

ISIPHETHO

Umqondo wezikhungo zamabhayisikili kanye nokusebenza kwawo emphakathini entulayo kukhombisile amandla azo okwakha ubumbano emphakathini. Izikhungo zilandela izindlela ezahlukehlukene, kepha zibhekene ngqo nezidingo zemiphakathi futhi zakha izindawo eziphephile ngenxa yokuba yindawo yokuzijabulisa kanye nomqondo webhizinisi. Ukusebenzisa ezemidlalo njengamabhayisikili kuletha abantu ndawonye bazizwe belingana. Ukuhamba ngebhayisikile kwenza uzizwe uzigqaja njengomuntu ufune ukubamba iqhaza uma kudlawa uzithembe uzizwe wemukelekile.

IZINSIZA KUSEBENZA KANYE NABANTU ONGAXHUMANA NABO

Ukuze uthole ikhophi Yemihlahlandlela Ehamba Phambili Yezikhungo Zamabhayisikili landela: www.dffe.gov.za

Bicycle Empowerment Network www.benbikes.org.za
Bicycle South www.bicyclesouth.co.za
BYCS www.bycs.org
GO!Durban Cycling Academy www.durbangreencorridor.co.za
Langa Bicycle Hub www.langabicyclehub.co.za
Open Streets Cape Town www.openstreets.org.za
Pedal Power Association www.pedalpower.org.za
Timbuktu in the Valley www.timbuktuinthevalley.org
Velokhaya Life Cycling Academy www.velokhaya.org

BONA NGOKUSEBENZA KWAMA - IZIKHUNGO ZAMABHAYISIKILI

Good Hood Stories: Langa Bicycle Hub
<https://youtu.be/y1RYE0pdqal>

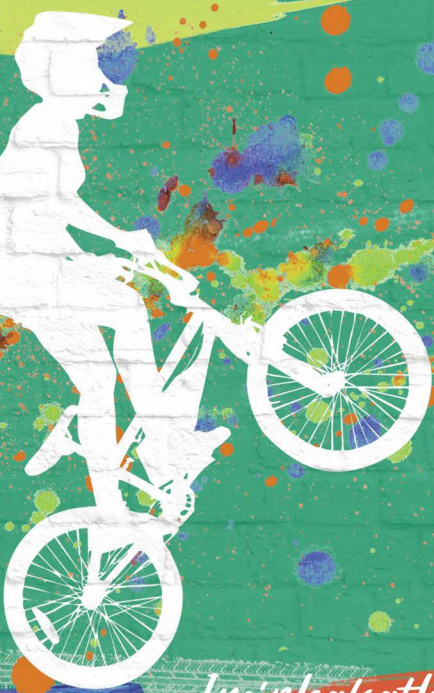
GO!Durban Cycling Academy - On the Right Track
<https://youtu.be/7mPhG-pSTag>

GO!Durban Cycling Academy KwaDabeka Bike Park
https://youtu.be/QvITD_6CSoo

Kubhalwe ngo-inki ongesiyi ingozi emvelweni



IZIKHUNGO ZAMABHAYISIKILI:



Imiphakathi Esebenzisa Okuhamba Phambili



ISIKHUNGO SAMABHAYISIKILI SASEWENTWORTH: SISEBENZA NOMPHAKATHI UKUBHEKANA NEZINQINAMBA ZENHLALO

Endaweni yaseNingizimu neTheku, umphakathi ozungeze iSikhungo Samabhayisikili SaseWentworth sibhekene nezinqinamba zenhlalo ezahluke, okubandakanya ubugebengu kanye nokusetshenziswa budendugu kwezidakamizwa. Isikhungo Samabhayisikili SaseWentworth sihlolile ukukhuthaza umphakathi ukuthi ubumbane futhi sihole nentsha ngendlela yokuzimisela nokuzithiba kanye nokuthuthukisa. Abaqeqeshi badlala indima ebalulekile lapha besebenza njengabantu abayisibonelo abakwazi ukusiza izingane zikwazi ukudlula ezingqinambeni ezahluke.

