



# **K-Savers Community Workshop**

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## Things to know, Tips and Tools

### Who developed the K-Savers Community Workshop project?

The K-Savers Community Workshops has been designed by volunteers from Marrickville Transport Action Group (MTAG) Incorporated, as a Citizens for Sustainability project which is funded by Marrickville Council.

MTAG is a group of residents dedicated to finding creative and community-friendly solutions to transport issues affecting people in the Marrickville Council area. MTAG believes that all residents deserve a healthy, accessible and safe community but that the number of vehicles on our roads is a barrier to achieving this.

The K-Savers Community Workshop project is part of MTAG's efforts to educate and empower the community to respond to the problems posed by congestion, air and noise pollution, and the impact of busy roads on community networks.

MTAG also actively campaigns for:

- Better public transport
- More freight on railways
- Proper sound buffering of railways
- Better planning of freight movements
- Better access for bicycles and pedestrians
- No expansion of Sydney Airport or Port Botany
- No motorway or road tunnel through Marrickville Council area

### About Marrickville Council's Citizens for Sustainability Program

The Citizens for Sustainability program funds community-led projects that will help make a positive contribution to sustainability within the area as improve the look and feel of Marrickville.

K-Savers Community Workshop project is one of five community projects that received funding in the first year of the Citizens for Sustainability program. New projects are being sought for the second year of the program. If you have an idea for a project, we encourage you to apply. For more information contact [epo@marrickville.nsw.gov.au](mailto:epo@marrickville.nsw.gov.au)

The Citizens for Sustainability program wouldn't have happened without the generosity of WSN Environmental Solutions who awarded Marrickville Council with \$20,000 for impressive Clean Up Australia Day events in 2005 and 2006. The Citizens for Sustainability Program was designed as a way of distributing the money back to the community in the form of grants.

## **About the K-Savers Community Workshop**

The K-Savers Community Workshop has been developed as a community lead education project to explore the relationship between transport and “creating a great place to live” in Marrickville Council area.

The K-Savers Community Workshop will be delivered in four different neighbourhoods, unique in size and transport issues. Local residents will be recruited to participate in the workshop, which will run for four hours in a local venue.

Participants of a K-Savers Community Workshops will learn:

- Why reducing car dependency can help build community as well as help the environment
- A variety of ways an individual /household can gain the benefits of reducing car dependency
- Community approaches to traffic management that can make streets friendly and safer for everyone

The K-Savers Community Workshops are designed to be community focused and participatory. The workshop will feature:

- Easy to read fact sheets
- An analysis of travel patterns
- Local examples and resources
- Opportunities to share your ideas and knowledge
- Engaging activities to test out the ideas
- A group project to manage a local transport issue important to you

A follow-up event will be organised shortly after the final K-Savers Community Workshop. This will be an opportunity for all participants to meet other K-Savers and share their stories about their group project.

## Using this Resource

This document covers all aspects of the project developed in the first phase. The workshop consists of four sections of activities and exercises, interspersed with opportunities to ask questions and discuss material contained in fact sheets. More detailed documentation of workshop exercise is not currently available.

## Equipment Checklist

This list provides you with an easy reference for what you will need for a particular section of the workshop.

## Overview

The overview provides you with an easy reference for the objectives, topics and tasks that take place during a particular section of the workshop.

## Timing

Timing is very important in keeping your group engaged and interested in the workshop. Each activity has a set length that allows the workshop to proceed at a good pace. There is quite a lot to cover!

## Notes

Tips and Advice about the exercises you will undertake during each section of the workshop.

## Icons

You will see these images next to the activities and exercises described in each section of the workshop.



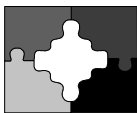
### Information Delivery

The workshop presenter delivers information to the group on a particular topic.



### Brainstorm Exercise

The whole group is guided through an idea generating discussion. You will have several questions to help prompt the group into action.



### Structured Group Exercise

The whole group is guided through a specific set of actions.



### Structured Small Group Exercise (Pairs)

The group is broken up into pairs to complete a specific exercise.

## **Workshop Tools Glossary**

### **K-Saver Trip Tracker**

The K-Savers Trip Tracker is a combination of a travel diary and a workbook for exercises that take place during the workshops.

### **K-Saver Community Planner**

The K-Saver Community Planner is a large laminated proforma document that is used to record outcomes of discussions that take place during the workshop. This document and the responses recorded therein represents the agreements of the workshop group and forms the basis of a final discussion about an approach to working together for a specific outcome.

