


## [Walking and cycling](#)

COMPETENCE

Non motorised modes of transport



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Walking and cycling

Walking and cycling are emission-free modes of transport that do not need energy (except human power) and fuels. This means that walking and cycling are very compatible for urban mobility. Besides this, non-motorised modes of transport are relatively cheap and don't need too much space. In this training material one can find arguments, combinations of hard and soft measures, good practice case studies and bicycle quality management systems.

The training material gives general information about the potential to obtain a shift towards non-motorised modes such as walking and cycling. A short overview of the theory about behavioural changes, some examples of campaigns that have been carried out, general remarks on campaign creation and further web references for campaigns on walking and cycling can be found in the documents.

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