Isikhungo Samabhayisikili SaseWentworth sibamba uhlelo lwe- "ULwesine Lwamantombazane Odwa" lapho amantombazane amancane athola khona ukwelulekwa ngamakhono ezemidlalo nezempilo. Abaqeqeshi besifazane, inhloso yabo ukusekela nokuthuthukiswa kwamantombazane ukuthi babengabantu abaphusile, abakwaziyo ukusebenzisa amakhono abo ukuze bakwazi ukufinyelela noma yikuphi labefuna ukuya khona. Abaqeqeshi bezikhungo zamabhayisikili badlala indima ebalulekile ezimpilweni zezingane njengabeluleki futhi basebenzisa ukukhuthaza nokukweluleka kwezingane ukuze ziphumelele ngamakhono azo.

Iqhaza lokubonisana

Ukumenyezela kwendawo esihlongozwe ukwakhiwa eseWentworth kwamukelwe ngentshiseko enkulu ngamalungu omphakathi waseWentworth kanye nekhasela lewadi. Umphakathi wabona inzuzo ekutholeni indawo yokuzijabulisa futhi wamukela indawo ehlongozwe uqala le yephrojekthi. Ukusekelwa imiphakathi ezozuza kubalulekile ukuze iphrojekthi ibe yimpumelelo.

ISIKHUNGO SAMABHAYISIKILI SASECORNUBIA: SINIKEZELA IZINSISAKALO ZENHLALO

Sinye sezikhungo Zamabhayisikili esaziwa kakhulu ngamabhayisikili yiCornubia etholalaka emaphethelweni asenyakatho kaMasipala waseThekwini futhi iseduze nendawo ebalulekile yokuthuthukiswa kwezindlu zedolobha. Isikhungo Samabhayisikili iCornubia ine-pump track yetiyela esezingeni lomhlaba, evulelekile kuwo wonke amalungu omphakathi.

Ukuthuthukiswa kwezindlu zomphakathi zaseCornubia kuhambisana neSu likaZwelonke Lokuthuthukiswa Komphakathi. Kanjalo, isikhungo Samabhayisikili iCornubia sibalelwa phakathi kweSu likaZwelonke Lokuthuthukiswa Komphakathi sikwazi ukuhluzeka ngezenhlalo zomphakathi.

Ukukhetha indawo efanele kubalulekile;

ekuqinisekiseni ukufinyeleleka nokubonakala kwesiza. Lapho ekwenza abantu bayithembe indawo ekugcineni nabaqeqeshi abasebenza khona, ukuze kuqiniseka ukuthi indawo yokufunda ephhephile yezingane. Ukusekelwa umphakathi kubonisana inqubela phambili nabantu abathintekayo. Kwakha ukwethembana kusize ekuqinisekiseni ukwesekwa umphakathi futhi kuphinde kufake isandla empumelelweni yesikhungo samabhayisikili.

ISIKHUNGO SAMABHAYISIKILI SAKWAMASHU: SIBHEKENE NOKUSHINTSHA KWESIMO SEZULU NOKUNGCOLA

Isikhungo Samabhayisikili SaKwaMashu sakihiwe emhlabeni obekuyindawo yokulahla imfucuzo ngokungemthetho. Lo mhlaba usuphinde walungiswa kabusha ukuze kwakhiwe isikhungo Samabhayisikili SaKwaMashu. Kuhlwele i-pump track enokucwephesha kokuchitha amanzi ngenxa yoku-sondelana kwayo nemihlosa. Ngo-Ephreli 2022, umphakathi wakwaMashu waba nomonakalo omkhulu ngenxa yezikhukhula. Yize kunjalo ayizange ilimale i-pump track yakwaMashu, lokhu kudalwa ukwakhiwa kahle ngokuthi ikwazi ukuchitha amanzi ngendlela efanele.

Ama-pumptrack avuna ukuchitha kwamanzi ngendlela efanelekile ukuze akwazi ukuwakhipha ngaphandle. Ngakho-ke lokhu kugcizelela ukuthi sikhulu isidingo sokuthi izikhungo zamabhayisikili ezizokwakhiwa kufanele zikwazi ukumelana nezimo zezulu ezahluke.

Uhlelo lokuzibandakanya komphakathi

* Qinisekisa ukuthi amalungu omphakathi anethuba lokubamba iqhaza lokwakha ngokubambisana kusukela ekuqaleni.

