



صلح در چرخ ها | Peace on Wheels
افغان ها برای صلح رکاب می زنند | Afghans Ride for Peace
رکاب زنی برای صلح | Pedalling for Peace

1. Who are we?

Afghanistan, a country in the transformation period, is now entering its most important phase of history. Afghans are more optimistic for a ceasefire and peace than any other time since the peace negotiations and talk are going on.

Youth, especially women, are concerned about their rights and recent decade's achievements which may be ignored during negotiations however an inclusive team is representing them but it is not enough at all. We need to spread the message of hope, community values and consequences of peace once it comes.

Peace on Wheels is an event to spread the message of hope and how youth are eager to live in a peaceful community where everyone can enjoy their life and be able to move freely to each corner of Afghanistan. The pedals and biking on the route reflects that a peaceful environment can be realized by a small effort and pedal, and through this event we hope to inspire the afghans to get involved in the future of their country and follow their goals of having a prosperous country.

By creating this cycling movement we are sure youth will be encouraged to raise their voice peacefully through the civil movements and let the world know that we are tired of war and this is time to end a miserable war which lasted many decades and left many destruction.

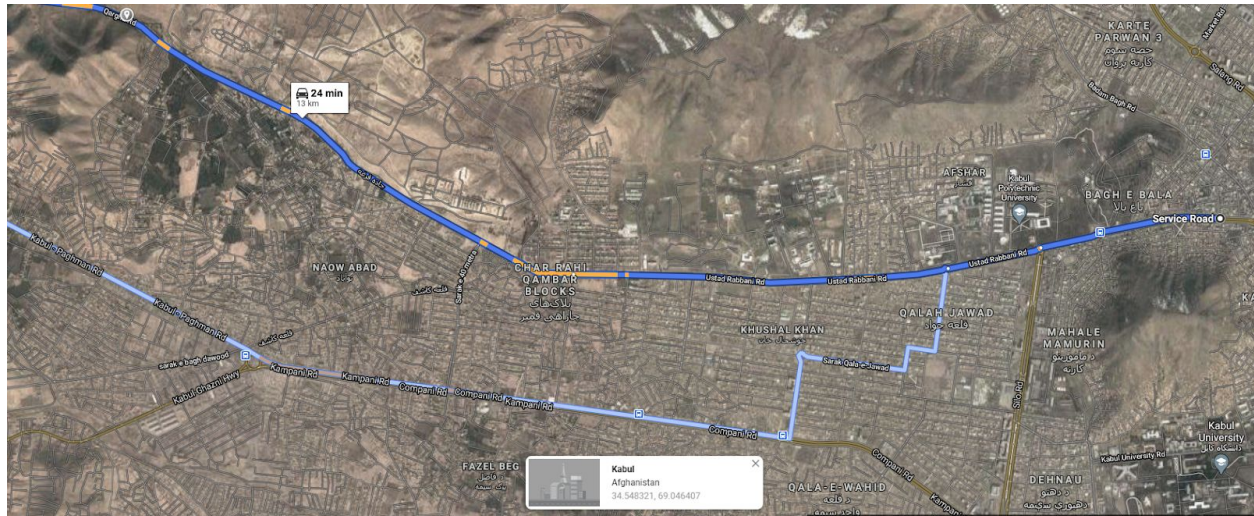
2. Agenda of the day - Friday October 16, 2020

Time	Description and destination
5:30 AM to 6:00 AM	<u>Present in starting point - Karte Mamoorin Square</u> <ul style="list-style-type: none"> - Welcome by the crew of Peace on Wheels. - Distribution of t-shirts. - listing the common rules(during the biking) and general information of the day,
6:00 AM	<u>Biking to Qargha Route</u> <ul style="list-style-type: none"> - Please follow the cycling rules (see bottom of page).
6:30 AM - 6:45 AM	<u>First Break - Qargha first U shape</u> <ul style="list-style-type: none"> - possibility of refreshing in the form of water, fruit or energy bar.
6:45 AM	<u>Biking to Qargha Route</u> <ul style="list-style-type: none"> - Please follow the cycling rules (see bottom of page).
7:15 AM - 7:30 AM	<u>Second Break - End of Qargh</u> <ul style="list-style-type: none"> - possibility of refreshing in the form of water, fruit or energy bar.
7:30 AM	<u>Return from Qargha, biking to Seelo</u> <ul style="list-style-type: none"> - Please follow the cycling rules (see bottom of page).
8:00 AM - 8:15 AM	<u>Third Break, Seelo Road</u> <ul style="list-style-type: none"> - possibility of refreshing in the form of water, fruit or energy bar.
8:15 AM	<u>Biking to Pule Surkh - Karte 4 Road</u> <ul style="list-style-type: none"> - Please follow the cycling rules (see bottom of page).
8:45 AM - 9:00 AM	<u>Fourth Break - End of Karte 4 Road</u> <ul style="list-style-type: none"> - possibility of refreshing in the form of water, fruit or energy bar.
9:00 AM	<u>Biking to Darl ul Aman Palace</u> <ul style="list-style-type: none"> - Please follow the cycling rules (see bottom of page).
10:00 AM	<u>End of Biking followed by Prize- sharing and Breakfast</u> <ul style="list-style-type: none"> - possibility of changing inside the restaurants. <p>Place: The Cafeteria: Haji Yaqoob Street kabul, 1003, AFg.</p>

