

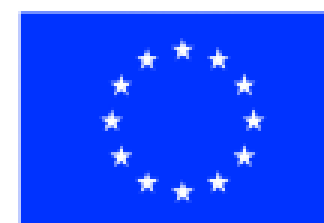


**Stowarzyszenie Inicjatyw
Kulturalno Młodzieżowych Art**

"Switch To a Bike. Protect Your Home"



Wierzchosławice 22-29.05.2023



**Współfinansowane
przez Unię Europejską**

**THE USE OF BICYCLE AS AN ALTERNATIVE
TRANSPORT**

**IN URBAN
SPACE**



THE BENEFITS TO OUR COMMUNITY



- **Environmentally Friendly:** Bicycles produce zero emissions during operation, making them a sustainable transportation option. They help reduce air pollution, greenhouse gas emissions, and noise pollution, contributing to cleaner and healthier urban environments
- **Improved Air Quality:** With fewer cars on the road, there is a decrease in exhaust fumes and pollutants such as particulate matter and nitrogen oxides, which can have detrimental effects on air quality. Bicycles help improve the overall air quality in cities, making them more livable.
- **Reduced Traffic Congestion:** Bicycles take up less space on the road compared to cars, allowing for more efficient use of urban infrastructure. By choosing bicycles over cars for short to moderate trips, individuals help alleviate traffic congestion, especially during peak hours, and contribute to smoother traffic flow.

THE BENEFITS TO OUR COMMUNITY



- **Health Benefits:** Cycling is an excellent form of exercise that promotes physical fitness and overall well-being. Regular cycling improves cardiovascular health, builds muscle strength, enhances flexibility, and helps with weight management. Choosing a bicycle as a means of transportation provides an opportunity for individuals to incorporate physical activity into their daily routine.
- **Cost-Effective:** Bicycles are significantly more affordable than cars and require less maintenance and fuel expenses. The initial investment in a bicycle is relatively low, and the ongoing costs are minimal, making it an economical choice for many individuals, especially for short-distance travel within urban areas.
- **Accessibility and Flexibility:** Bicycles offer greater accessibility and flexibility compared to other forms of transportation. They can navigate through congested areas, narrow streets, and paths that are inaccessible to cars. Bicycles also provide the freedom to park conveniently, reducing the hassle of finding parking spaces in crowded urban environments.

THE BENEFITS TO OUR COMMUNITY



- **Reduced Dependence on Fossil Fuels:** As bicycles operate solely on human power, they help reduce dependence on fossil fuels, which are finite resources. By embracing cycling as a mode of transport, individuals contribute to energy conservation and support a more sustainable future.
- **Positive Community Impact:** The increased use of bicycles promotes a sense of community and interaction among individuals. Cyclists often connect with each other and build social networks, fostering a vibrant and cohesive urban community. Additionally, the presence of bicycles on the streets can enhance the overall liveliness and attractiveness of urban areas.
- **Reduced Noise Pollution:** Compared to motorized vehicles, bicycles produce minimal noise pollution. The absence of engine noise and honking horns contributes to quieter and more peaceful urban environments, making cities more enjoyable for residents and visitors alike.

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THE CHALLENGES TO OUR COMMUNITY