* Yakha umuzwa wobunikazi kumphakathi wasekhaya ekufaka phakathi abaholi, abasebenzi, abazali nentsha (abazuzayo).

* Qinisekisa ukuthi konke kusobala nokuqonda okucacile kwezinhloso zabo bonke ababambe iqhaza.

* Yakha ubudlelwane nabalingani abanemicabango efanayo ukuze ubancike ngokuzayo.

* Yakha ukwethemba endaweni enephrject.

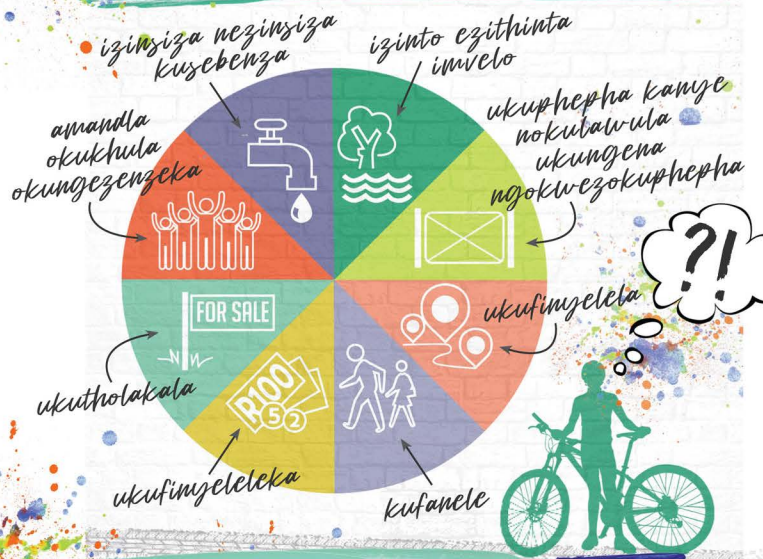


IZIDINGO ZOMPHAKATHI, OKULINDELE KANYE NEZINGA LENDAWO



(Abgikazi besithombe: GO!Durban, KwaMashu Cycling Academy)

IZINTO EZIBALULEKILE OKUFANELE UZICABANGELE UMA UKHETHA INDAWO



Ezigabeni zokuhlela izikhungo zamabhayisikili, kubalulekile ukuqinisekisa ukuthi ukukhethwa kwesiza sokwakha izikhungo zamabhayisikili ziyindawo lapho abantu abakwaziyo ukufinyelela khona kuphinde kucatshangelwe nobungozi obungenzeka kwimvelo ngenkathi kwakhiwa.

Imvula yasehlobo ibuye ilethe imfucuzo yopulasitiki eningi engcolisayo emfuleni. Isikhungo Samabhayisikili SaKwaMashu sisebenzise izehlakalo zokungcoliswa kwamanzi eziphindaphindayo njengethuba lokufundisa nokuqawshisa ngemvelo ezinganeni.

Ngokukhula kwesibalo sabantu abahamba ngamabhayisikili ezindaweni ezinjengakwaMashu. Isidingo sokulungiswa kwamabhayisikili, nezipele kanye nokuthengisa kulindeleke ukuthi naso sikhule. Ukuhlangabezana nalesi sidingo Isikhungo Samabhayisikili SaKwaMashu sasungula Isikhungo Sokuthuthukiswa Kwentsha, i-Youth Empowerment Centre. Lezi zikhungo zisebenzisana nosomabhizinisi bomphakathi abathola ukuqeqeshwa ngokuphathwa kwamabhizinisi amancane kanye nokuba omakhenikhi bamabhayisikili.

IZINSELELO EZINCOMEKAYO, NGOKWEZOMNOTHO NAKWEZEMVELO
EZITHOLAKELE NGOKUSEBENZA KWAMA - IZIKHUNGO
ZAMABHAYISIKILI ASEDUZE NAZO

IZINSELELO NGOKWEZEMVELO:
UKUBAMBA IQHAZA - NGOKUKHUTHAZA ABANTU NGOKUGCINA
IZINDAWO ZABO ZIHLANZEKILE

Izikhungo zamabhayisikili ahlose ukuba nemi-
thelela kwezemvelo okubala ukukhuthaza
izindlela zokuhamba ezingasebenzi izimoto,
ngokugqaguzela ngokwezemvelo oku-
sebenzisa izinhlelo zemfundo. Lokho kuzo-vumela
izingane ukuthi zikwazi ukudlala ngo-kukhululeka
uma zingaphandle.

