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Practical Guide to Bicycle  
Maintenance & Inclusion

# JOIN ME FOR A BIKE RID<sup>e</sup><sub>+</sub>



Produced by ASALT  
(Asociația Socială a Lucrătorilor de Tineret)  
in partnership with  
Cycling Association of Thessaloniki





# INTRODUCTION TO THE PROJECT



Between 20–24 September 2025, the project Join Me for a Bike Ride+, implemented by ASALT (Asociația Socială a Lucrătorilor de Tineret) in partnership with the Cycling Association of Thessaloniki, carried out a job-shadowing mobility in Greece. The activity aimed to enhance the professional competences of youth workers engaged in promoting cycling as a means of social inclusion and healthy living.

## OBJECTIVES & ACTIVITIES

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- Increasing the level of knowledge for 10 members of the organization (sports staff & coaches) regarding bicycle maintenance & repair over a period of 11 months.
- Developing the skills to work with sports staff/volunteers/coaches with fewer opportunities for 10 members of the organization over a period of 11 months.
- Promoting cyclist traffic safety over a period of 11 months in Bucharest – Sector 4.

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- Peer-learning workshops and direct observation of cycling education sessions.
- Study visits to training centers and sports clubs in Thessaloniki.
- Experience exchange between Romanian and Greek staff on youth mobilization through sport.
- Joint planning of an inclusive urban cycling demonstration event.





# IMPACT OF THE PROJECT

Participants gained practical and methodological skills, integrated later into ASALT's local activities. The project raised awareness about the benefits of cycling for social inclusion and sustainable lifestyles, reinforcing a transnational collaboration network for community sports.

PARTICIPANT

## TESTIMONIAL - DIANA VESTI

"During the mobility in Thessaloniki, I discovered how cycling can become a real bridge between people. Fixing bikes together, riding through the city, and learning about inclusion taught me that every turn of the wheel can change a story. This experience encouraged me to bring this energy back home and help others start their own journey on two wheels."

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**ASALT**





# CYCLING AS TOOL FOR INCLUSION

Cycling is more than sport — it is freedom, connection, and empowerment. For young people with fewer opportunities, it provides a way to move, explore, and participate actively in their community.







## ACCESSIBILITY:

- Bicycles are affordable and adaptable for diverse users.

## EMPOWERMENT:

- Learning to ride or fix a bike builds confidence and self-reliance.



## COMMUNITY:

- Group rides and workshops foster cooperation and peer support.

## SUSTAINABILITY:

- Promotes eco-friendly habits and awareness of shared public space.

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- Practical learning experiences, such as bicycle repair or safe urban cycling, allow youth to develop technical and social skills simultaneously. The Join Me for a Bike Ride+ project uses these principles to inspire inclusion, teamwork, and environmental responsibility.



# KNOW YA' BIKE

## BASIC ANATOMY

A bicycle consists of several key parts working together. Recognizing them helps every rider understand how to maintain and repair their bike.

## BASIC COMPONENTS:

□ **Frame** – the skeleton of the bike.

□ **Handlebars** – steering and control.

□ **Fork** – holds the bike's front wheel

□ **Wheels** & rim, spokes, hub, tire.