3. Routes for Biking in maps

1. Starting Point - Polytechnic University, Karte Mamooring Square

2. First break, Qargha first U shape



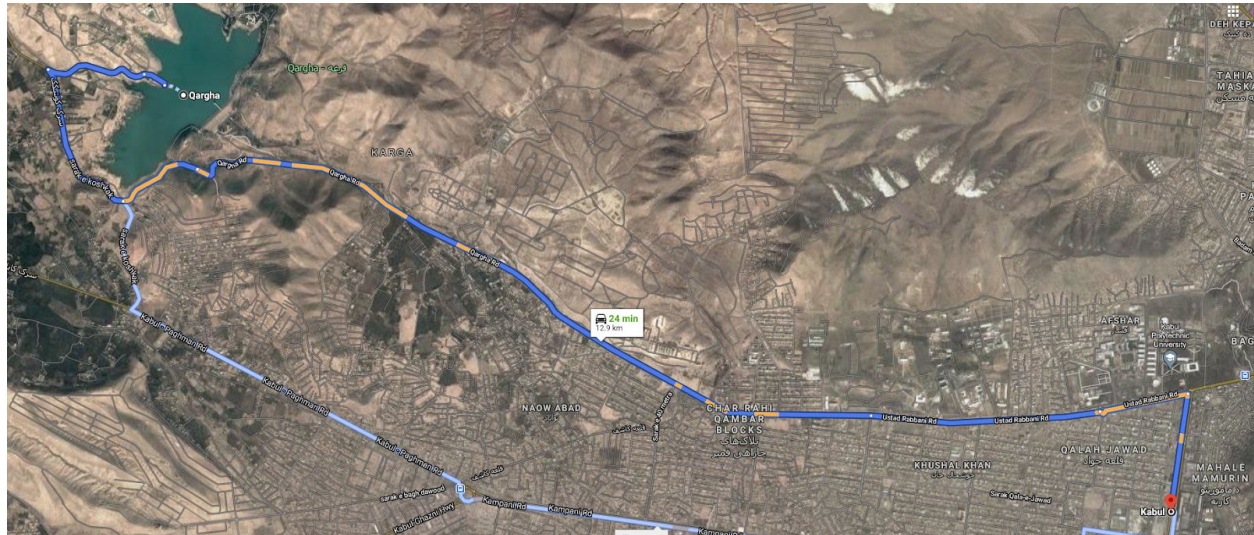
3. First Break point

4. End of Qargha



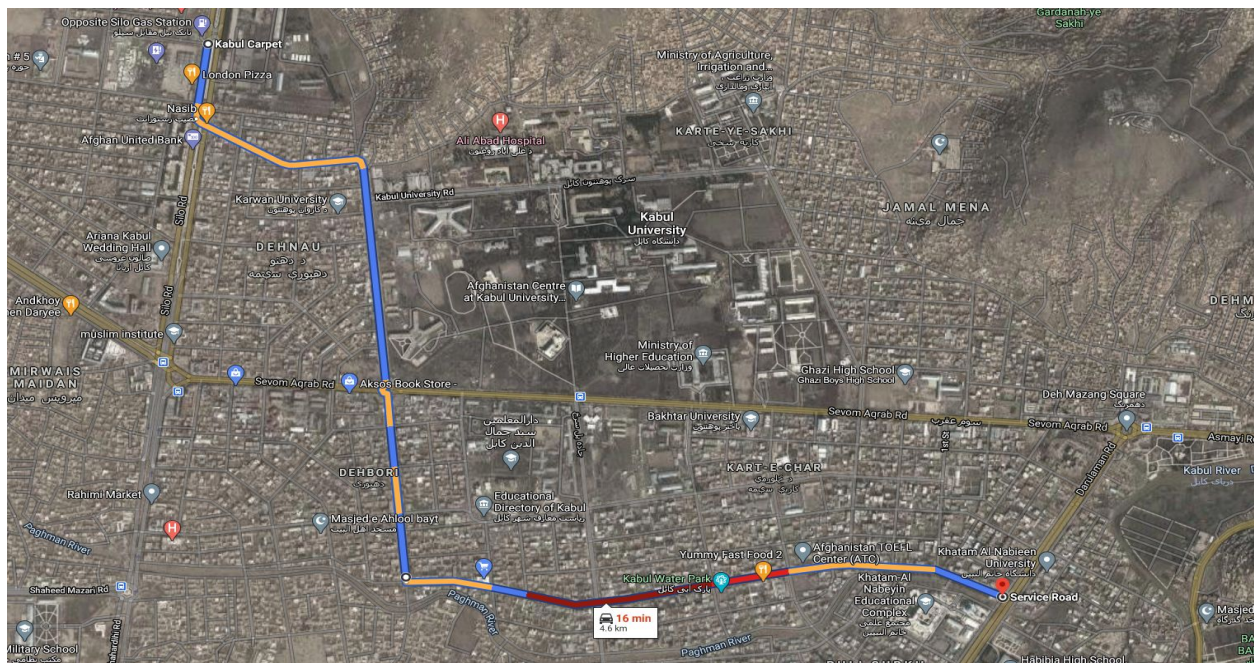
5. Return from Qargha

6. Second Break

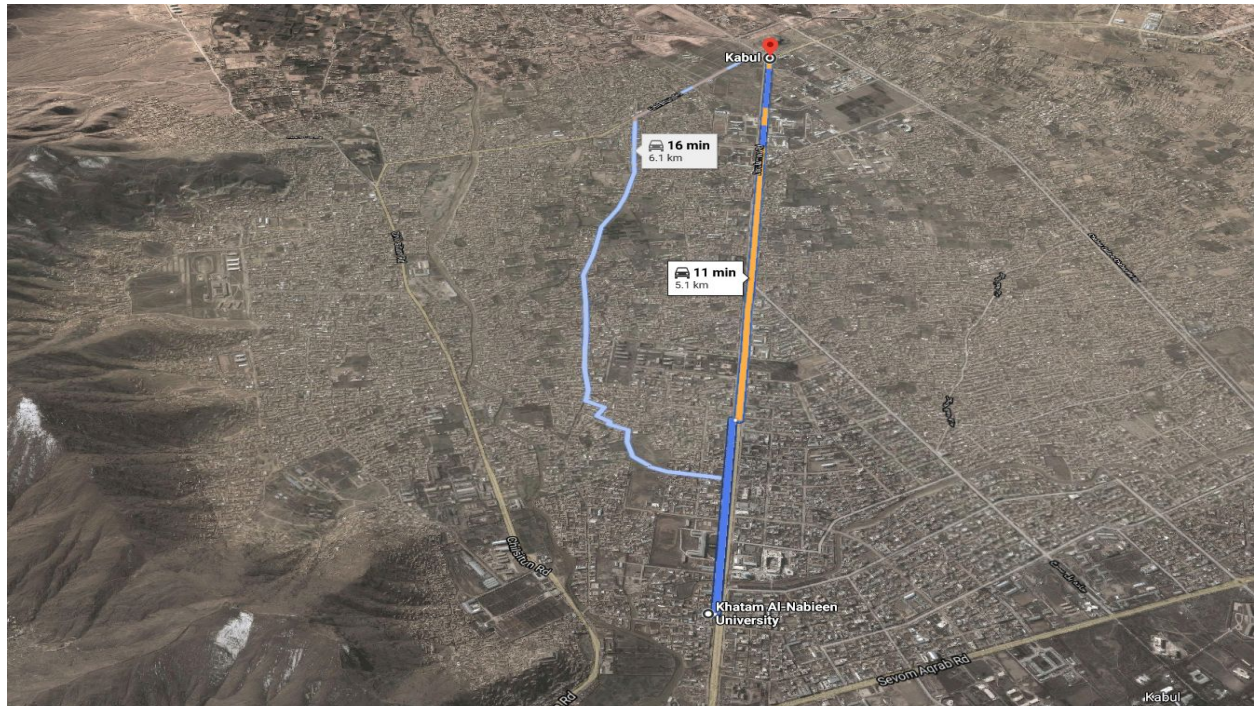


7. Biking to Pule Surkh - Karte 4 Road

8. Fourth Break - End of Karte 4 Road



9. Biking towards Dar ul Aman Palace



Important informations

Rules of the game

1. PLEASE BE ON TIME! (5:30 AM to 6:00 AM) is the only time frame to be present;
2. Have your bike prepared to run at least (70 KM);
3. The crew will serve water - but good idea to bring your own bottle as well.
4. Be dressed with sportswear give us a (big smile by wearing our T-shirt;))
5. Take care of your health condition during biking, specially, monitor your heart rate;
6. Only 2 partners in one line, please avoid blocking the road or street;
7. Respect pedestrians, cars, security staff and crew;
8. Avoid creating close crowds, biking in one line is always appreciated;
9. Stop only in break points as instructed in the map;
10. Keep order and help the organizers to give you proper instructions if needed;
11. Have your biking helmet, if not, we try our best to provide you;
12. For any emergency, contact "Crew Members" which are decorated with T-shirts.

COVID-19 Measures

1. Please wear your face mask to protect you from air pollution and also reduce risks of getting infected;
2. Please avoid hugging each other;
3. Please wash your hands before eating any meal.;
4. Please avoid touching your eyes, nose and mouth if you didn't wash your hands properly;
5. If you can have a pocket hand sanitizer, please use it;
6. Take hand sanitizer with you or use ours.
7. Stay safe and healthy!