ACTIVE MOBILITY AND COVID-19: the individual perspective

- Provides access while maintaining physical distance;
- Helps meeting minimum requirements for daily physical activity;
- Highly feasible (more than 50% of car trips are shorter than 5 km);
- Helps reducing the need for private motorized transportation as an alternative to public transport.

ACTIVE MOBILITY AND COVID-19: the societal perspective

• **Strengthening urban resilience, notably by reducing pressure on public transport.** Needs to be supported by:
  - Interventions to provide safe infrastructure;
  - Policies and financial instruments to facilitate sustainable mobility and teleworking;
  - Flexible entry and exit timetables to reduce “peak hours” occupancy of public transport
  - Home deliveries
  - Access to services, goods and amenities “in proximity”

• Achieving environmental objectives
  - Air quality, noise, climate change, land consumption, public space use, congestion, urban deterioration

• Quality of urban life

• Intergenerational solidarity