

ACTIVE MODES

COMPILATION OF RESOURCES



Mobilise
Your City



Table of Contents

1. Active Modes. 6
2. Why Promote Walking and Cycling? 7
3. Guidelines and Methodologies. 10
4. Tools. 18
5. Training Materials. 21
6. Webinar Recordings. 23
7. Case Studies. 25



Detailed Contents


2. Why Promote Walking and Cycling?

- [1. Improving the Quality of Walking and Cycling in Cities](#)
- [2. Making the Economic Case for Cycling](#)
- [3. Pedestrians First: Tools for a Walkable City](#)
- [4. Pedestrian Safety: A Road Safety Manual for Decision Makers and Practitioners](#)
- [5. Topic Guide: Urban Road Safety and Active Travel in Sustainable Urban Mobility Planning](#)

3. Guidelines and Methodologies.

- [1. Cities Safer by Design](#)
- [2. Cycling Safety](#)
- [3. Don't Give Up at the Intersection](#)
- [4. Global Street Design Guide](#)
- [5. Guide for Road Safety Interventions: Evidence of What Works and What Does Not Work](#)
- [6. Guide to Interventions in Public Spaces](#)
- [7. How to Plan and Develop a Pedestrian and Cycling Network](#)
- [8. Integrating Safety into Road Design](#)
- [9. Integrating Urban Public Transport Systems and Cycling](#)
- [10. iRAP Star Ratings of the Global Street Design Guide](#)
- [11. Let's Go! Framework for a National Walking Strategy](#)



- 
12. [Make Way for Walking and Cycling](#)
 13. [Protected Bicycle Lanes Protect the Climate Bicycle Lanes Protect the Climate](#)
 14. [Second SUTP Factsheet in the Series "Implementing the New Urban Agenda \(iNUA\)"](#)
 15. [Streets That Fit: Re-allocating Space for Better Cities](#)
 16. [Strengthening the Human Infrastructure of Cycling](#)
 17. [SUMP Practitioners' Briefing: Walking](#)
 18. [The Bikeshare Planning Guide](#)
 19. [The Safety of Bike Share Systems](#)
 20. [Topic Guide: Urban Road Safety and Active Travel in Sustainable Urban Mobility Planning](#)

4. Tools

1. [Bicycle Infrastructure Manuals](#)
2. [Creating Cycle-Friendly Roads](#)
3. [Grown Cycling: A Toolkit to Rapidly Grow Cycling in Your City](#)
4. [Streets That Fit: Re-allocating Space for Better Cities](#)
5. [The Grow Cycling Tool](#)
6. [The 8 Steps](#)
7. [TOD Standard](#)

5. Training Materials

1. [Conducting a Diagnosis of Active Mobility](#)
2. [Introduction to Walkable and Cyclable Cities](#)
3. [Reflecting about Barriers and Co-creating Solutions for Active and Walkable Cities](#)
4. [Securing Finance for Walking and Cycling](#)



6. Webinar Recordings

1. [How to get to Cycling for ALL](#)
2. [How Walkable and Bicycle-friendly Is Your City? Learn to Conduct a Diagnosis of Active Mobility](#)
3. [It's All About the Money: Secure the Financing for Walking and Cycling in Your City](#)
4. [Planning Bikeshare for Everyone](#)

7. Case Studies

1. [Addis Abeba Cycle Network Plan 2023 - 2032](#)
2. [Binding Design Standards for Cycling Infrastructure in Lima](#)
3. [Best Practice for Urban Road Safety](#)
4. [Cycling for Healthier and More Inclusive Communities](#)
5. [Cycle Inclusion in Latin America and the Caribbean: A Guide to Promote Cycling](#)
6. [Design to Save Lives: Transforming LeGare Intersection in Addis Ababa](#)
7. [Evolution of Public Bicycle Sharing Systems \(PBS\) in India](#)
8. [Inter-municipal Territorial Plan for Active Mobility](#)
9. [Light Protection of Cycle Lanes: Best Practices](#)
10. [National Active Mobility Strategy](#)
11. [PATH Report: National Policies for Walking and Cycling](#)
12. [Streets for Walking and Cycling – Designing for safety, accessibility, and comfort in African cities](#)
13. [Walking and Cycling in Africa](#)