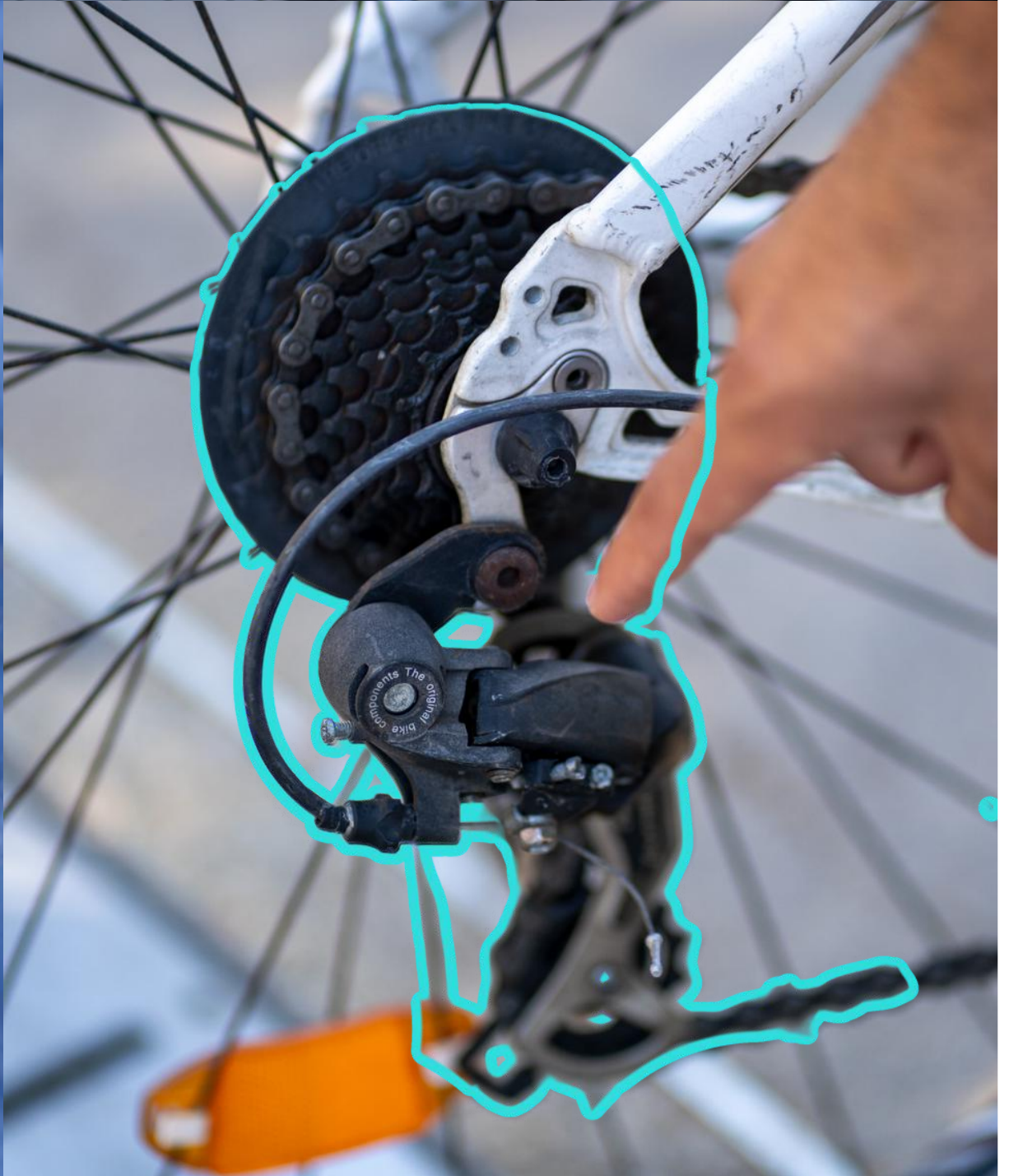




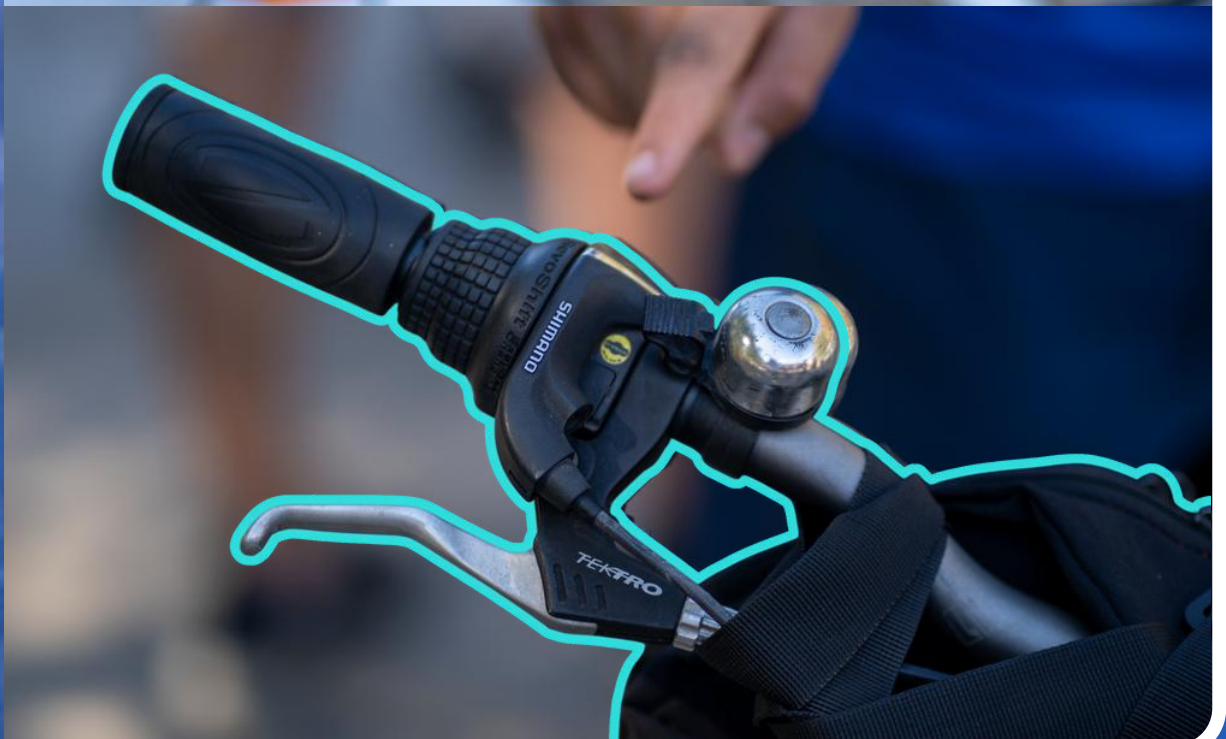
**SEAT**



**CHAIN  
+  
GEARS**



**BREAKS  
+  
GEAR  
SHIFTER**





# PRE-RIDING SAFETY CHECK



Before every ride, spend two minutes on these checks:

## 1. Tyres

Press with your thumb; if soft, inflate to 2.5–4.5 bar.



## 2. Brakes

Levers should engage smoothly.  
Pads should touch the rim evenly.





### 3. Chain and Gears

Spin pedals and shift through gears; no grinding.



