

22. June 2026

Seniors

E-bikes on the road: training for older people

Free training session on 1 July 2027 // 10.00 am at LernWerk // Theory and practice

More and more older people are using pedelecs, commonly known as e-bikes. However, particular caution is advised when switching to a motorised bicycle. Due to the rising number of road accidents involving pedelecs, the Senior Citizens' Office, in collaboration with the police, is offering a free training course on the subject.

Electric bikes enable people to remain mobile even in old age, improve their quality of life and help to promote active health. However, as this trend grows, so too do the accident figures. According to data from the Federal Statistical Office, in 2025 around 45 per cent of all e-bike riders killed in accidents were over 65 years old. The most common causes of accidents are misjudgements, balance issues and a lack of experience with the higher speeds and weight of the bikes.

For this reason, a training course comprising theory and practical sessions is being offered to improve road safety. The course, which lasts approximately two hours, will take place on 1 July 2026 at 10 am at the Lernwerk (Industriestr. 1, 46395 Bocholt). Following the theory session, practical tips will be provided on the Kubaai site and put to the test on an obstacle course.

Registrations can be made at the City of Bocholt's Senior Citizens' Office by emailing [seniorenbüro\(at\)bocholt\(dot\)de](mailto:seniorenbüro(at)bocholt(dot)de) or by telephone on 02871 953 2342. Participants are asked to bring their own bicycle and helmet.



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On 1 July 2026, a free e-bike training course will be held for senior citizens