8. Courses

1. [15 Minute Cities: Putting People's Needs First](#)
2. [Active Mobility at the Heart of Transport Modelling](#)
3. [City Liveability: The Intersections of Health, Mobility and Place](#)
4. [Cycling Insights: Lessons from Europe](#)
5. [Designing a Liveable Neighbourhood: The Woonerf Concept](#)
6. [Designing the Cycling City](#)
7. [Designing Walkability for Cities](#)
8. [Planning the Streets of the Future](#)
9. [Sustainable Urban Mobility Plans \(SUMPs\)](#)
10. [Urban Mobility for Liveability](#)
11. [User Experience for Inclusive Cycling in Cities](#)



Active Modes

Walking and cycling play pivotal roles in shaping sustainable, vibrant cities. These active modes of transportation are not merely convenient alternatives; they are essential for our well-being, the environment, and urban livability.

By prioritizing walking and cycling, we can significantly reduce emissions and expedite the transition to a low-carbon future. Additionally, these modes of transportation offer numerous health benefits, contributing to economic prosperity, social cohesion, and environmental stewardship. They reduce traffic congestion, noise pollution, and reliance on fossil fuels, creating vibrant, people-centric spaces where residents thrive. Moreover, walking and cycling cater to diverse populations, transcending age, ability, and socioeconomic status, thereby addressing transportation inequalities and promoting equity and accessibility.

Prioritizing walking and cycling in urban planning isn't just about convenience; it's about building healthier, more sustainable, and equitable cities. This document serves as a comprehensive resource to understand the importance of walking and cycling in urban planning and development, providing insights and tools to empower you to advocate for and implement active mobility solutions in your community.





Why Promote Walking and Cycling?

This section highlights the significance of prioritizing walking and cycling in urban environments, emphasizing the myriad benefits they offer. By advocating for their integration into urban planning, we can enhance livability and sustainability in cities. The resources compiled here aim to address the rationale behind promoting active mobility and provide practical guidance for implementation.

Improving the Quality of Walking and Cycling in Cities

Language: EN

Link: [Improving the Quality of Walking and Cycling in Cities](#)

Source: ITF

Description: This report examines the current conditions of walking and cycling in cities. It reviews the literature on the potential benefits of active mobility, highlighting the importance of moving away from car-centric development.

Focus: Cycling, Walking

Date: 2024

Making the Economic Case for Cycling

Language: EN

Link: [Making the Economic Case for Cycling](#)

Source: ITDP

Description: Cycling has significant economic benefits for individuals, cities, and society. It functions as a low-cost, high-yield, scalable solution to climate and equity issues. Investments in cycling infrastructure also create jobs and opportunities to expand existing industries or develop new ones.

Focus: Cycling

Date: 2022





Pedestrians First: Tools for a Walkable City

Language: EN

Link: [Pedestrians First](#)

Source: ITDP

Description: Measures walkability for babies, toddlers, their caregivers, and everyone in cities.

Focus: Walking

Date: 2020

Pedestrian Safety: A Road Safety Manual for Decision Makers and Practitioners

Language: EN

Link: [Pedestrian Safety Manual](#)

Source: GRSF/World Bank

Description: The second edition provides new case studies, data, and guidance for decision-makers and practitioners, focusing on low- and middle-income countries, where 90% of all road traffic fatalities occur.

Focus: Cycling, Walking

Date: 2023

Topic Guide: Urban Road Safety and Active Travel in Sustainable Urban Mobility Planning

Language: EN

Link: [Urban Road Safety and Active Travel in SUMP](#)

Source: European Platform on Sustainable Urban Mobility Plans

Description: This document is an annex of the new 2.0. guidelines on Sustainable Urban Mobility Planning (SUMP) indicating the crucial elements to be included in the SUMP process and the produced SUMP document to make Road Safety an Active Travel the crucial focus of the SUMP. This is a main condition to come to a sustainable plan.