### 4. Safety

- Lights,
- reflectors
- helmet



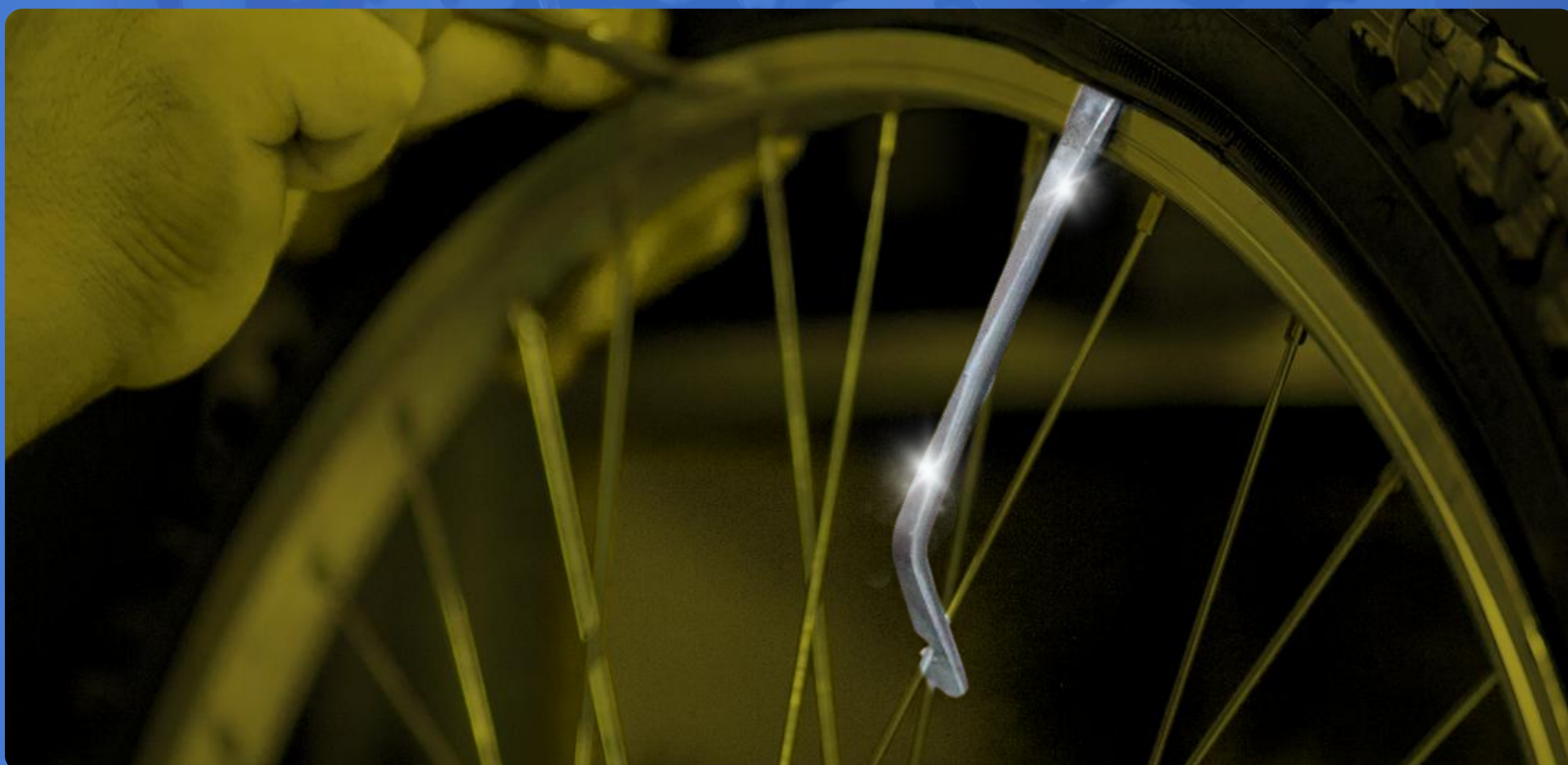


# FLAT TIRE?

## FIX IT BY YOURSELF

### TOOLS:

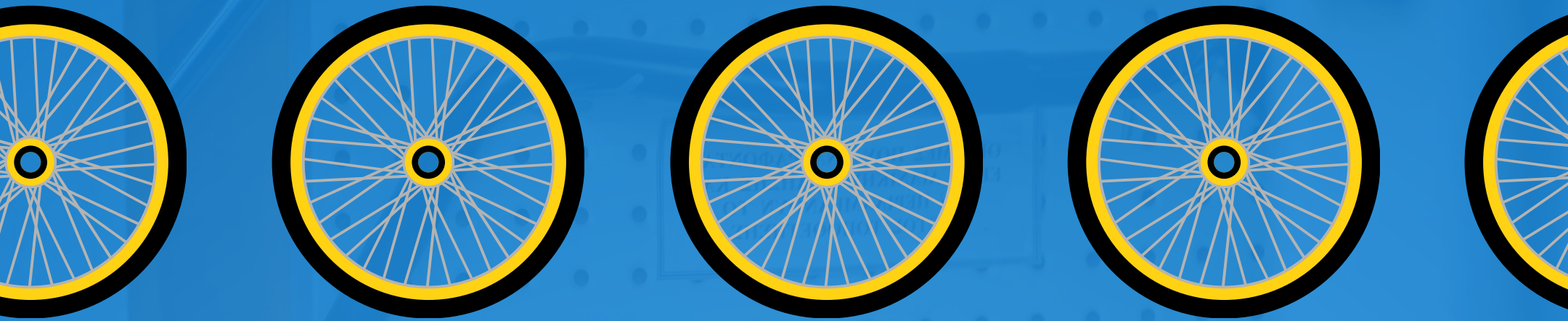
#### 1. Tire Levers:



