



FOUNDER OF CYCLING WITHOUT AGE  
ASHOKA FELLOW

**OLE KASSOW**

**BUILDING BETTER LIVES WITH CYCLING WITHOUT AGE**

**THE RIGHT TO WIND IN YOUR HAIR**

#CyclingWithoutAge  
cyclingwithoutage.org



















# VULNERABLE AND MARGINALIZED





# THORKILD

Born 30 August 1917



Photo from 2012





Photo: Mikael Colville-Andersen









S

STORYTELLING



IDENTITY

R

RELATIONSHIPS

G

GENEROSITY







SLOWNESS

S







W  
WITHOUT AGE



# YOU'RE A CHANGEMAKER

Cycling Without Age is a grassroots movement with a very small group at the Copenhagen Hub. Think of our organization as a wheel.

Use the wheel as your platform to be awesome. To be a changemaker.



## SPOKES

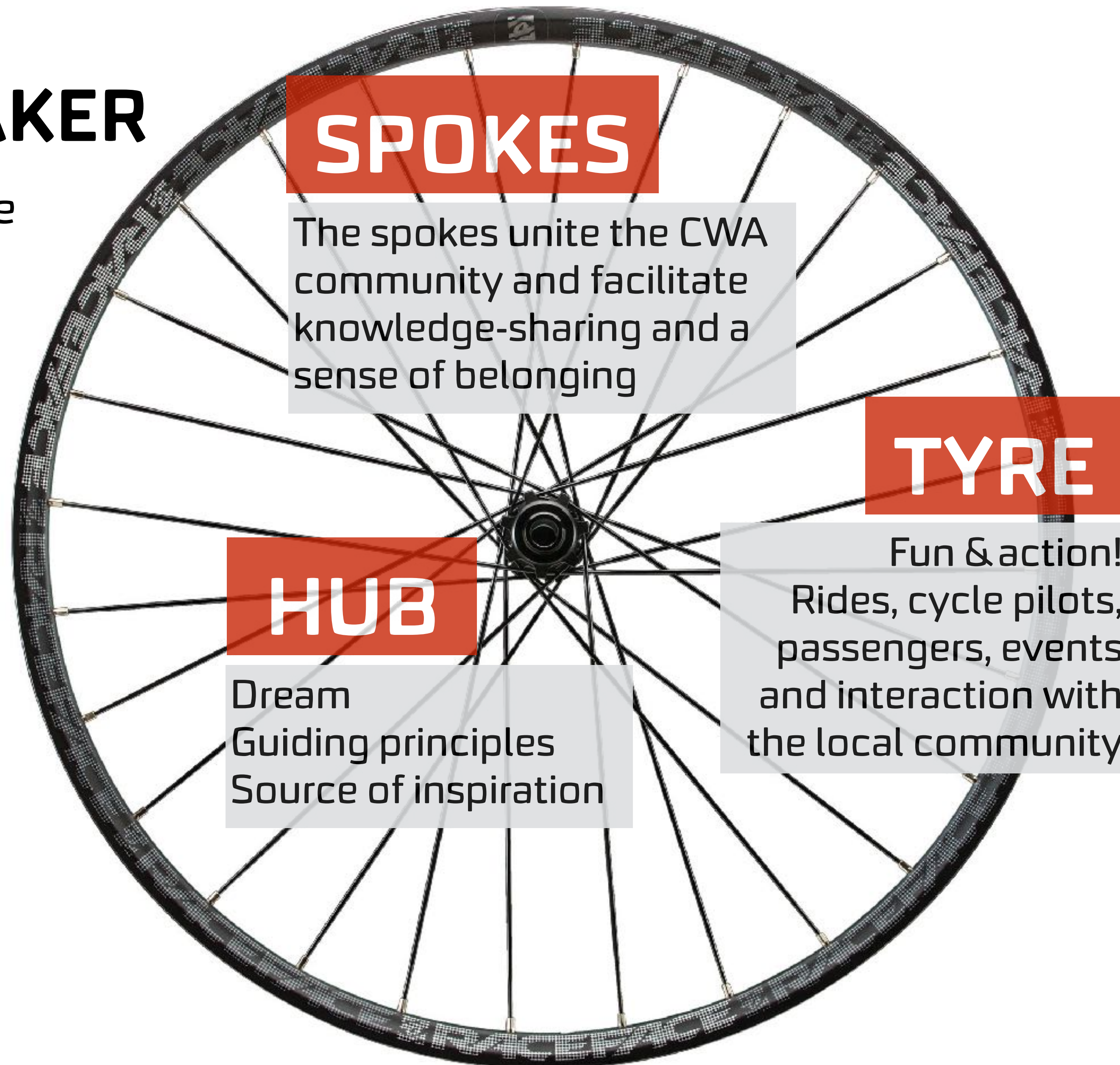
The spokes unite the CWA community and facilitate knowledge-sharing and a sense of belonging