Focus: Cycling, Walking

Date: 2018





Guides and Methodologies

Guidelines and methodologies for urban mobility planning offer detailed and practical guidance for developing effective mobility instruments. They explain the significance of urban mobility, providing systematic approaches and best practices for data collection, analysis, and implementation. These documents address the technical and operational concerns of practitioners and policymakers, particularly in developing and emerging economies, ensuring relevance and efficiency.

Typically spanning around 120 pages, they equip users with the necessary knowledge and tools to create sustainable and effective urban mobility plans.

Cities Safer by Design

Language: EN

Link: [Cities Safer by Design](#)

Source: World Resources Institute

Description: A global reference guide to help cities save lives from traffic fatalities through improved street design and smart urban development.

Focus: Cycling, Walking

Date: 2015

Cycling Safety

Language: EN

Link: [Cycling Safety](#)

Source: ITF

Description: This report summarizes the findings of an ITF Roundtable on Cycling safety held in April 2018 with 33 researchers and practitioners from 16 countries

Focus: Cycling

Date: 2018



Don't Give Up at the Intersection

Language: EN

Link: [Don't Give Up at the Intersection](#)

Source: NACTO

Description: Expands the NACTO Urban Bikeway Design Guide, adding detailed guidance on intersection design treatments that reduce vehicle-bike and vehicle-pedestrian conflicts.

Focus: Cycling

Date: 2019

Global Street Design Guide

Language: EN, ES, PT

Link: [Global Street Design Guide](#)

Source: Global Designing Cities Initiative NACTO

Description: The Global Street Design Guide supports practitioners to redefine the role of streets in cities around the world.

Focus: Cycling, Walking

Date: 2016

Guide for Road Safety Interventions: Evidence of What Works and What Does Not Work

Language: EN

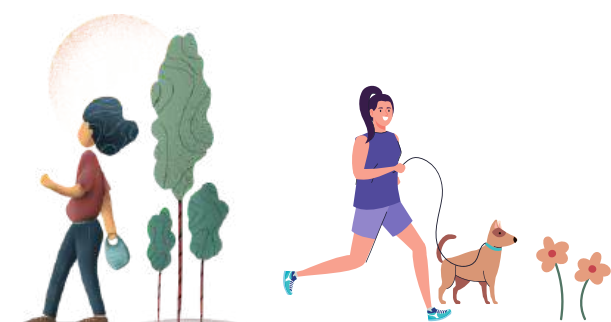
Link: [Guide for Road Safety Interventions](#)

Source: GRSF/World Bank

Description: This guide helps readers understand that not all road safety interventions are equally effective, and seemingly "common sense" approaches may often not be the best.

Focus: Cycling, Walking

Date: 2021



Guide to Interventions in Public Spaces

Language : ES, PT

Link: [Guía de Intervenciones en Espacios Públicos](#)

Source: CAF

Description: The guide highlights the need to consider various effects when intervening in the territory, such as social inclusion, the economy and the environment, in order to achieve sustainable urban development.

Focus: Cycling, Walking

Date: 2022

How to Plan and Develop a Pedestrian and Cycling Network

Language: EN

Link: [How to Plan and Develop a Pedestrian and Cycling Network](#)

Source: GIZ/SUTP

Description: Simple, flexible and replicable approach to effectively develop a basic NMT network, which enables short-term achievement despite respective constraints.

Focus: Cycling, walking

Date: 2016

Integrating Safety into Road Design

Language: EN

Link: [Integrating Safety into Road Design](#)

Source: GRSF/World Bank

Description: This guide focuses on safe road and roadside designs for road networks to provide safe mobility for all road users.

Focus: Cycling, Walking

Date: 2022



Integrating Urban Public Transport Systems and Cycling

Language: EN

Link: [Integrating Urban Public Transport Systems and Cycling](#)

Source: ITF

Description: This report examines options for improving public transport and extending network coverage by integrating cycling.

Focus: Cycling

Date: 2018

iRAP Star Ratings of the Global Street Design Guide

Language: EN

Link: [iRAP Star Ratings of the Global Street Design Guide](#)

Source: NACTO/GDCI

Description: The GSDG transformations aim to create a 5-star environment for all road users while supporting mobility outcomes that can best provide for healthy, safe, sustainable, equitable, and liveable cities for both current and future generations.