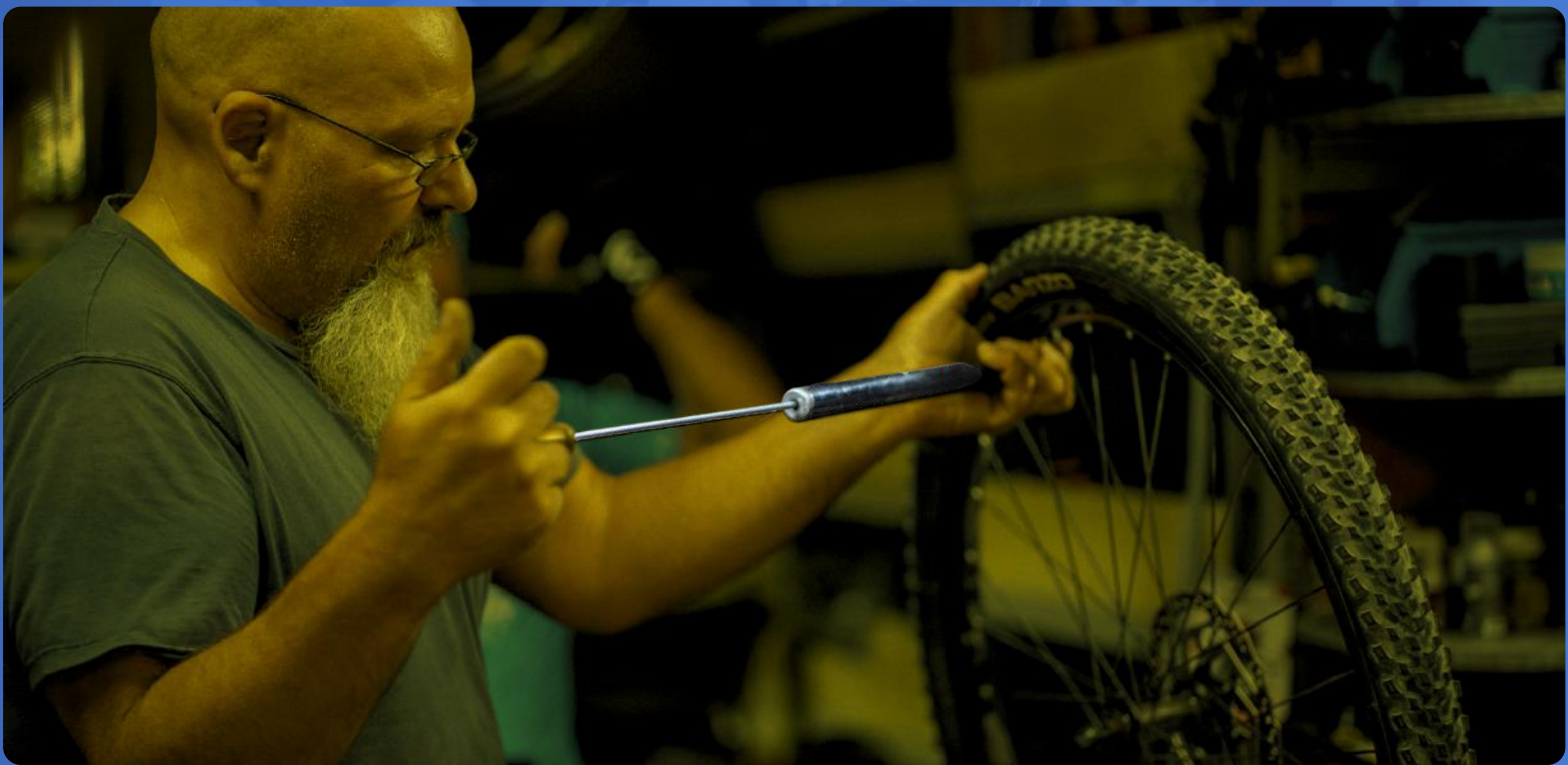
#### 2. Patch Kit



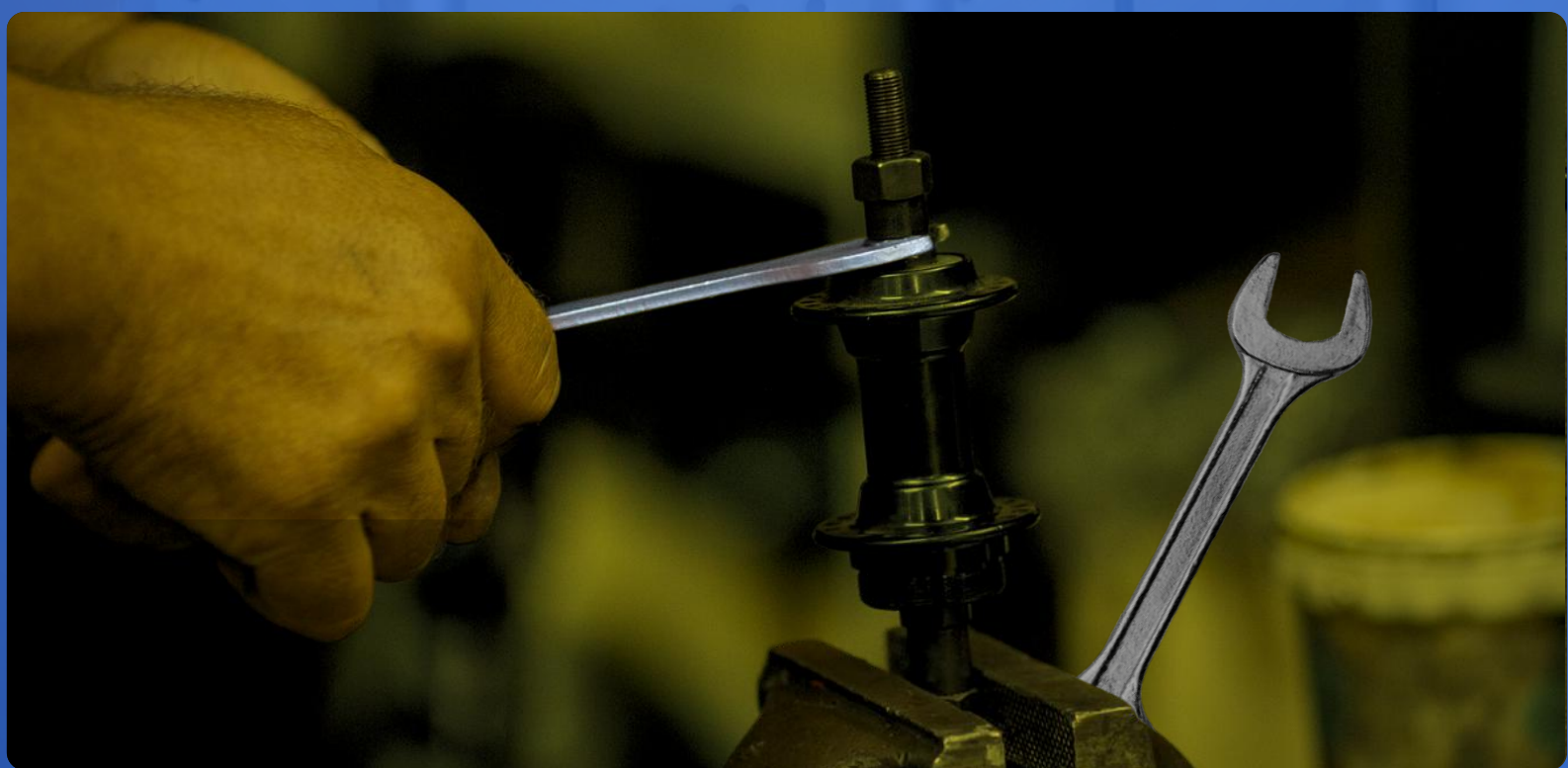




### 3. Pump



### 4. Wrench





# STEPS:

**1.REMOVE WHEEL:**

→ **USE QUICK RELEASE OR LOOSEN NUTS.**





b)



c)





