

The training program will cover the following topics, through expert presentations, group work and interactive plenary sessions.

- Welcome, introductions and learning objectives
- Benefits of cycling
- Bikeonomics: CBA for cycling
- Practical examples
- Building a case for cycling

LEVEL OF ENGAGEMENT



### DATE AND TIME

2 JUNE | 2PM (90 min)  
Online Training Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

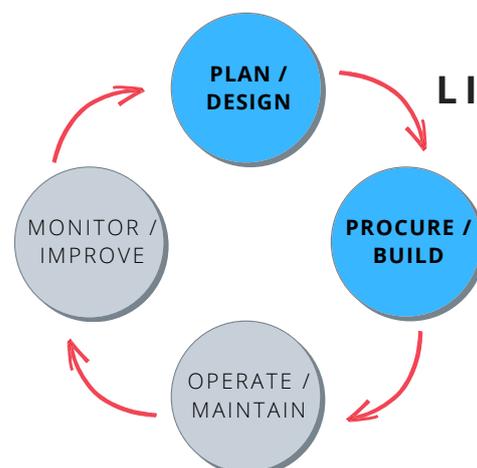
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### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines

LIFE CYCLE PHASE



# TRAINING PROGRAMS

## COMMUNITY ENGAGEMENT

### LEARNING OBJECTIVES

Many community groups and vulnerable road users have a stake when it comes to bicycle infrastructure. It is important to recognize these stakes through various stages of the bicycle infrastructure life cycle. The objectives of this training are:

- To introduce typical community groups and the relevance of community engagement throughout the lifecycle.
- To introduce methods for stakeholder analysis and community engagement.
- To connect engagement to topics that are dear to community (a pleasant and safe urban environment), also to those against (car drivers).

### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines

### DATE AND TIME

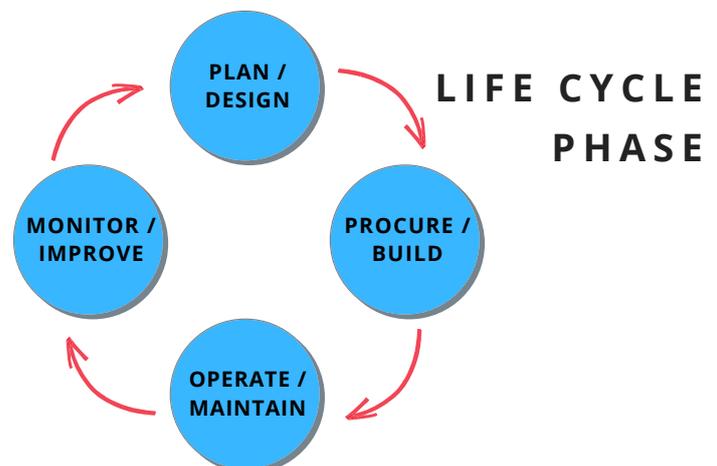
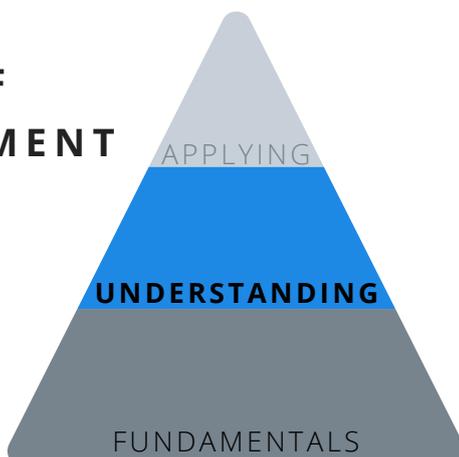
**9 JUNE | 2PM (120 min)**  
Online Training Session

### TARGET AUDIENCE

Department of Transportation  
Local Government Units  
Metropolitan Manila Development Authority  
Department of Public Works and Highways  
Academia  
Civil Society  
Consultants

*Note: Slots are limited. We encourage you to register as early as possible.*

LEVEL OF  
ENGAGEMENT



# COMMUNITY ENGAGEMENT

## PROGRAM

This training is centered around the work conducted by the World Bank technical assistance project on community engagement.

The results of surveys and focus group discussions conducted amongst and with various stakeholder groups will serve as example and learning materials.

The following elements will be covered:

- Welcome, introductions and learning objectives
- Introduction to stakeholder engagement
- Typical community groups and their stakes
- Translating stakes to bicycle infrastructure life cycle asset management
- Actions for community engagement
- Conclusions & do's and don'ts



TRAINING  
PROGRAMS

# TRAINING PROGRAMS

## MONITORING AND EVALUATION OF CYCLING TRAFFIC

### LEARNING OBJECTIVES

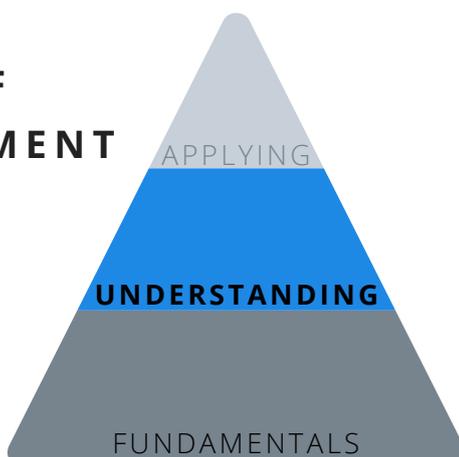
Obtaining insights in cycling usage and user feedback is important to continuously improve plans and designs for bicycle infrastructure and to support life cycle asset management. Though common methods for monitoring and evaluation exist, there are some specifics when it comes to bicycle traffic. This training provides an introduction to common methods for monitoring and evaluation of cycling traffic