Focus: Cycling, Walking

Date: 2021

Let's Go! Framework for a National Walking Strategy

Language: EN

Link: [Let's Go! Framework for a National Walking Strategy](#)

Source: DIfU gGmbH

Description: The intention of this English translation is to make the general guidelines for a national walking strategy for Germany accessible to as many decision-makers as possible beyond the country's borders.

Focus: Walking

Date: 2020



Make Way for Walking and Cycling

Language: EN

Link: [Make Way for Walking and Cycling](#)

Source: PATH

Description: A truly sustainable mobility paradigm must include a large share of walking and cycling. Enabling a significant share of urban trips to be walkable and cyclable will provide a quick, affordable and reliable way to significantly reduce transport emissions, traffic congestion, and road casualties, while also delivering better public health, stronger economies, and fairer societies.

Focus: Cycling, walking

Date: 2022

Protected Bicycle Lanes Protect the Climate

Language: EN

Link: [Protected Bicycle Lanes Protect the Climate](#)

Source: ITDP

Description: This report finds that protected bicycle lanes in middle-income cities reduce greenhouse gas emissions, lower transport costs, and prevent premature road fatalities cost-effectively.

Focus: Cycling

Date: 2022

Second SUTP Factsheet in the Series "Implementing the New Urban Agenda (iNUA)

Language: EN

Link: [Second SUTP Factsheet in the Series "Implementing the New Urban Agenda \(iNUA\)](#)

Source: SUTP

Description: Focuses on cycling as a comprehensive solution to mobility challenges and poor environmental and health conditions in cities. The paper offers concrete and appropriate means to support cycling for policy-makers, planners, and interested citizens.

Focus: Cycling

Date: 2017



Streets That Fit: Re-allocating Space for Better Cities

Language: EN

Link: [Streets That Fit](#)

Source: ITF

Description: This report looks at how street space has typically been allocated in the past, examines the rationale for street space allocation and describes how to measure space consumption for mobility purposes.

Focus: Cycling, Walking

Date: 2022

Strengthening the Human Infrastructure of Cycling

Language: EN

Link: [Strengthening the Human Infrastructure of Cycling](#)

Source: BYCS

Description: This report highlights the benefits of cycling promotion measures and presents key learnings from successful initiatives for further consideration and prioritisation by cities and regions as they implement cycling strategies using the human infrastructure framework.

Focus: Cycling

Date: -

SUMP Practitioners' Briefing: Walking

Language: EN

Link: [SUMP Practitioners' Briefing: Walking](#)

Source: Walk21

Description: This briefing provides practical guidance on incorporating walking into Sustainable Urban Mobility Plans (SUMPs), highlighting the importance of walking in urban mobility and providing strategies for enhancing walkability.

Focus: Walking

Date: 2020



The Bikeshare Planning Guide

Language: EN, ES, PT, CH

Link: [The Bikeshare Planning Guide](#)

Source: ITDP

Description: This guide compiles the knowledge, experience, and best practices gleaned from bikeshare experts, successful (and not so successful) bikeshare systems, and thought-leaders so that new and expanding bikeshare systems are positioned to succeed.

Focus: Cycling

Date: 2018

The Safety of Bike Share Systems

Language: EN

Link: [The Safety of Bike Share Systems](#)

Source: ITF

Description: This paper reviews available research on the safety impacts associated with the growth in bike share use.

Focus: Cycling

Date: 2018

Topic Guide: Urban Road Safety and Active Travel in Sustainable Urban Mobility Planning

Language: EN

Link: [Urban Road Safety and Active Travel in Sustainable Urban Mobility Planning](#)

Source: European Platform on Sustainable Urban Mobility Plans

Description: The main objective of the Topic Guide is to provide planning recommendations and a relevant framework for stakeholders involved in urban planning on the topic of Road Safety and Vulnerable Road Users (VRU), with a specific focus on pedestrians and cyclists

Focus: Cycling, Walking

Date: 2019





Tools

A tool is a practical resource, such as an instrument, document, or file, that assists practitioners in implementing methodological approaches. Tools are designed to help practitioners prepare and develop urban mobility planning processes. They provide hands-on support, making the application of methodological approaches more practical and operational.