**AMATHUBA
OKWAKHA IZINZUZO
NGEZEMVELO**

Ukubandakanyeka ngokwezokuhlazeka komphakathi la kuba khona ukuhlalana kwabantu bezohlanza indawo.

Ukuhlalisa izikhungo zamabhayisikili ngokusebenzisa izinhlelo zokutshala izihlahla.

Ukusetshenziswa kwezikhungo zamabhayisikili indlela yokuziphatha enobudlelwane ngezinhlelo ezihlelekile zemvelo.

Ukukhongozela amanzi emvula emathangini kanye nokusebenzisa amanzi angahlanzile (loku kungeziwa lapho kuphepe khona).

Ukuba ngamheho nezindlebe endaweni ngenxa yezinkinga zemvelo ezingadinga ukudluliselwa kuziphathimandla ezifanele.

Ukuhlala izinhloso ezahlukeni, ezokuthuthuka ezinzile futhi kucatshangelwe izikhungo zamabhayisikili ukuze aqhubeke abenomthelela omuhe emphakathini.

Ukuqiniseka ukuthi izindawo zezikhungo zamabhayisikili zigcineke kahle, zihlanzekile, azinayo imfucuzo. Ziphinde zibe yindawo ekhuthaza izingane.

Ezindaweni ezifanele, ukuthuthukiswa nokugcina inethiwekhi yezindlela zamahlati ezihamba amabhayisikili kukhuthaza izingane ukuthi zichithe isikhathi nemvelo.

Ukunikezela ngemisebenzi esebenzisa ukuvuselela kabusha khona endaweni yamabhayisikili. (nokufundisa ngokusebenzisa kabusha kanye nokuvuselela izinto ezilahlawe).

Ukubhalwa kwezihlahla zomdabu nokubeka ukudla kwezinyoni kanye nokususa izitshala ezingavumelekile kudala ukuqawashisa nokungenza ngcono ngezikhungo zamabhayisikili.

Lapho isabelomali nethuba livumela ukusebenzisa amandla elanga njengomthombo kagesi kungaba indlela yokunciphisa izindleko ngokuhamba kwesikhathi.

IZINSELELO ZOMNOTHO:
IZIKHUNGO ZAMABHAYISIKILI ZENZA
UMQONDO WEMALI

Izikhungo zamabhayisikili ziphinde
akhuthaze ukuthuthukiswa komnotho
wasekhaya emiphakathi eyahlukeni.
Ngokusebenzisa uhla lwamathuba
webhizinisi nokwakha amathuba
emisebenzi kusukela ngeskhathi
kwakhiwa kuze kuqalwe ukusebenza
(I-Bicycle Empowerment Center
operator and coaches) esinye isigaba
sezikhungo zamabhayisikili. Eminye
imisebenzi yezomnotho eyengeziwe
ingafaka ezokuvakasha (ukuqashwa
kwamabhayisikili nokuvakasha ngama-
bhayisikili), kanye nabezokuthutha.

Izikhungo Sokuthuthukiswa
Ngokwamabhayisikili empeleni
yimodeli yebhizinisi
engasetshenziswa yi-SMME
yokulondolozwa kanye
nokuhlazeka kwamabhayisikili
kanye nokuthengisa izipele.

IZINSELELO KUBANTU BENDAWO:
UKUTHUTHUKISA IZINGANE NOKUTHUTHUKISA UMPHAKATHI OFAKA
NEMIPHAKATHI YAKUSASA

Izikhungo zamabhayisikili zikuthaza intsha
ngendlela yokugqaguzela nokuzimisela kanye
nokuzithiba ziphinde ziyithuthukise. Izikhungo
zamabhayisikili zinikeza izingane indawo
ephephile yokukhula zikwazi ukusabalisa inqondo
konke lokhu kunomthelela futhi kuyisisekelo
ekubumbeni umphakathi.

Ngokwezemfundo ezikhungweni zamabhayisikili kuphinde kuthayiselwe
izinhlelo ezahlukekahlukene ezithinta ukulungiselelwa
umfundi ukuthi akwazi ukusebenza.