### PROGRAM

This training will cover the following topics:

- Welcome, introductions and learning objectives
- Relevance of monitoring and evaluation
- Typical indicators and data collection methods
- Local data collection practices and opportunities
- Collecting and rationalising user/community feedback
- Conclusions

LEVEL OF ENGAGEMENT



### DATE AND TIME

1 SEPTEMBER | 2PM (90 min)  
Online Training Session

### TARGET AUDIENCE

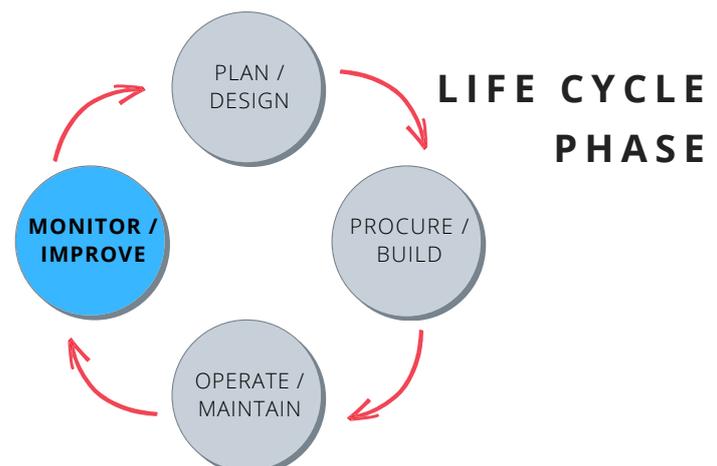
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Consultants

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### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines
- Bicycle infrastructure lifecycle asset management and coordination



# TRAINING PROGRAMS

## BICYCLE INFRASTRUCTURE LIFECYCLE ASSET MANAGEMENT AND COORDINATION

### LEARNING OBJECTIVES

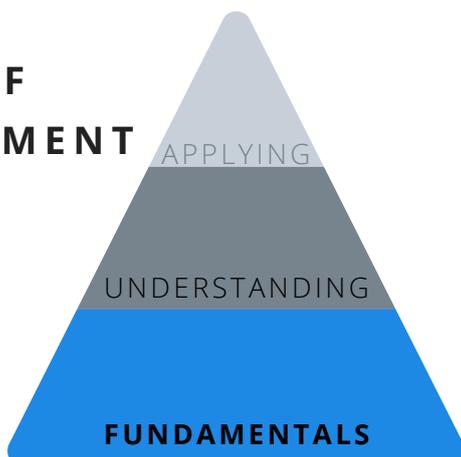
To ensure the long-lasting impact of bicycle infrastructure assets a comprehensive and aligned approach through various stages in the asset life cycle should be applied i.e. "asset management". An integrated approach from plan, design, build to maintenance.

An important part of this approach is the coordination between multiple governmental agencies such as DOTr, DPWH, LGU and NEDA. A smooth coordination/cooperation increases the joint success and reduces costs of failure and delay.

The objectives of this training are:

- To introduce the basics of asset management and the relevance of the approach to bicycle infrastructure lifecycle management
- To introduce the relevance cross departmental cooperation
- To raise the awareness of the different related stakeholders and their input-output relations

LEVEL OF ENGAGEMENT



### DATE AND TIME

**15 SEPTEMBER | 2PM (120 min)**  
Online Training Session with Group Discussion

### TARGET AUDIENCE

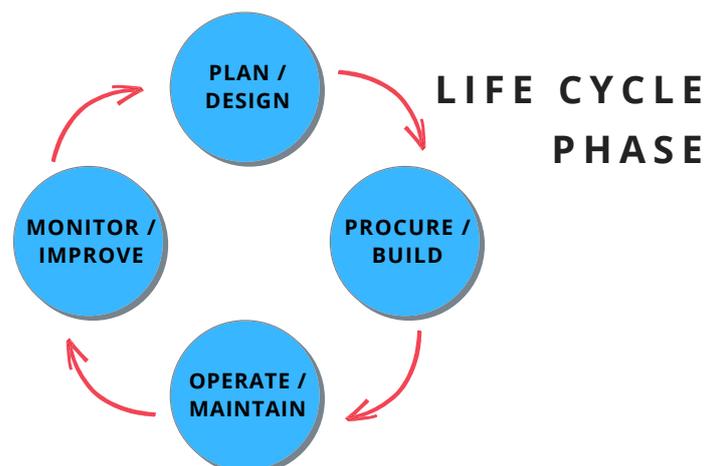
Department of Transportation  
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### PREVIOUS TRAINING RECOMMENDED

It is recommended to have participated in the following training(s) before participating in this training:

- Adapting Dutch cycling learnings to the Philippines
- Fundamentals for cycling infrastructure planning and design



# BICYCLE INFRASTRUCTURE LIFECYCLE ASSET MANAGEMENT AND COORDINATION

## PROGRAM

This training will cover the following elements

- Welcome, introductions and learning objectives
- Life cycle asset management introduced
- Bicycle infrastructure specifics
- Current practices
- Group session on cross-governmental and multi-level coordination

A photograph of three cyclists riding on a city street at night. The cyclist on the left is wearing a brown jacket and a helmet. The cyclist in the middle is wearing a white shirt and a blue helmet. The cyclist on the right is wearing a yellow jacket and a purple helmet. The background shows blurred city lights and a car.

TRAINING  
PROGRAMS