Bicycle Infrastructure Manuals

Language: EN

Link: [Bicycle Infrastructure Manuals](#)

Source: InfraManuals

Description: Cycling infrastructure manuals, design guides, and strategy documents curated from all over the world in one easy-to-use database.

Focus: Cycling

Date: -

Creating Cycle-Friendly Roads

Language: EN, FR

Link: [Creating Cycle-Friendly Roads](#)

Source: CEREMA

Description: The eight key recommendations for a successful cycle transport development policy described in this notebook are intended for all (primarily urban) development professionals and decision-makers.

Focus: Cycling

Date: 2023

Grown Cycling: A Toolkit to Rapidly Grow Cycling in Your City

Language: EN

Link: [Grow Cycling Toolkit](#)

Source: ITDP

Description: The Grow Cycling Toolkit helps cities think through barriers that prevent people from cycling, and provides a tailored action plan to quickly grow and improve cycling.

Focus: Cycling

Date: 2020

Streets That Fit: Re-allocating Space for Better Cities

Language: EN

Link: [Streets That Fit](#)

Source: ITF

Description: This report looks at how street space has typically been allocated in the past, examines the rationale for street space allocation and describes how to measure space consumption for mobility purposes.

Focus: Cycling, Walking

Date: 2022

The Grow Cycling Tool

Language: EN, FR, ES, PT

Link: [The Grow Cycling Tool](#)

Source: ITDP

Description: The toolkit helps cities identify barriers preventing cycling and provides a tailored action plan to quickly improve cycling.

Focus: Cycling

Date: -



The 8 Steps

Language: EN

Link: [The 8 Steps](#)

Source: Walk21

Description: This guide outlines eight steps for mayors to create walkable cities, including committing to walking improvements, understanding walking behaviour, involving the public, assessing walkability, reviewing policies, creating action plans, identifying key projects, and ensuring community walkability.

Focus: Walking

Date: 2024

TOD Standard

Language: EN

Link: [TOD Standard](#)

Source: ITDP

Description: The TOD Standard stands for the rights of all to access the city: to walk and cycle safely, to easily and affordably reach distant destinations through rapid and frequent transit, and to live a good life free of dependence on cars. It stands for access to opportunity, education, services, and all the resources available via no- or low-cost mobility options.

Focus: Cycling, Walking

Date: 2017





Training Materials

Training materials are comprehensive resources designed to assist trainers and practitioners in delivering effective training sessions on specific topics. They typically include a set of slides with detailed notes, a proposed agenda, practical examples, additional resources, and exercises to engage participants. These materials aim to provide a structured approach to training, ensuring that trainers have all necessary tools to cover the subject thoroughly and interactively, enhancing the learning experience for participants.

Conducting a Diagnosis of Active Mobility

Language: EN

Link: [Conducting a Diagnosis of Active Mobility](#)

Source: MYC, ITDP

Description: This training set explores several diagnosis tools applicable in cities worldwide to help understand current requirements for walking and cycling and how this information can be applied to planning efforts for improvement.

Focus: Cycling, Walking

Date: 2022

Introduction to Walkable and Cyclable Cities

Language: EN

Link: [Introduction to Walkable and Cyclable Cities](#)

Source: MYC

Description: This training set builds a case for how active transport is healthy, free of emissions and pollution, and a great asset for future sustainable urban mobility systems.

Focus: Cycling, Walking

Date: 2022



Reflecting about Barriers and Co-creating Solutions for Active and Walkable Cities

Language: EN

Link: [Reflecting about Barriers and Co-creating Solutions for Active and Walkable Cities](#)

Source: MYC

Description: Active transport is healthy, free of emissions and pollution, and a great asset for future sustainable urban mobility systems. It must therefore play a much more central role in mobility planning, policies, and investments. Learn why this topic is important, what its benefits are, the barriers it faces, and co-create solutions with experts and peers in a highly interactive session.

