

Tilrettelegging for sunde transportformer :

Mobilitet til fots & kollektivtransport



Helge Hillnh tter

Sivilarkitekt, MSc. Ph.D.

F rsteamanuensis

helge.hillnhutter@ntnu.no



Gåing i byer som universal strategi



Fysisk aktivitet



Bedre luft



Færre ulykker



Inkluderende



Attraktiv bymiljø



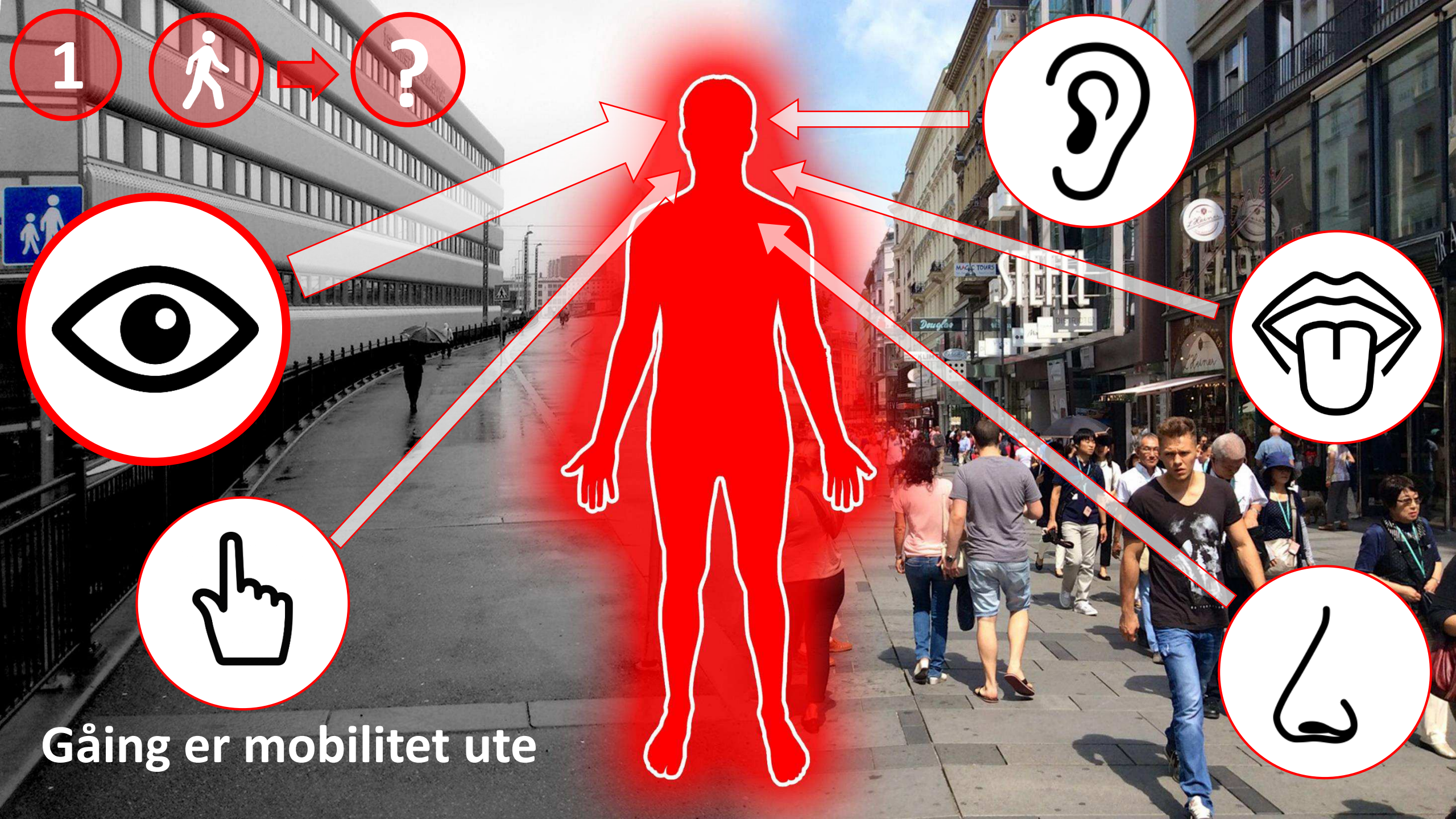
Sosialt interaksjon



Klima



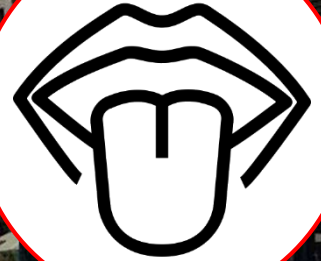
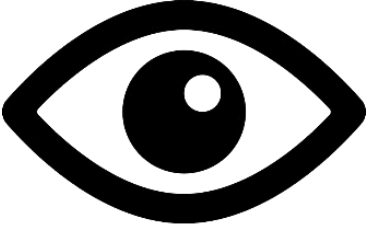
Mental helse