## TYRE

Fun & action!  
Rides, cycle pilots, passengers, events and interaction with the local community

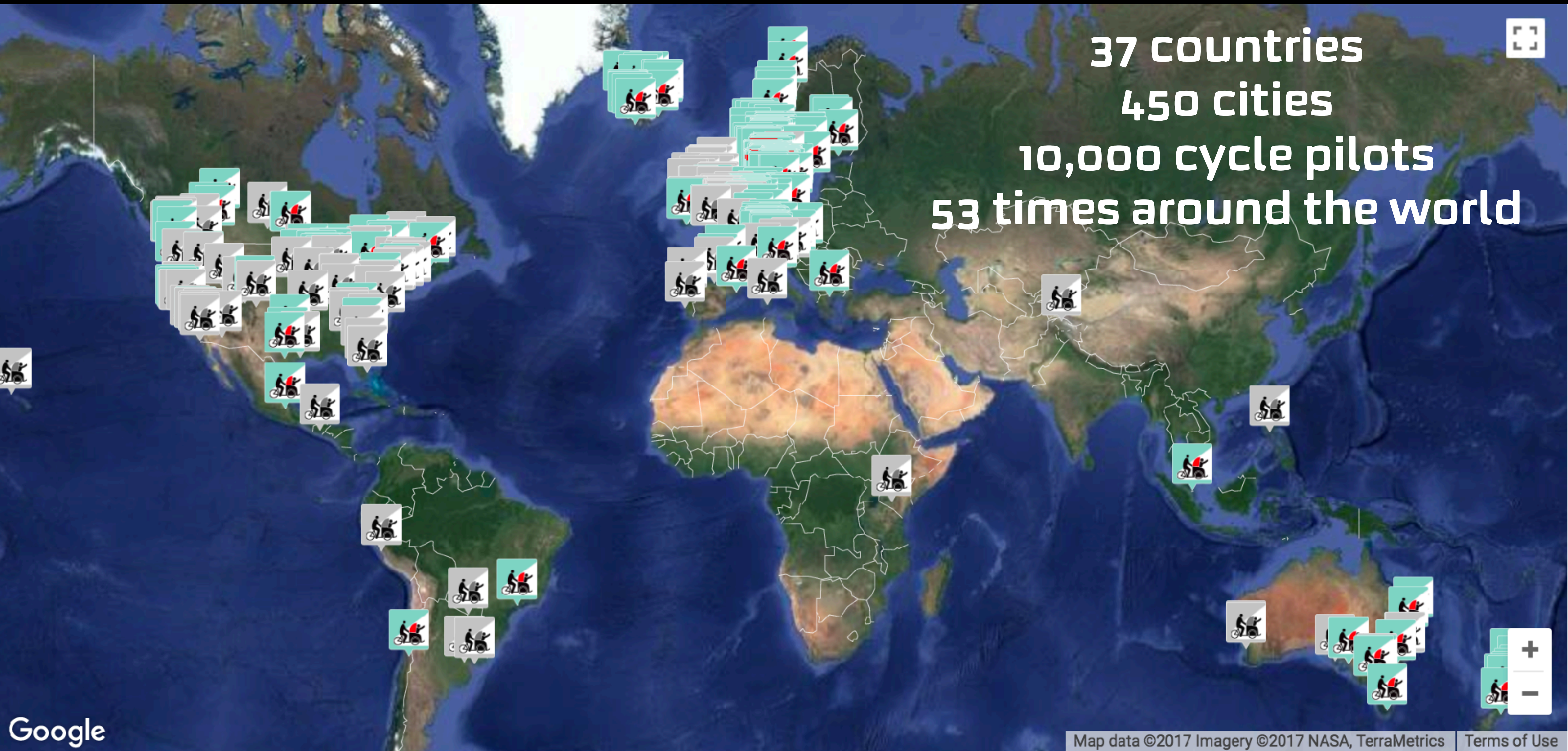
## HUB

Dream  
Guiding principles  
Source of inspiration





**37 countries**  
**450 cities**  
**10,000 cycle pilots**  
**53 times around the world**













# CHANGEMAKERS IN BONN

RADELN  
OHNE  
ALTER



Video



**What's the impact?**



**Better quality of life, liveability**

**Mental health**

**Less medicin**

**More trust**

**More friendships**

**Better appetite**

**Better sleep**

**More happiness at work**

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**Changing the system**

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# JOIN US

[cyclingwithoutage.org](http://cyclingwithoutage.org)