



an upcycling  
toolkit by  
Youth Mosaic



# wheels of change

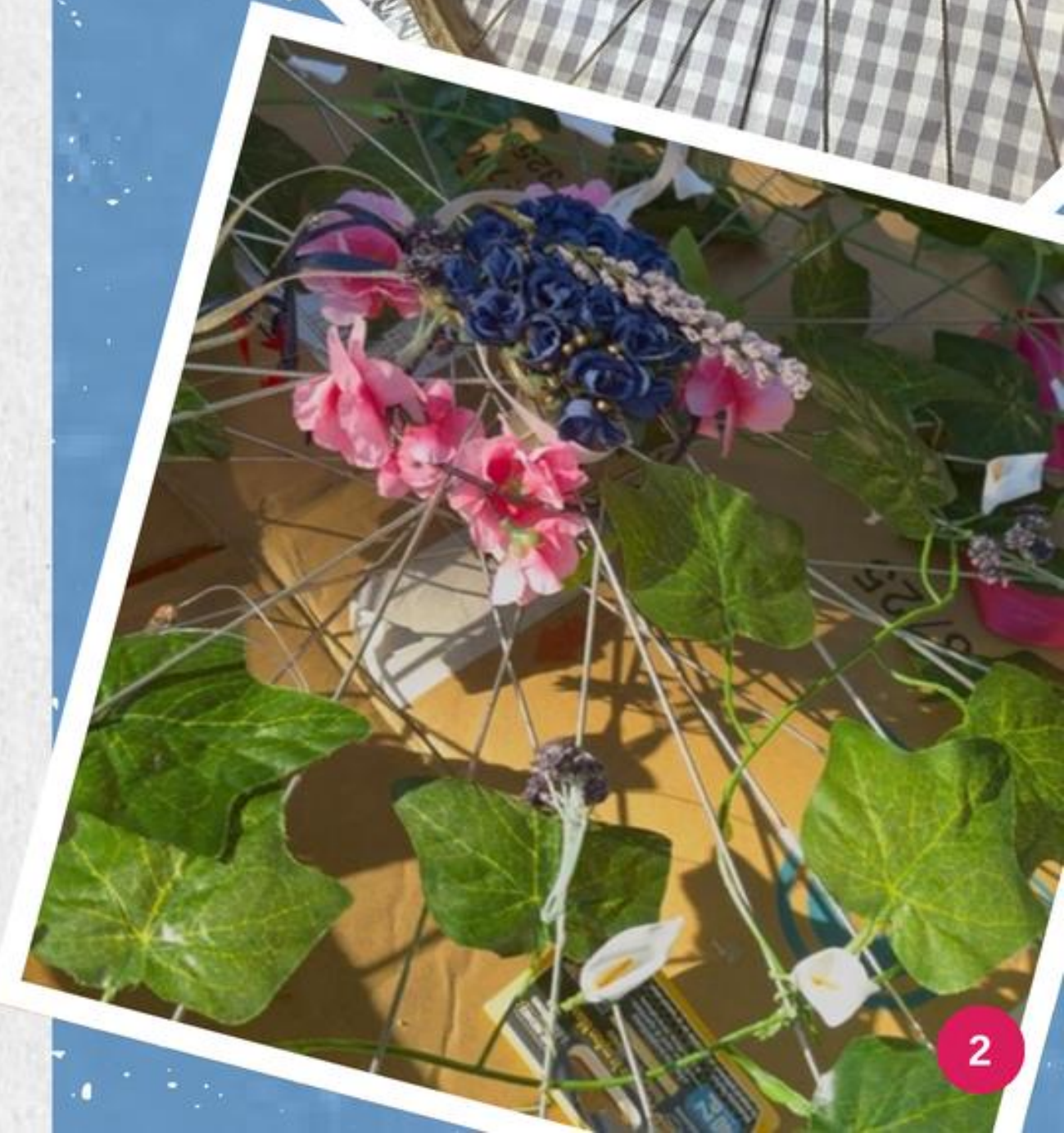


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# BIKE-UP!

Sustainable mobility in Ferrara

May 1<sup>st</sup> – May 7<sup>th</sup>, 2026



## about bike-up!

Wheels of Change was created inside *Bike-Up!*, an Erasmus+ KA152 Youth Exchange in Ferrara.

Coordinated by Youth Mosaic and hosted in Ferrara on 1-7 May 2026, it used the bicycle as an educational tool and a symbol of green mobility, inclusion and active citizenship.

# the exchange in numbers

**25**  
**participants**

20 young people  
+ 5 group leaders



**5 partners**

1. Italy
2. Ireland
3. Romania
4. Türkiye
5. Jordan

## THE GROUP

The group brought together 20 young people and 5 group leaders from the five countries, supported by 2 facilitators.



# the coordinator: YOUTH MOSAIC

A non-profit youth organisation based in Bondeno, a small rural town near Ferrara (Emilia-Romagna). It promotes international youth mobility, social inclusion and intercultural dialogue, personal growth through non-formal education, and local and international initiatives for sustainability. Its name reflects the idea that, like the pieces of a mosaic, every young person brings a unique contribution to a larger, shared picture.