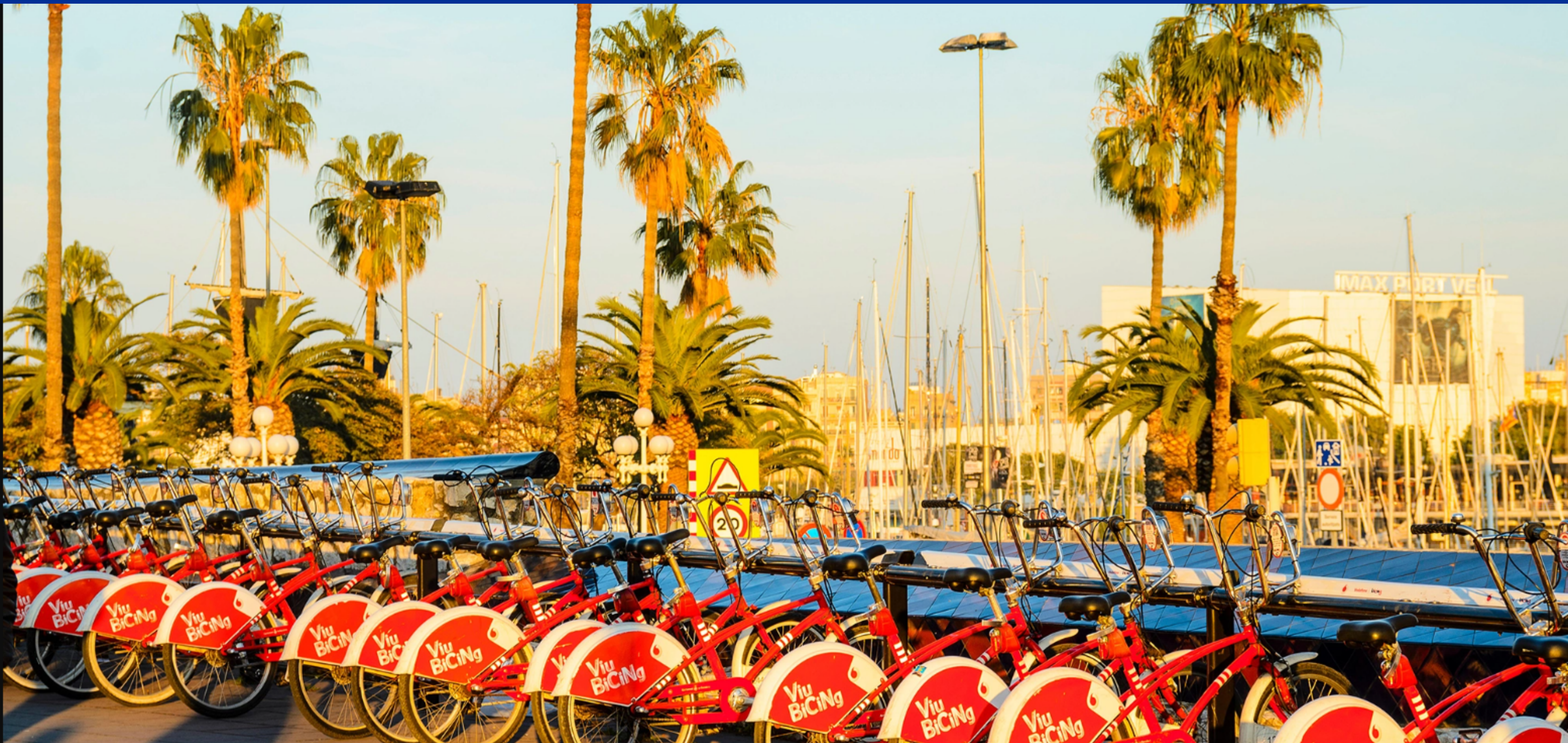
- **Safety Concerns:** One of the primary challenges is ensuring the safety of cyclists on the roads. Sharing the road with motorized vehicles can pose risks, especially in areas with inadequate cycling infrastructure or where drivers are not accustomed to sharing the road with cyclists. Accidents and collisions with vehicles can deter individuals from choosing bicycles as a mode of transport.
- **Lack of Cycling Infrastructure:** Insufficient or poorly designed cycling infrastructure, such as dedicated bike lanes, bike parking facilities, and safe crossings, can discourage people from cycling. Without proper infrastructure, cyclists may be forced to share crowded roadways with vehicles, leading to increased safety risks and reduced comfort.
- **Limited Connectivity:** In some urban areas, the lack of a well-connected cycling network can make it challenging for cyclists to reach their destinations efficiently. Gaps in the cycling infrastructure can discourage people from choosing bicycles, particularly for longer trips or when faced with complex route choices.

THE CHALLENGES TO OUR COMMUNITY



- **Theft and Security:** Bicycle theft is a common problem in urban areas. The lack of secure parking facilities or inadequate locking options can deter individuals from using bicycles as a primary mode of transportation. Concerns about the security of parked bicycles can impact people's willingness to rely on them for daily commuting.
- **Limited Storage and Carrying Capacity:** Bicycles may have limited storage and carrying capacity compared to motorized vehicles. This can be a challenge for individuals who need to transport large or heavy items, such as groceries, bulky equipment, or passengers. Inadequate storage solutions can limit the practicality of using bicycles for certain purposes.
- **Adverse Weather Conditions:** Inclement weather, such as heavy rain, snow, or extreme heat, can discourage people from choosing bicycles for commuting or transportation. Lack of protective infrastructure, such as covered bike lanes or shelters, can further deter individuals from cycling during unfavorable weather conditions.

AND HOW DOES IT LOOK LIKE IN REAL LIFE ?





Stowarzyszenie Inicjatyw Kulturalno Młodzieżowych Art

**Project: "Switch To a Bike. Protect Your Home"
Program: Erasmus+**

Host organization:

Stowarzyszenie Inicjatyw Kulturalno - Młodzieżowych Art

ul: Klikowska 95A, 33-100 Tarnów, Małopolska

KRS: 0000492918 NIP: 9930653729 REGON: 123020154

Partner organisations:

Enterprising Partners (Lithuania)

FNEE - Federação Nacional dos Estudos Europeus (Portugal)

Youth for Experience - Slovakia (YES) (Slovakia)

Silesian Society for Solidarity z.s. (Czech Republic)

Ötszázalék Egyesület (Hungary)

REGIONALAS ATTISTIBAS UN SOCIALO INICIATIVU ORGANIZACIJA PERSPEKTIVA (Latvia)

Place: Poręba Wierzchosławice, Poland

Date: 22-29.05.2023