

BALANÇO DAS MEDIDAS DE MOBILIDADE ACTIVA ALENTEJO

Carmen Carvalheira



Don't think anymore riding now !!!

Reduce
your stress
80% Lorem ipsum
dolor sit amet consectetur adipiscing elit

Healthy
up
travel and exercise
in same time

Save
your
money
No need fuel
run on your power



Reduce
accident
and road kill
Lorem ipsum dolor
sit amet

Green
world
No carbon dioxide
save the world from warming

Faster
than walk
15-20 Mph
don't worry about traffic jam

Promover as DESLOCAÇÕES EM MODOS SUAVES, reforçando o seu papel no sistema de deslocações urbanas

- Construir / requalificar a rede pedonal, garantindo a existência de percursos acessíveis, inclusivos e seguros nos centros urbanos e na ligações aos principais serviços e/ou equipamentos públicos
- Introdução de corredores cicláveis que favoreçam a utilização da bicicleta nas deslocações quotidianas
- Desenvolvimento de campanhas e ações de divulgação que promovam as deslocações em modos suaves, junto à população em geral ou a grupos específicos (comerciantes, estudantes, etc.)
- Introdução de um sistema de bicicletas partilhadas
- Introdução de parqueamentos de bicicletas junto aos principais equipamentos públicos, na proximidade das interfaces de transporte coletivos, zonas industriais / empresariais e nas zonas centrais dos aglomerados

ENVOLVER A POPULAÇÃO

- ▶ Inquéritos / Contagens Tráfego
- ▶ Site/APP/Recolha de feedback
- ▶ Eventos abertos/Consulta aos participantes/Adaptação bons exemplos
- ▶ Envolver Serviços/Empresas/Escolas/Universidades (Ubike)
- ▶ Monitorização



“FORMAR” A POPULAÇÃO

- ▶ Partilhar Informação
- ▶ Campanhas com Direitos e Deveres/Saber a Lei
- ▶ Vantagens e Desvantagens para os utilizadores de bicicletas
- ▶ Vantagens e Desvantagens para o Ambiente e para a Sociedade
- ▶ Criar Grupos de Cidadãos



SAFE CYCLING TIPS

RIDE A BIKE SAFELY IN THE TRAFFIC



FOLLOW RULES AND ROAD SIGNS



BE SAFE: WEAR A HELMET



BE VISIBLE: DRESS FOR SAFETY



BE WATCHFUL: LOOK AHEAD



DON'T WEAR HEADPHONES



BE ALERT: PAY ATTENTION TO VEHICLES



FOLLOW TRAFFIC DIRECTION



RIDE IN SINGLE FILE AND LEAVE A SAFE SPACE



IDENTIFY HAZARDS ON THE ROAD



LOOK BEFORE ENTERING LANES



BE VISIBLE AT NIGHT



PLAN YOUR ROUTE

USE HAND SIGNALS



STOP



LEFT TURN



RIGHT TURN (TWO OPTIONS)

10 COMMON RULES TO BE A GOOD CYCLIST

1 WEAR A HELMET

It's very important to wear a helmet, as it protects you from any head injuries.



2 STAY ALERT

You always need to have an eye upon the traffic around you.



3 DON'T APPLY EARPLUGS

Never apply earphones so that you may not get distracted.



4 RIDE WITH THE FLOW

Never ride in the opposite direction of the traffic.



5 AVOID ZIGZAG RIDING

Don't weave on road, to avoid accidents.



6 FOLLOW TRAFFIC RULES AND LAWS

Traffic rules are for protection, so always follow them.



7 EXAMINE BICYCLE BEFORE RIDE

Always check your bicycle's readiness.



8 QUICK TEST

Quick test tells you whether your breaks are in working condition or not.



9 RIDE EASILY IN OFF WEATHER

Because it's better to be safe than to be at risk.



10 MARK SIGNALS

Always look around and mark signals with your hands before turning.



BIKE SAFETY

Safe Riding Tips



BICYCLE SAFETY

Bikes are great! They're great for the environment and budget friendly! Bike riding is also great exercise. But, bikes can be dangerous if you aren't safe. Here are five easy to follow rules for basic bike safety:



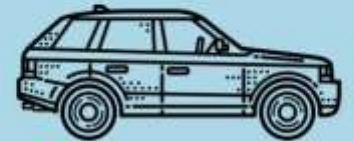
1 PROTECT YOUR HEAD

Always wear a helmet.



2 OBEY ALL TRAFFIC LAWS & LIGHTS

Bicycles must follow the rules of the road like other vehicles.



3 ACT LIKE A CAR

Drivers are used to the patterns of other drivers. Don't weave in and out of traffic. The more predictably you ride, the safer you are. Check for traffic. Be aware of traffic around you and check for pedestrians.

4 USE HAND SIGNALS

Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.



5 BE SEEN

Put a light on your helmet or bike or wear reflective clothing so that people can see you at night or when visibility is low.

YOU ARE GOOD TO GO!

Stay safe

Bicycle INFOGRAPHICS

- ECOLOGY**
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- STOP GLOBAL WARMING**
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- BURN CALORIES**
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- STRONG HEART**
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- SAVE ENERGY**
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- HEALTHY**
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BENEFITS OF CYCLING

- STOP GLOBAL WARMING**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- ECO**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- SAVE OIL**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- STRONG HEARTH**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- HEALTHY**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- SLIM BODY**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- BRAIN ACTIVITY**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.

- ECOLOGY BENEFITS OF CYCLING**
- EQUIPMENT OF CYCLING**
- HEALTH BENEFITS OF CYCLING**
- MENTAL BENEFITS OF CYCLING**

- HELM**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- DRINK**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- SHOES**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- GLASSES**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- GOOD MOOD**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- NICE IDEA**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.
- REDUCE STRESS**
It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages.



SEGURANÇA RODOVIÁRIA

- ➔ Ambiente rodoviário seguro (ciclovias)
- ➔ Ambiente Partilhado (Peões/bicicletas/veículos/autocarros)
- ➔ Inquéritos de Segurança – Avaliação da “sensação de segurança”

FACILIDADES

- ▶ **Bicicletas Eléctricas (facilidade de aquisição)**
- ▶ **Sistemas de Bike Sharing**
- ▶ **Permissão de transportar as bicicletas em TP**
- ▶ **Estacionamento de bicicletas**
- ▶ **Ofertas e incentivos a ciclistas**

A REALIDADE DAS CIDADES DE PEQUENA DIMENSÃO

 Estacionamento dos automóveis

 Transportes Públicos Urbanos

 Lógica de “metrópole distribuída”

 A Dimensão Rural

 As longas distâncias em estradas nacionais