# the partnership



YOUTH MOSAIC -  
**Italy**



Asociația Sportivă  
Club Faci Sport -  
**Romania**



Donegal Education and  
Training Board  
Letterkenny  
Training Centre -  
**Ireland**



Donegal  
Youthreach



Shoura For Building  
National Consensus -  
**Jordan**



لبناء التوافق الوطني  
SHOURA for Building National Consensus



Genç Gelecek Eğitim  
Araştırma  
Girişimcilik Kültür Sanat  
Teknoloji ve  
Oyunlaştırma Derneği -  
**Türkiye**



# about this tool

## WHAT IT IS

A hands-on upcycling workshop where small groups transform old, discarded bicycle wheels into collective artworks using recycled and reused materials. It combines sustainability, creativity, cooperation and sustainable mobility in one practical process.



## THE VALUE IS IN THE PROCESS

Participants discuss, experiment, negotiate and create together. They choose the style, the materials and the message of their wheel, while the facilitator stays neutral and supports only the process, safety and timing. The final wheel becomes a visible result of shared work and environmental reflection, and can be displayed to extend the message beyond the workshop itself.



## **WHO IT IS FOR**

**Youth workers, educators, trainers and community facilitators who need a practical, low-cost activity. No prior artistic or technical skill is required, from the facilitator or from the participants.**





# the tool at a glance

|                     |                                                                                                                                           |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>FORMAT</b>       | Non-formal education workshop, hands-on upcycling, art-based, group work                                                                  |
| <b>THEMES</b>       | Circular economy, reuse, creativity, sustainable mobility, cooperation, citizenship                                                       |
| <b>TARGET GROUP</b> | Tested with young people aged 18–26 during Bike-Up!.<br>Suitable for Erasmus+ youth groups aged 13–30 and adaptable to younger supervised |
| <b>INCLUSION</b>    | No artistic or technical skill needed; everyone contributes in their own way                                                              |
| <b>GROUP SIZE</b>   | 10–30 ideal, mixed groups of 4–6 per wheel; also pairs or drop-in at public events                                                        |
| <b>DURATION</b>     | 90–120 minutes, adaptable; shorter and simplified for children                                                                            |
| <b>SETTING</b>      | Indoor or outdoor; stable tables, a safe materials station, space to display                                                              |
| <b>FACILITATOR</b>  | Neutral: guarantees process, safety and timing, never the aesthetic or the meaning                                                        |
| <b>OUTPUT</b>       | One collective artwork per group, plus visual documentation for dissemination                                                             |

# why the wheel

**The bicycle wheel is chosen because it carries a dense set of meanings that mirror exactly what the activity wants participants to learn and feel.**

## **THE METAPHOR**

- **The cycle** – a wheel exists to move things forward, a natural image of change and green transition
- **Spokes and rim** – many spokes under tension held by one rim, cohesion and shared responsibility. When the spokes lose balance or tension, the wheel becomes weaker like a group
- **The hub** – the shared centre, the common values the group builds around
- **Balance** – a wheel only rolls when balanced, a metaphor for sustainability
- **A discarded wheel given new life** – what was thrown away becomes meaningful again  
If a broken wheel can become art, what else that we discard could be re-valued?

# objectives



Produce and present

By the end of the 90–120-minute workshop, each small group transforms at least one discarded wheel into a finished collective artwork using predominantly reused materials, and presents its meaning in a 2–3-minute group presentation.



Everyone contributes

During the workshop, every participant makes at least one visible contribution to the group's creative decisions (idea, material choice, manual task, message or presentation role).



Transfer the concept

By the final reflection, each participant can name at least two circular economy / reuse principles and connect them to one personal everyday action.



# learning outcomes

**BY THE END OF THE ACTIVITY, PARTICIPANTS HAVE:**

- experienced upcycling as a practical and creative process
- reflected on reuse, waste reduction and circular economy
- connected the bicycle with sustainable mobility and greener communities
- worked together to create a shared artistic result
- used art as a tool for environmental awareness and active citizenship
- contributed to a collective creation shared with the wider community



# key competences



## **CULTURAL AWARENESS & EXPRESSION**

Express ideas and values through colour, texture and symbol.  
Evidence: the finished wheel

## **PERSONAL, SOCIAL & LEARNING TO LEARN**

Negotiate ideas, share roles and tools, self-reflect. Evidence:  
balanced participation

## **CITIZENSHIP**

Act on environmental responsibility and carry the message  
out. Evidence: the displayed wheel



# how it runs

## before

Collect and clean the wheels, remove sharp parts, organise reused materials and tools in boxes, agree photo consent

## during

Mixed groups of 4-6 agree a theme (reuse, movement, community, inclusion, climate) and wrap, weave and attach

## after

Each group presents its wheel (name, materials, message, where to display it) and names one personal action



# materials

## MAIN MATERIALS

Discarded bicycle wheels, fabric scraps, ribbons, strings, beads, artificial flowers, old decorations, reused paper and cardboard, buttons, textile leftovers, small recycled objects, paper strips for short messages.