Focus: Cycling, Walking

Date: 2021

Securing Finance for Walking and Cycling

Language: EN

Link: [Securing Finance for Walking and Cycling](#)

Source: MYC, ITDP

Description: This training set explores the need for funding and finance of cycling and walking and the funding and finance options available to cities at various levels of government, from local to national to international.

Focus: Cycling, Walking

Date: 2022





Webinar Recordings

Webinar recordings from the MobiliseYourCity Secretariat provide real-life insights into urban mobility and sustainable transport planning. They help practitioners understand session structure, key points, and essential elements for their own training sessions, enhancing skills and knowledge in specific topics

How to Get to Cycling for All

Language: EN

Link: [How to Get to Cycling for All](#)

Source: ITDP

Description: In this webinar, we will hear from advocates and experts about how to shift the narrative about who and for what types of trips cycling is for. By addressing infrastructure shortcomings, advocating for inclusive policies, and challenging societal norms, we can pave the way for a future where cycling is truly for everyone.

Focus: Cycling

Date: 2024

How Walkable and Bicycle-friendly Is Your City? Learn to Conduct a Diagnosis of Active Mobility

Language: EN

Link: [How walkable and bicycle-friendly is your city? Learn to conduct a diagnosis of active mobility | MobiliseYourCity](#)

Source: MYC

Description: Walking and cycling are critical modes of transport, providing a number of benefits to society. To effectively improve conditions for these modes, planners must understand the current conditions and challenges.

Focus: Cycling, Walking

Date: 2022





It's All About the Money: Secure the Financing for Walking and Cycling in Your City

Language: EN

Link: [Secure the Financing for Walking and Cycling](#)

Source: MYC

Description: We explore the need for funding and finance, as well as funding and finance options available to cities at various levels of government, from local to national to international.

Focus: Cycling, Walking

Date: 2022

Planning Bikeshare for Everyone

Language: EN

Link: [Planning Bikeshare for Everyone](#)

Source: ITDP

Description: This webinar highlights findings and recommendations from ITDP's 2018 Bikeshare Planning Guide, with the goal of designing and implementing bikeshare systems that are equitable, sustainable, financially sound, and operate within a diverse transportation network.

Focus: Cycling

Date: 2018



Case Studies

Case studies are analytical documents that draw conclusions, lessons learned, and recommendations from the practical implementation of the MobiliseYourCity methodological approaches. These documents provide valuable insights that can help adapt and improve methodologies based on real-world findings. Each case study is context-specific, tied to a particular project or set of circumstances, and aims to offer practical examples and detailed analysis that can inform future planning and execution within similar contexts.

Addis Abeba Cycle Network Plan 2023 - 2032

Language: EN

Link: [Addis Abeba Cycle Network Plan](#)

Source: ITDP

Location: Addis Ababa

Description: Addis Ababa worked with the United Nations Human Settlements Programme (UN-Habitat), to identify and implement a network of coherent, continuous, convenient, direct, safe, attractive, accessible, and comfortable cycle facilities.

Focus: Cycling

Date: 2023

Binding Design Standards for Cycling Infrastructure in Lima

Language: ES

Link: [Binding Design Standards for Cycling Infrastructure in Lima](#)

Source: GIZ

Location : Lima

Description: This manual takes up the guidelines and criteria of international guidelines for bicycle infrastructure in order to adapt cycling-inclusive design policies and criteria, with high quality standards, to the local context.

Focus: Cycling

Date: 2017



Best Practice for Urban Road Safety

Language: EN

Link: [Best Practice for Urban Road Safety](#)

Source: ITF

Location: Barcelona, Bogota, Buenos Aires, Fortaleza, London, New York and Rotterdam

Description: This report presents seven case studies of cities that are implementing data-driven road safety policies.

Focus: Cycling, Walking

Date: 2020

Cycling for Healthier and More Inclusive Communities

Language: EN

Link: [Cycling for Healthier and More Inclusive Communities](#)

Source: CCD, ECF

Location: Addis Ababa, Brussels, Freiburg, Karachi, Lagos, Ljubljana, Maputo, Rio de Janeiro, Utrecht

Description: The Cities Changing Diabetes (CCD) programme and the European Cyclists' Federation (ECF) have partnered to create this report, which comprises a variety of inspiring case studies showing how cycling has been made available to people in cities around the world.