(Abanikazi besithombe: GO!Durban Cycle Academy)

ISIKHUNGO SAMABHAYISIKILI SASENANDA:
EZEMVELO KANYE NEZOKUVAKASHA

Ngokwesimo sasemakhaya, Isikhungo Samabhayisikili SaseNanda singenye
yezindawo zokufundela etholakala onqenqemeni leDamu laseNanda
emaphethelweni eTheku. Izingane zaseSikhungweni Samabhayisikili
SaseNanda, zinokugadla ngezindlela zehlathi ezivuleleke ngamabhayisikili.
Uhlelo lwezemfundo Zasesikhungweni Samabhayisikili saseNanda lunezelwe
ngamaphrojekthi ezemfundo yezemvelo nokufunda ngemvelo yamakhaphozi kanye
nezinhlobonhlobo zezinto eziphilayo.

Isikhungo samabhayisikili saseNanda singezinye zezikhungo zokufunda zokuqala
eThekwini. Iqala ngokuwela i-track yamatshe, izindawo zokukhosela ezimbalwa
kanye nedlanzana lezingane nezinsiza zokusebenza ezinjengamabhayisikili
ezingane, izigqoko zokuvikela kanye nemishini yokulungisa.



(Abanikazi besithombe: GO!Durban, eNanda Cycling Academy)

Abaqeqeshi beSikhungo Samabhayisikili SaseNanda
nabo banezelela imali abayitholayo ngokusebenza endaweni
njengabakhaphi bamabhayisikili ngezimpelasonto, bethatha
izivakashi ezindleleni zokugadla ngehlathi. Bazikhombisa
indawo futhi basekele osomabhizinisi bezokuvakasha bendawo
abasukela ezindaweni zokucima ukoma kuya kulaba abenza
umsebenzi wezandla kanye namakhaya asendaweni.

"Sesiqale ukufunda
ngezemvelo ngezimpelasonto
neqembu lendawo le-scout, izingane zethu
zifunda ngemvelo futhi zibone ubuhle bemvelo
ukuthi esinenhlanhla enkulu okuba nayo
endaweni." - Gabi Ngcobo, Umfundisi
eSikhungweni Samabhayisikili
SaseNanda.

ILANGA BICYCLE HUB:
UKUBALULEKA KOKUBA UMHOLO KANYE NOKUBA USOMABHIZINISI

Langa Bicycle Hub yasungulwa ngusomabhizinisi osebenza ngabantu, uMzikhona
Mgedle ngesikhathi sobhubhane lweCovid-19 ngonyaka we-2020. UMzikhona,
waqala ngokusebenzisa ibhayisikili ukuthi akwazi ukuhlazeka ngezinsiza kubantu
abadala kanye nabagula kakhulu emphakathini. Namuhla indawo yakhe iyibhizinisi
lendawo elinikeza ngamaklasi okushova amabhayisikili, ukulungiswa kwamabhayisikili,
ukuthengisa, ukuqashisa kanye nokwezokuvakasha elokishini. Ngokubambisana
nedolobha laseKapa, iLanga Bicycle Hub manje isebenzela esakhiweni esihlelekile
esisendaweni, i-pump track entsha eyakhiwe eLanga Sports Complex. ILanga Bicycle
Hub isebenza ngokubambisana namabhizinisi endawo nezinhlangano zamatekisi
ukudala amathuba amasha emisebenzi avela ngokuhamba ngamabhayisikili,
nokuqinisekisa ukuthi abagibeli bamabhayisikili baphephile emigwaqeni.

ILanga Bicycle Hub eselokishini laseKapa,
ikhombisa ukuthi izikhungo zamabhayisikili
ziyakwazi ukukhula kusukela ekubeni yindawo
yokuhlazeka ngezinsiza zamabhayisikili em-
phakathini ize idlondlobale ibeyiphrojekthi esiza
umphakathi wonkana.

Abantu namabhizinisi
emhlabeni wonke sebeqalile ukusebenzisa
izinsiza zokulethwa kwamabhayisikili
ukuqinisekisa ukuthi amaphakheji abo
afika ngokuphepha
futhi ngokushesha, ikakhulukazi
ngaphakathi kwezindawo ezimata,
ezisemadolobheni.
Yaziwa nangokuthi abahambisi
bamabhayisikili, lezi zinkampani ziletha
noma yini kusukela ezinc
wadini ezibhalwe kwezomthetho
kuya ekudleni.