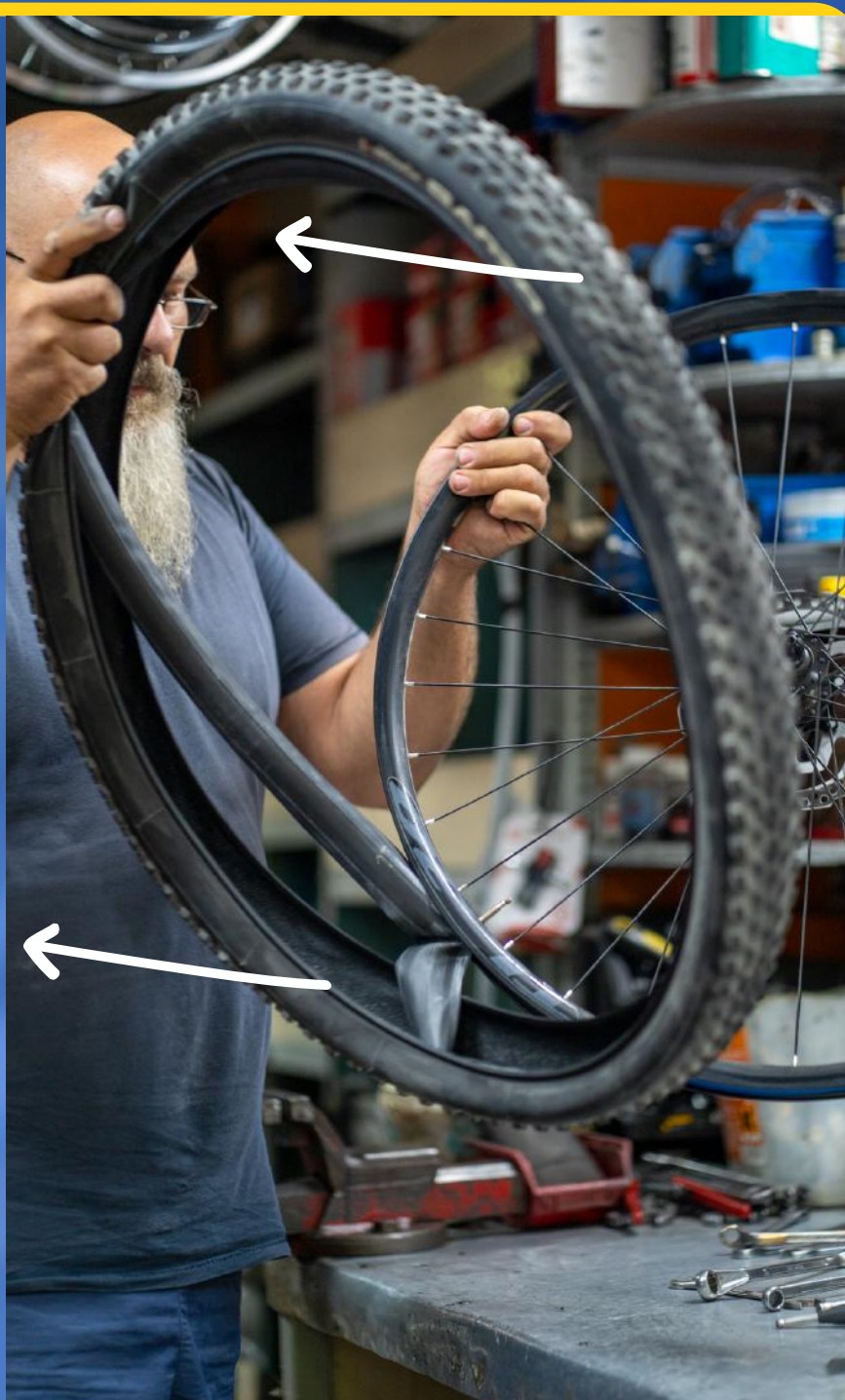
## 2. TAKE OUT TUBE:

→ DEFLATE, LEVER TIRE OFF RIM, REMOVE TUBE.





**b)**



**c)**





### 3. FIND HOLE:

→ INFLATE, LISTEN OR SUBMERGE FOR BUBBLES.





### **1. Listen Carefully**

Hold the tube close to your ear and slowly rotate it. Move your hand around the tube, feeling for air escaping.

In a quiet space, you might hear a faint hissing sound where the puncture is.

Mark the area with chalk, pen, or a small piece of tape.

### **2. Feel for Air**

If it's windy or noisy, hold the tube close to your cheek or lips — your skin is sensitive to moving air.

You'll often feel a cool puff even if you can't hear it.

Rotate the tube slowly until you find the exact spot.

### **3. Submerge for Bubbles (Most Reliable Method)**

Fill a bucket or basin with water. Gently press the inflated tube under the surface. Move section by section.

Watch closely for tiny streams of bubbles — that's your leak. Once you find it, dry the tube and clearly mark the hole with chalk or a marker.

### **4. Check for More Than One Hole**

Sometimes thorns or glass cause multiple punctures.

Keep checking the rest of the tube.

A quick way to check for double punctures is to rotate the tube fully once in water.

### **5. Inspect the Tire Too**

After marking the puncture, check the inside and outside of the tire for sharp objects (thorn, wire, shard of glass).



## 4. PATCH & REINSTALL:

→ PRESS PATCH FIRMLY, INSERT TUBE

→ REFIT TIRE, INFLATE GRADUALLY.





c)



d)





# CONGRATS!

# YOU DID



Now you're equipped not only with the technical know-how  
what you know. Every time you help someone else ride, re  
connected and inc



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# DID IT!



to keep your wheels rolling, but also with the spirit to share, repair, or believe in their own ability, you're building a more inclusive community.



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