## TOOLS

Scissors, hot glue guns and glue sticks, tape, markers, pens, pliers if needed, tables or stable surfaces.

## OPTIONAL

Old maps, bottle caps, wool, recycled ribbons, small bells, coloured paper, reused packaging, natural elements.



# timing & safety



## TIMING (90-120 MIN)

1. Introduction to the topic 10'
2. Materials and safety 5-10'
3. Group idea development 10-15'
4. Creative work 45-60'
5. Presentation of the artworks 15-20'
6. Final reflection 10'

## SAFETY

Hot glue guns require facilitator/staff supervision (adult supervision is required when minors take part) and a dedicated, stable station. Remove sharp spokes and burrs from the wheels before the session, and always offer glue-free fixing options such as tape, wire ties and knots, so nobody has to handle heat or blades in order to take part.



# running the session



1. **OPEN IT**: a short introduction to the link between bicycles, sustainability, reuse and creative upcycling. Keep it simple, the meaning of each wheel comes from the participants.
2. **FORM THE GROUPS**: mixed groups of 4-6, one wheel each and free access to the recycled materials.
3. **AGREE AN IDEA**: a common idea, mood or message, symbolic, colourful, abstract, poetic or playful. Themes can include reuse, movement, community, cooperation, inclusion, climate action, circular economy and future cities. The meaning belongs entirely to the group.
4. **MAKE IT**: wrap ribbons and fabrics around the rim, weave textile scraps through the spokes, attach flowers, beads, buttons and paper, add short written messages, build patterns and textures into one collective composition.



5. **THE FACILITATOR STAYS OUTSIDE**: watch the process, keep it safe, manage the time and hold a respectful, inclusive space. The creative decisions belong to the participants. While they work, ask the questions from the learning cycle, so meaning grows alongside the artwork.
6. **THE PRESENTATION**: short, informal and about meaning rather than technique.

What is the name of your wheel?

How did you create it?

Which recycled materials did you use, and why?

What message does it communicate?

Where could it be displayed?

What did you learn while creating it together?

7. **CLOSING**: connect the experience back to sustainability, reuse and cooperation, and ask each participant for one concrete thing they will reuse or do differently.



# the learning cycle

## 1. CONCRETE EXPERIENCE

Handling the prepared wheel and exploring the reused materials.

### ASK

What does this discarded wheel make you think of? How does it feel to work with something someone threw away?

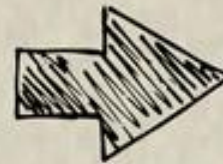


## 2. REFLECTIVE OBSERVATION

Choosing materials and starting to wrap, weave and attach.

### ASK

Which materials did you choose, and why? What are you noticing about how your group decides together?

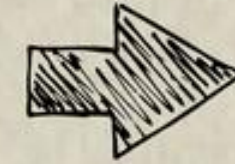


## 3. CONCEPT

Assembling the collective composition, naming the wheel and its message.

### ASK

What does your wheel represent? How do the spokes and rim mirror your group or your community?



## 4. APPLICATION

Presenting the wheel, deciding where to display it, naming a personal action.

### ASK

What message will this wheel carry to others? What is one thing you will reuse or change after today?

# facilitation tips

1

## PREPARE

- Prepare the wheels and materials in advance
- Remove sharp parts and check the work area
- Organise materials in open boxes within reach
- Prioritise reused and leftover materials

2

## STAY NEUTRAL

- Give creative freedom; do not prescribe the aesthetic
- Stay neutral on meaning and style
- Support only process, safety and timing
- Prepare tool-free tasks for those who prefer not to cut or glue

3

## CLOSE IT PROPERLY

- Display the wheels after the activity
- Name the key competences during the final reflection
- Ask each participant for one thing they will reuse or change



# dissemination



**“WHEELS OF CHANGE” GENERATES STRONG VISUAL AND EDUCATIONAL MATERIAL FOR DISSEMINATION. PHOTOS OF THE PROCESS AND OF THE FINAL WHEELS SHOW PARTICIPANTS COOPERATING, REUSING MATERIALS AND TRANSFORMING DISCARDED OBJECTS INTO COLLECTIVE ARTWORKS.**

**DOCUMENTATION CAN INCLUDE:**

- **PHOTOS OF THE WORKING PROCESS**
- **PHOTOS OF THE FINAL WHEELS**
- **SHORT VIDEO CLIPS OF THE CREATIVE PHASE**
- **GROUP PRESENTATIONS OF THE WHEELS**
- **CAPTIONS EXPLAINING THE MATERIALS USED**
- **PARTICIPANTS’ SHORT REFLECTIONS**
- **PHOTOS OF THE WHEELS DISPLAYED IN A PUBLIC OR COMMUNITY SPACE**

Photos of the working process and the finished wheels, short video clips, group presentations, captions on the materials used and participants' short reflections.



## DISPLAY

Youth centres, schools, project venues, community festivals, public events, bike-related initiatives and local exhibitions, so the wheels keep spreading the message beyond the workshop.



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# Credits

YOUTH MOSAIC - BONDENO, ITALY

YOUTHMOSAIC.ITA@GMAIL.COM

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**keep the wheel  
turning!**