

# Transport and Mobility Patterns

Can we live without our cars?  
Does the road to sustainable  
mobility lead through changes in  
technology or in behaviour?



## Understanding sustainable mobility

Mobility is about how people and goods move from one place to another. In the urban context it usually refers to walking and cycling, public transport and cars - from private vehicles to trucks.

When talking about sustainable mobility we tend to focus on reducing the environmental impact of mobility activities, but there are also social and economic questions to be considered:

### ● avoid

What if we didn't need to move at all? Well-planned, mixed-use neighbourhoods or flexible working arrangements reduce the frequency and length of our trips, changing our mobility needs.

### ● share

What if we don't need to own a car or a bike to use it? Car and bike sharing schemes offer more flexibility and save not only money but also natural resources.

### ● integrate

"I would cycle to work if only I could take my bike on a train with me". Sounds familiar? Integration is about making sure that the user can easily combine different modes of transport to best fit his or her needs.

### ● adapt

How to make sure that everyone can choose sustainable mobility? Our mobility needs can change depending on age, gender, commuting patterns and physical limitations. A good transport system should be affordable, accessible, safe and easy to navigate.

## Mobility and the big picture

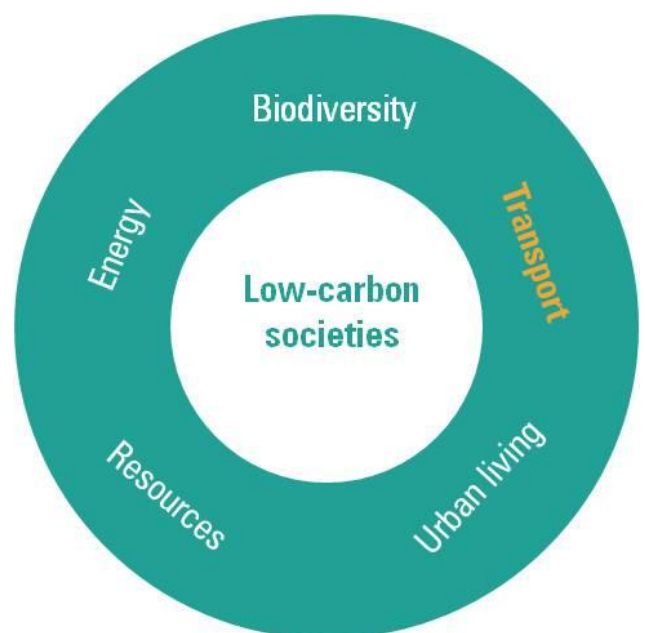
Regions, cities and communities are complex, interconnected systems so we need to learn to look at the big picture.

How does mobility fit in the big picture?

For a long time we have been building our cities for cars rather than for people. Today, the resulting congestion, noise, soil and air pollution are threatening our ecosystems, economy and health.

Investments in sustainable mobility can pay off quickly, both on the community and on the individual level. Choosing renewable energy sources, shifting from ownership to access, promoting walking and cycling are all contributing to a higher quality of life in European cities.

It is estimated that one shared car replaces on average eight individually owned cars, just imagine how much more space in the city it leaves for people and nature!



By 2050 there will be no more conventionally-fuelled cars in EU cities and the carbon emissions from transport will be cut by 60%, according to the European Commission's Transport 2050 strategy.

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EIBil2020 investigates the user perspective on the transition to electric vehicles in Stockholm (Sweden)

The goal of the EIBil2020 project is to find out what is needed for a large-scale transition to electric vehicles in Sweden, focusing on the users' perspective. EIBil2020 AB, a company established to implement the project, is currently running a test panel involving hundreds of users that can test drive, rent, share, lease or buy electric cars and plug-in hybrids and then record their experience using a dedicated mobile app.

The project is part of the development of the Hammarby Sjöstad area in Stockholm, one of the leading examples of sustainable urban planning. It also contributes to Sweden's goal to achieve fossil fuel-free transport sector by 2030.

For more information visit [www.elbil2020.se](http://www.elbil2020.se)

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*Widening roads to ease congestion is like trying to cure obesity by loosening your belt.*

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**Roy Kienitz, Surface Transportation Policy Project**

## Searching for solutions

Engineers today are capable of constructing small and fuel-efficient vehicles running on different kinds of renewable energy, including biogas from organic waste or used cooking oil. Trams and buses become more energy-efficient, hybrid technology engines are piloted in public transport. Many cities experiment with congestion charges, car-free neighbourhoods and ICT solutions to facilitate the traffic flow. Bike and car sharing are more popular than ever.

However, there are very few cities in which traffic is no longer a problem. Is it the infrastructure that locks us into unsustainable solutions, or is it our mindset that needs to change?

What will be your solution?

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## Cranks helps people keep their bikes on the road in Brighton (UK)

Cranks, one of the many cycling-related initiatives in Brighton, is a not for profit and volunteer run DIY bike workshop. Everyone is welcome to come and learn how to fix their bike. Payment for use of the workshop and used parts is by donation. Cranks also accepts donations of old bikes that are then refurbished by the volunteers and available for sale. The proceeds help to cover the costs of running the space.

For more information visit [www.crank.org.uk](http://www.crank.org.uk)



ARTS is a research project which aims to benefit theory, policy and practice related to accelerating sustainability transitions.

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We are currently present in the following regions



Ready to accelerate?  
We want to hear from you.

## Partners



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