### **K-Saver Trip-Tipping Competition Poster**

The K-Savers Trip Tipping Competition Poster is an A3 wall chart that allows family or other community groups to compete on the basis of kilometres saved.

### **K-Saver Presentation – Digital and Analogue Versions**

The K-Savers Presentation is a guide for workshop facilitators available in a digital or analogue form. Power point presentations or laminated flip chart.

### **K-Saver Travel Survey**

The K-Savers Travel Survey has been developed to provide the participants and the facilitators with information about the motivations and barriers to changing travel patterns.

### **K-Saver Fact Sheets**

The K-Savers Fact Sheets have been developed as easy reference points for the ideas and information covered in the workshops. They can be used as discussion material within workshops or as additional information that participants can take away with them for future reference. The information contained in the fact sheets can also be useful as part of a more general 'sustainability' information kiosk.

## **Pre-Workshop Preparations**

If this is your first time delivering a workshop or working with a small group of people, there are a couple of things you should know:

**1. *Everything takes longer than you think.***

Give yourself plenty of time to prepare your materials, so that you don't have to waste time doing this during the workshop

**2. *Don't be afraid of being ignorant about something.***

Knowing everything is not the most important part of being a facilitator. Being able to keep a discussion going is. Hard questions can be points of useful speculation for everyone, and you may even find that someone in the group has the expertise to answer them!

### **Things to do before the day of the workshop:**

- Find a suitable venue.
- Do a trial run to see how long it will take you to deliver the workshop.
- Get a map of the area in which you are conducting the workshop and put a mark in the streets from which the workshop participants are coming. This will give you a better idea of how the participants can interact.
- Make sure you have pens for every participant.

### **Things to do when people arrive for the workshop:**

- Introduce yourself
- Be sure to give everyone a name tag
- Direct them to the refreshments and show them the seating area.
- Give each participant a Trip Tracker when they arrive, and ask them to fill out the first page while they wait for things to get going.

## Section 1. Introduction - K-Saving with K-Savers

### Equipment Checklist

- Pens
- Chinagraph Pen
- Trip Tracker Booklets
- Community Planner
- Name Tags
- Fact Sheet #1
- Fact Sheet #2
- Fact Sheet #3
- 

### Overview of Section

**Aim:**

Orientation and identification of the group's area of interest.

**Purpose:**

Make people comfortable, explain the background of the workshop, the purpose of the trip tracker, and get a clear understanding of what the group is interested in achieving.

**Method:**

Story Telling and Structured Group Activities

**Key Message:**

K-Savers is a transport education project that aims to reduce car dependency through changes to the way that we travel and also through strengthening enjoyment of place. We can change the way that others use our spaces if we look at how we use our own.



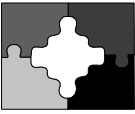
**Tasks:**

- Introduce facilitators.
- Introduce project.
- Introduce workshop
- Introduce toilets and emergency exits
- Introduce VKT as a concept.
- Introduce Trip Tracker
- Facilitate Introduction of participants
- Facilitate "How did we get here?" exercise
- Record the relevant responses in the pro-forma Planning Document
- Facilitate "Where do we live" Ramble exercise
- Thank everyone for participating

**Length of Section: 36 mins (including break)**

Notes:

**Workshop Activities:**

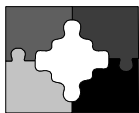


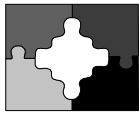
Type of Activity	Name of Activity	Outline of Activity	Task	Time
 <b>Information Delivery</b>	<b>Intro</b>	<b>Covers:</b> <ul style="list-style-type: none"> <li>• Introduction of workshop presenters.</li> <li>• Identify location of toilets (and emergency exits if inside).</li> <li>• How is the workshop going to progress?</li> <li>• What is K-Savers and what does it aim to do?</li> <li>• What are K's and why are they worth saving?</li> </ul>	<b>Hand out fact sheets</b>  <b>Hand out Trip Trackers</b>  <b>Ensure each person has a name tag.</b>	<b>10 m</b>
 <b>Structured Group Exercise</b>	<b>1. How did we get here?</b>	<b>Facilitate a group introduction. Ask everyone to briefly tell the group the following:</b> <ul style="list-style-type: none"> <li>• Their Name and their street name.</li> <li>• How did they get to the w'shop?</li> <li>• Share something that they noticed on the trip.</li> </ul> <b>Thank everyone for participating</b>	Capture points on the workshop Planning Document.	6 m
 <b>Structured Group Exercise</b>	<b>2. Where do we live?</b>	<b>Take the entire group on a walk around the neighbourhood.</b>  <b>.Facilitate a group discussion:</b> We call this "The Good, The Bad, and the Ugly"  <b>Thank everyone for participating</b>	Ask participants show others the places that they treasure or consider to be a problem.	15 ms
<b>BREAK</b>				5 ms
<b>Section length</b>				<b>36 ms</b>