Focus: Cycling

Date: 2023

Cycle Inclusion in Latin America and the Caribbean: A Guide to Promote Cycling

Language: ES

Link: [Cycle Inclusion in Latin America and the Caribbean](#)

Source: BID

Location: Latin America, Caribbean

Description: Guidelines and benchmarks to promote an inclusive cycling policy in your city. This work is part of a research conducted by the IDB in 56 LAC cities collecting 27 indicators on bicycle use and information on policies that support the use of this non-motorised means of transport.

Focus: Cycling

Date: 2015



Design to Save Lives: Transforming LeGare Intersection in Addis Ababa

Language: EN

Link: [Design to Save Lives](#)

Source: GDCI - NACTO

Location: Addis Ababa

Description: This document provides an overview of the transformation process and presents preliminary findings from the experience.

Focus: Cycling

Date: 2016

Evolution of Public Bicycle Sharing Systems (PBS) in India

Language: EN

Link: [Evolution of Public Bicycle Sharing Systems in India](#)

Source: TUMI - GIZ

Location: India

Description: With the growing interest of cities in adopting PBS, the study seeks to understand why and how Indian cities have planned and implemented these systems.

Focus: Cycling

Date: 2021

Inter-municipal Territorial Plan for Active Mobility

Language: ES

Link: [Intermunicipal Active Mobility Plan](#)

Source: GIZ

Location: Costa Rica

Description: The Intermunicipal Territorial Plan for Active Mobility was born from the efforts of Local Governments and Central Government Institutions of Costa Rica with a deep conviction to improve the quality of life of citizens by promoting active mobility.

Focus: Cycling

Date: 2021



Light Protection of Cycle Lanes: Best Practices

Language: EN

Link: [Light Protection of Cycle Lanes: Best Practices](#)

Source: ITF

Location: London

Description: This report reviews the effectiveness of light separation as an alternative to more permanent infrastructure to protect cycle lanes.

Focus: Cycling

Date: 2018

National Active Mobility Strategy

Language: ES

Link: [National Active Mobility Strategy](#)

Source: GIZ, Euroclima

Location: Colombia

Description: The ENMA seeks to reduce the effects of climate change and GHG emissions by promoting active modes (walking and cycling) through a national public policy, which responds directly to the NDC commitments of the transport sector.

Focus: Cycling, Walking

Date: 2023

PATH Report: National Policies for Walking and Cycling

Language: EN

Link: [PATH Report: National Policies for Walking and Cycling](#)

Source: PATH

Location: ITF Countries

Description: Walking and cycling investment is, for the majority of ITF member countries, already being recognised as a quick, affordable and reliable way to deliver a cleaner, safer, more equitable and sustainable future mobility paradigm. However, there is still more to do – almost everywhere – to realise the full potential of benefits

Focus: Cycling, Walking

Date: 2023





Streets for Walking and Cycling – Designing for safety, accessibility, and comfort in African cities

Language: EN

Link: [Streets for Walking and Cycling](#)

Source: ITDP, UN HABITAT

Location: Africa

Description: Guide emphasizing designing for safety, accessibility, and comfort in African cities

Focus: Cycling, Walking

Date: 2018

Walking and Cycling in Africa

Language: EN

Link: [Walking and Cycling in Africa](#)

Source: UN Habitat

Location: Africa

Description: The guide supports decision makers by providing a baseline understanding of walking and cycling activity in Africa, addressing challenges, and inspiring actions for safer, more sustainable transport networks.

Focus: Cycling, Walking

Date: 2022



Courses

Courses offered focus on urban mobility and sustainable transport planning. Designed for practitioners at all levels, these courses cover essential concepts, methodologies, and practical applications. Participants engage with interactive modules, case studies, and assessments to deepen their understanding and skills, contributing to sustainable and inclusive urban development efforts

15 Minute Cities: Putting People's Needs First

Language: EN

Link: [15 Minute Cities](#)

Source: EIT Urban Mobility

Description: Explore the ± 15 -Minute Cities potential impact and controversy. Through this course, you will gain an understanding of this human-centred urban planning approach and its role in fostering sustainability, including the necessary insights to integrate the concept into urban landscapes.

