

EUROPEAN MOBILITY WEEK

16-22 SEPTEMBER 2019



Walk with us!

#mobilityweek
www.mobilityweek.eu



About

EUROPEAN**MOBILITYWEEK** runs from 16-22 September each year, providing towns and cities with an opportunity to test out sustainable transport alternatives. By encouraging individuals to choose sustainable transport modes such as walking and cycling, we can

lower our carbon emissions, improve the quality of our air, and make our urban areas more pleasant places to live and work. 2018 was the most successful year of EUROPEAN**MOBILITYWEEK** to date, with almost 2,800 towns and cities taking part.

Register your activities and events online at www.mobilityweek.eu



#mobilityweek

Safe Walking and Cycling

Our bodies are designed to move, yet many of us struggle to find the time to get active during the day. We may find that much of our routine is made up of sitting: in traffic, at a desk, or in front of a screen. But what if we could integrate exercise into our daily life and save money at the same time?

This EUROPEANMOBILITYWEEK puts the spotlight on safe walking and cycling and the benefits it can have for our health, our environment, and our bank balance!

Active transport modes such as walking and cycling are emission-free and help to keep our hearts and bodies healthy. Cities that promote walking and cycling

over private vehicles have also been found to be more attractive, with less congestion and a higher quality of life. So this September, why not *walk with us* and experience the benefits for yourself?

For more information, visit www.mobilityweek.eu/theme-2019



#walkwithus

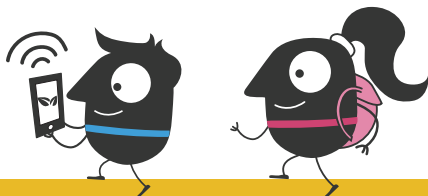
MOBILITYACTIONS

Looking to take part in EUROPEAN**MOBILITYWEEK** outside of 16-22 September?

Businesses, NGOs, schools and others who want to get involved in the EUROPEAN**MOBILITYWEEK** campaign are encouraged to register their **MOBILITYACTION** online.

Unlike participation in EUROPEAN**MOBILITYWEEK**, **MOBILITYACTIONS** can be held all year round. Let the world know about the steps you're taking to encourage safe walking and cycling!

Visit www.mobilityweek.eu/mobility-actions for more information.



www.mobilityweek.eu

Sustainable Mobility Awards



The 2018 Sustainable Mobility Award winners are:

LISBON
PORTUGAL

WINNER
Larger municipalities

LINDAU
GERMANY

WINNER
Smaller municipalities

GREATER
MANCHESTER
UNITED
KINGDOM

7th **SUMP** Award

The EUROPEANMOBILITYWEEK Awards recognise local authorities judged to have organised the most impressive set of activities between 16-22 September. The awards are given out in two categories: one for municipalities larger than 50,000 inhabitants, and one for smaller municipalities under this threshold. The SUMP Award celebrates local and regional authorities for excellence in sustainable urban mobility planning.

Visit our YouTube page to watch our award videos:



www.youtube.com/user/europeanmobilityweek

More Information

www.mobilityweek.eu

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Publications and tools to help organise your local EUROPEAN**MOBILITYWEEK** events can be downloaded from our website: www.mobilityweek.eu

Want to get in touch? Contact the European Secretariat or your National Coordinator for advice: www.mobilityweek.eu/contact

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