## Section 2. – My Street is Your Road (Your Street is My Street)

<p><b>Equipment Checklist</b></p> <ul style="list-style-type: none"> <li>• Pens</li> <li>• Chinagraph Pen</li> <li>• Trip Tracker Booklets</li> <li>• Community Planner</li> <li>• Fact Sheet #4</li> </ul>	<p><b>Overview of Section</b></p> <p><b>Aim:</b> To assist participants to see the paradox in themselves as road users and residents.</p> <p><b>Purpose:</b> To increase participants awareness of their area as it is seen by other residents, road users and government bodies. To increase participants awareness of their own participation in congestion and traffic in the streets of others.</p> <p><b>Method:</b> Facilitated Discussion and Brainstorming</p> <p><b>Key Message:</b> Our neighbourhoods are treated by government and road users as places that roads pass through. This was not always the way, and we can change this by making changes to the way our streets look and function. If our streets have people using them for social and recreational purposes, others are more likely to treat them that way.</p> <p><b>Tasks:</b></p> <ul style="list-style-type: none"> <li>• Introduce paradoxical relationship of participants as residents <i>and</i> roadusers.</li> <li>• Facilitate *The Streets of Childhood* exercise to assist participants in remembering a world with less vehicular traffic.</li> <li>• Facilitate Blue Sky Neighbourhood exercise to identify aspirations for neighbourhood</li> <li>• Facilitate *Rules of Neighbourhood Roads* exercise to assist in developing a community standard for considerate use of neighbourhood roads.</li> <li>• Facilitate *My Travel Pattern* exercise</li> <li>• Thank everyone for participating</li> <li>• Collect Travel Surveys</li> </ul>
<p><b>Length of Section: 50 ms (including break)</b></p>	

Notes:

**Workshop Activities:**

<b>Type of Activity</b>	<b>Name of Activity</b>	<b>Outline of Activity</b>	<b>Task</b>	<b>Time</b>
 <p><b>Structured Group Exercise</b></p>	<b>3. The Streets of Childhood</b>	How did you use the streets when you were a kid? Who do you remember in your neighbourhood? How did you get about? What is your neighbourhood today? Who do you know? How do you get about? What do you wish you could have more of?	Capture ideas on the workshop pro-forma Planning Document.	10 ms
 <p><b>Information Delivery</b></p>	<b>Our Street is Our Place - Their Street is their Place</b>	Our neighbourhoods are treated primarily as places that roads pass through. We can create a more neighbourly place by reclaiming street space and setting the tone for how people use our street.	Ask Questions Q's: How do we behave when we move through residential streets? Do we meet our own expectations for sensitive and respectful use of roads?	10 ms
 <p><b>Structured Group Exercise</b></p>	<b>4. Rules of the Neighbourhood Road</b>	Facilitate discussion of participants sense of sensitive and respectful use of neighbourhood roads.	Capture ideas on the workshop Planning Document.	10 ms
 <p><b>Structured Group Exercise</b></p>	<b>5. My Travel Pattern</b>	Get the group to document and compare their travel patterns to: <ul style="list-style-type: none"> <li>• Travel behaviour in Sydney</li> <li>• Travel behaviour in Marrickville</li> </ul>	Ask everyone to complete K-Savers Travel survey.	10 ms
BREAK				10 ms
<b>Section Length</b>				<b>50 ms</b>

## Section 3. Tools for Taking Action

### Equipment Checklist

- Pens
- Chinagraph Pen
- Trip Tracker Booklets
- Community Planner
- K-Savers Travel Survey
- Fact Sheet #5
- Fact Sheet #6
- Fact Sheet #7

### Overview of Section

#### Aim:

Establish common understanding about car dependency as the common factor in much of our loss of opportunities for social interactions or 'neighbourliness'.

To introduce participants to a variety of physical, psychological and creative techniques for making their street or road into a neighbourhood space.

#### Purpose:

To establish baseline knowledge of travel patterns and travel purpose with the aim of isolating the changes that can be made in participants own travel choices.

#### Method:

Rethink concept of traffic as movement of people rather than movement of cars. Acknowledging car dependency is the first step in addressing the problem.