ISIKHUNGO SAMABHAYISIKILI SAKWADABEKA:
SAKHA UKUBUMBANA EMPHAKATHINI SIPHINDE SIDLIZE IZITHIYO

Sikhungo Samabhayisikili SaKwaDabeka sitholakala entshonalanga yeTheku
kwenye yezindawo ezithuthukiswa yidolobha. Indawo yakwaDabeka ifakwe
i-pump track ehambisana nezindlela zetyela ezingaphakathi kwi-site yakwaDabeka.
Le-Pump track yaziwa kakhulu ngokusingathwa kweRed Bull Pump Track World
Championship kanye ne-GOI-Durban 100 Mountain Bike Race.



(Abanikazi besithombe: GO!Durban KwaDabeka Cycling Academy)

Ithimba labaqeqeshi eliKwaDabeka liphinde laqala iphrojekthi yokulima ingadi
khona ngaphakathi. Lapho izingane ziveza amakhono ayisisekelo abafundisa
ngokutshala izithelo, kuphinde abanikeze ubungcweti obubalulekile.

"Isikhungo Sama-
bhayisikili SaKwaDabeka
sikwazile ukubeka umphakathi wethu ezingeni
eliphezulu ngokuthi babe nemicimbi ekhombisa
amathuba kwezokuvakasha endaweni."
- Chris Philli, uSihlalo Wenhlango
Yomphakathi Yezokuvakasha
YaKwaDabeka

INDAWO YASETIMBUKTU:
IYISISOMBULULO SEZINKINGA ZASENDAWENI

Timbuktu esendaweni etholakala eLorentzville, eGauteng. Le yindawo
engaphakathi nedolobha ethinteka ngamanani aphezulu okuntuleka
kwemisebenzi nobugebengu. Okuhlukile kwezinye izikhungo zamabhayisikili
eziningi eNingizimu afrika, izingane ezi kulo mphakathi azibona abantu
abazingabazayo uma kufika emabhayisikilini.

Izingane ziyakwazi ukushova amabhayisikili,
yize kunjalo zilangazelela ukufunda ukugcina ama-
bhayisikili azo esesimeni, lokhu kwagqaguzela
uVictoria Schneider noLungile Mfumo, abasunguli
bendawo yaseTimbuktu, ukuthi basungule imbizo
encane, lapho izingane ezingafika khona
ngemiGqibelo ekuseni zithole ukuqeqeshwa
ngokulungiswa kwamabhayisikili. Kungekudala
lezi zikhathi zokulungiswa kwamabhayisikili
zangemiGqibelo zakhula zaba yinhlangano
ehlelekile yabashovi bamabhayisikili kwakhula
kwaba yinhlangano engenzi nzuzo, esebenza nge-
zingane ezingama-75, ezivakashela njalo lesisi-
khungo samabhayisikili. Ngaphezu kwalokho
amavolontiya asebenza nezingane ngokuhlazeka
kokwesekwa ngokwezemfundo, ukufinyelela
kwezinsiza zokufunda namanye amakhono
abalulekile.



ITimbuktu isendaweni la abantu
abahlanganisa imbono baphinde
babhekane nezidingo zomphakathi.
Ngokuphendula izidingo zasendaweni,
iTimbuktu Cycling Academy isebenze
kakhulu ekuqeqeni izingane ukuthi
zizoyine isikhungo samabhayisikili.
Ukuqonda nokuphendula izidingo
zabahlomuli kwenza ukuhola
nokukhuthaza kube lula kakhulu.



(Abanikazi besithombe: Timbuktu in the Valley, Lorentzville)

"Amabhayisikili
akhombisa izindlela ezahlukele
zokuthuthukisa abantu. Ukushova
ibhayisikili kukunika inkululeko, liyajabulisa
ungathutha ngisho izinto ngalo kuphinde
kuvuleke amathuba amasha ezinganeni."
- IVictoria Schneider, umsunguli,
weNhlango YaseGqumeni
iTimbuktu.