1



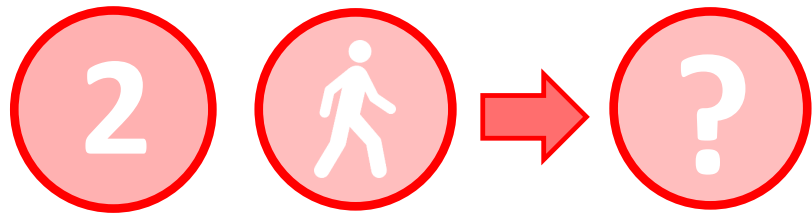
?



Gåing er mobilitet ute

2

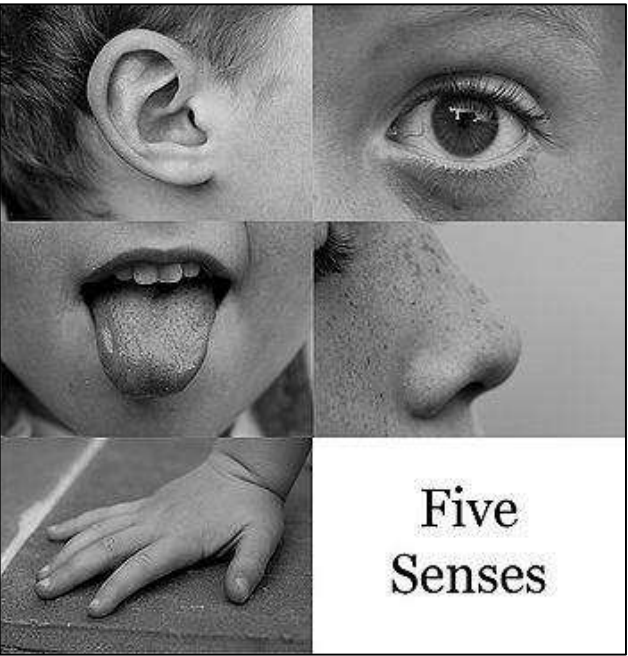




Opplevelse av tid

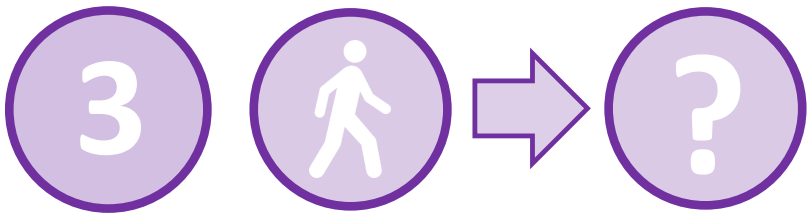


Sensorisk opplevelse av byen



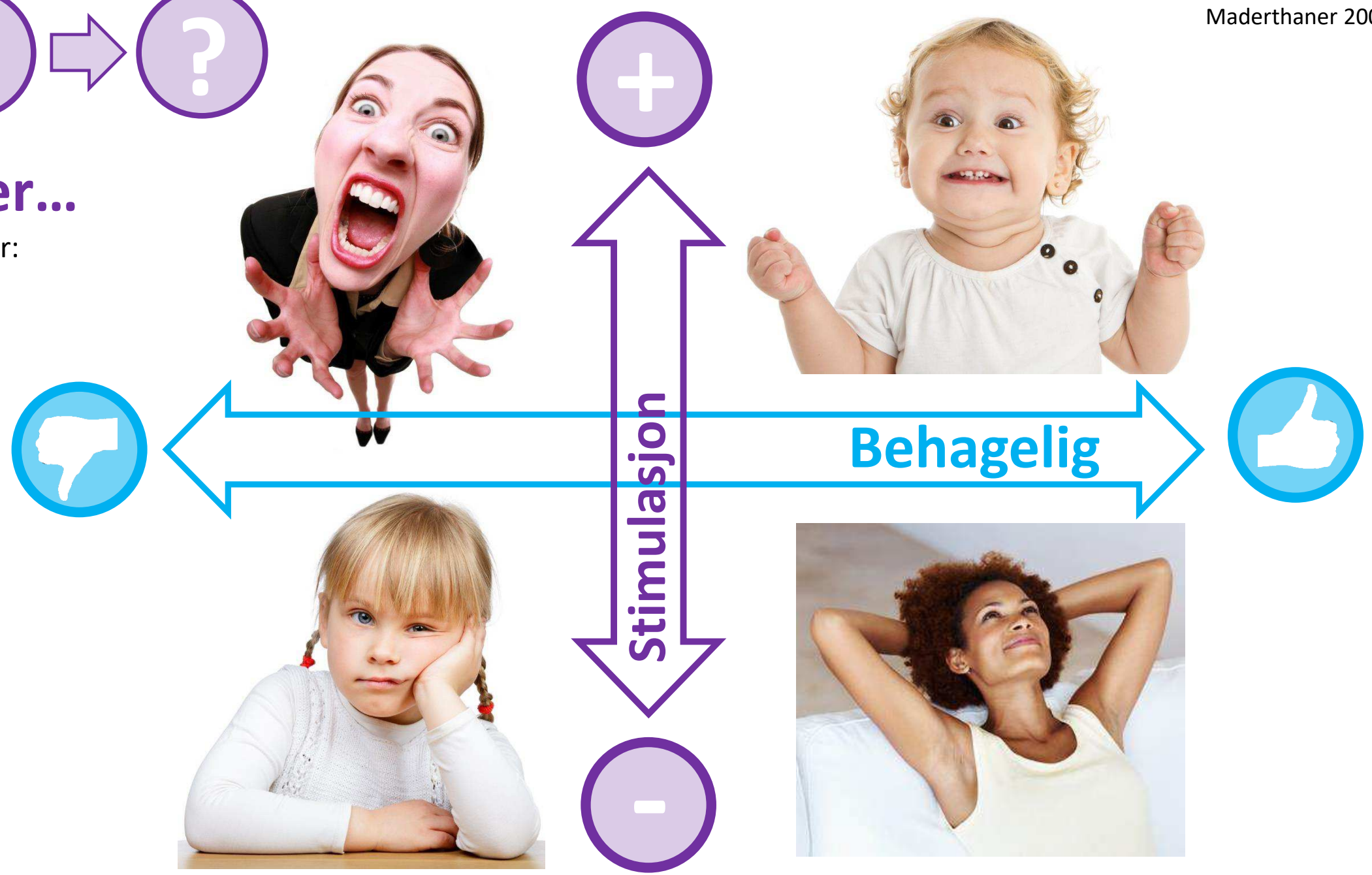
Emosjoner