Focus: Cycling, Walking

Date: 2020

Active Mobility at the Heart of Transport Modelling

Language: EN

Link: [Active mobility at the heart of transport modelling](#)

Source: EIT Urban Mobility

Description: Discusses how placing active mobility on par with motorized transportation is crucial for reducing congestion as well as for the numerous additional economic, environmental, and social advantages it offers.

Focus: Cycling, Walking

Date: 2020





City Liveability: The Intersections of Health, Mobility and Place

Language: EN

Link: [City Liveability](#)

Source: EIT Urban Mobility

Description: This course from RMIT University and EIT Urban Mobility will help you understand how places, urban mobility and health impact each other, and use your knowledge to design sustainable cities.

Focus: Cycling, Walking

Date: 2020

Cycling Insights: Lessons from Europe

Language: EN

Link: [Cycling Insights](#)

Source: EIT Urban Mobility

Description: Explore the evolution of cycling in Europe, tracing its history to the present and examining future trends. It will investigate the impact of urban design on cycling and its integration into daily travel.

Focus: Cycling

Date: 2020

Designing a Liveable Neighbourhood: The Woonerf Concept

Language: EN

Link: [Designing the Livable Neighbourhood](#)

Source: EIT Urban Mobility

Description: Discover what the Woonerf is, the history of the idea, the situations in which these streets function best, and the rules that define a street a Woonerf street. We will go over the legal and design principles and provide examples from real life.

Focus: Cycling, Walking

Date: 2021



Designing the Cycling City

Language: EN

Link: [Designing the Cycling City](#)

Source: EIT Urban Mobility

Description: This course will help you get the basic skills to start designing your cycling city, from best practices to basic infrastructures needed. At the end of the course, you are invited to design and present a plan that transforms your street.

Focus: Cycling

Date: 2020

Designing Walkability for Cities

Language: EN

Link: [Designing Walkability for Cities](#)

Source: EIT Urban Mobility

Description: Explore the process of designing walkable cities. Discover how urban planning, design, and community well-being intersect as you learn to create environments that prioritize pedestrian experience and enhance urban vitality

Focus: Cycling, Walking

Date: 2024

Planning the Streets of the Future

Language: EN

Link: [Planning the Streets of the Future](#)

Source: EIT Urban Mobility

Description: Explore the three basic street typologies in your city: the local street, the shopping street and the thoroughfare street and tour the streets typologies of three capital cities like the Hague, Tel Aviv and Barcelona, by trying to reimagine them with more people and with more people-friendly infrastructures.

Focus: Cycling, Walking

Date: 2021



Sustainable Urban Mobility Plans (SUMP)

Language: EN

Link: [Sustainable Urban Mobility Plans](#)

Source: EIT Urban Mobility

Description: Learn what a Sustainable Urban Mobility Plan (SUMP) is. Have a better understanding of how cities are moving toward this model to offer integrated transportation and mobility solutions that ensure their citizens' social, technological, economic, and environmental sustainability.

Focus: Cycling

Date: 2020

Urban Mobility for Liveability

Language: EN

Link: [Urban Mobility for Liveability](#)

Source: EIT Urban Mobility

Description: Learn the important factors of mobility-driven transformations, including mobility options and infrastructures, to help promote citizen health and wellbeing, as well as improving city sustainability and liveability.

Focus: Cycling, Walking

Date: 2021

User Experience for Inclusive Cycling in Cities

Language: EN

Link: [User Experience for Inclusive Cycling in Cities](#)

Source: EIT Urban Mobility

Description: This course will help you rethink cycling infrastructures from a user experience (UX) point of view. You will become an expert in many user-centered methods and in making cycling more accessible for several groups of people, in order to make cycling more accessible and inclusive.

Focus: Cycling

Date: 2020