#### Key Message/s :

Traffic as a good thing. The movement of people, provides opportunities for the exchange of ideas and social interaction.

#### Tasks:


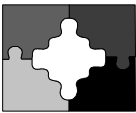


- Introduce Traffic as a concept
- Introduce Traffic Calming and Devices
- Facilitate "You are the transport planner exercise"
- Introduce Placemaking tools
- Introduce Mental Speed Bumps tools
- Facilitate
- Record the relevant responses in the pro-forma Planning Document.
- Thank everyone for participating

**Length of Section:**

**51 minutes (including break)**

Notes:

**Workshop Activities:**





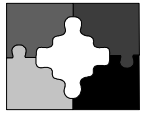
<b>Type of Activity</b>	<b>Name of Activity</b>	<b>Outline of Activity</b>	<b>Task</b>	<b>Time</b>
 Information Delivery	<b><i>Traffic and Traffic Calming</i></b>	<p>What is Traffic? People moving!            Traffic Calming? What are some of the ways that traffic is managed? How does it work? How can we tell where vehicle traffic is coming from?            How can we be involved?</p>	Discuss Fact Sheet	7 ms
 Structured Group Exercise	<b><i>6. You are the Transport Planner</i></b>	<p>Each participant is given a map of their area, and asked to implement traffic calming. The group will then evaluate each persons proposal and its appeal to other residents.</p>	Distribute maps and fact sheets. Facilitate evaluation of plans.	20 ms
 Information Delivery	<b><i>Place Making &amp; Mental Speed Bumps</i></b>	<p>What is Place Making? What are Mental Speed Bumps? How could we use it to improve the opportunities for social contact and street life in neighbourhoods?            How could we use them to reduce speed and congestion in our neighbourhoods?            How can intrigue create awareness and respect?</p>	Discuss Fact Sheet	10 ms
 Information Delivery	<b>VKT and Travel Smart</b>	<p>Why and [How?] do we want to “motorvate” people to reduce their car use?</p>	Explore show bags.	8 ms
BREAK				10 ms
<b>Section Length</b>				<b>44 ms</b>

## Section 4. Citizens Driving Sustainability

<p><b>Equipment Checklist</b></p> <ul style="list-style-type: none"> <li>• Pens</li> <li>• Chinagraph Pen</li> <li>• Trip Tracker Booklets</li> <li>• Community Planner</li> <li>• Evaluation Forms</li> <li>• Follow Up Session Info Sheet</li> </ul>	<p><b>Overview of Section</b></p> <p><b>Aim:</b> To increase participants knowledge of shared social capital, gather sites for group project and deliver information that will assist them in implementing the project/s.</p> <p><b>Purpose:</b> To use the material generated within the workshop to negotiate a plan for a neighbourhood intervention.</p> <p><b>Method:</b> Brain Storming and Negotiation Exercises</p> <p><b>Key Message:</b> A successful plan of action will begin with an agreement about what needs doing and how it can be achieved. There will never be a single solution to any problem and consultation goes a long way to identifying and rectifying problems.</p> <p><b>Tasks:</b> Review planning document with group Facilitate Mental Speed Bumps Brainstorm Facilitate Place Making Brainstorm Facilitate Travel Smart Brainstorm Hand out and collect Evaluation Forms Hand out Follow Up Session Information</p>
<p><b>Length of Section</b></p>	<p><b>30 ms</b></p>

Notes:

**Workshop Activities:**

Type of Activity	Name of Activity	Outline of Activity	Task	Time
 <b>Brainstorm Exercise</b>	<b><i>Using Mental Speed Bumps</i></b>	What could we do in our neighbourhood?	Capture ideas on the workshop Planning Document.	5 ms
 <b>Brainstorm Exercise</b>	<b><i>Using Place Making</i></b>	What could we do in our neighbourhood?	Capture ideas on the workshop Planning Document.	5 ms
 <b>Brainstorm Exercise</b>	<b><i>Using Travel Smart</i></b>	What could we do for our neighbourhood?	Capture ideas on the workshop Planning Document.	5 ms
 <b>Structured Group Exercise</b>	<b><i>Taking Action</i></b>	What could we do for our neighbourhood as a group?	Capture ideas on the workshop Planning Document.	10 ms
 <b>Structured Group Exercise</b>	<b>Wrap up</b>	Ensure everyone is happy with the action agreement and thank them for their efforts. Ensure that everyone fills out an evaluation form and that they have been given the information for the follow up session.		5 ms
<b>Section Length</b>				<b>30 ms</b>