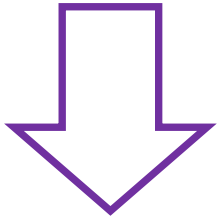
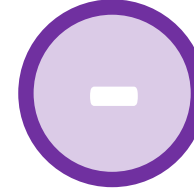
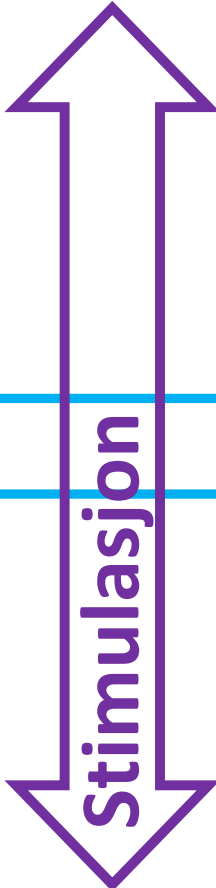
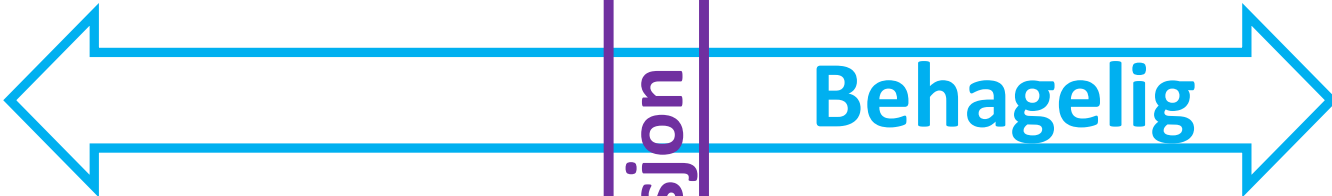


Emosjoner...

Psykologer forklarer:



3



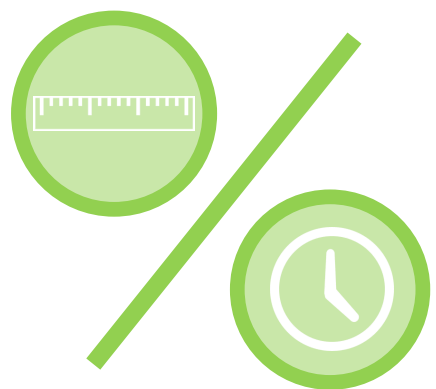
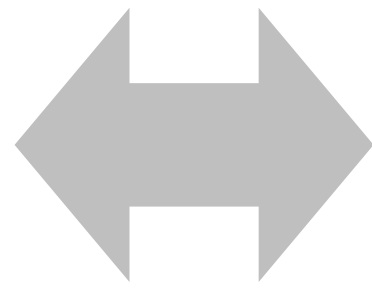
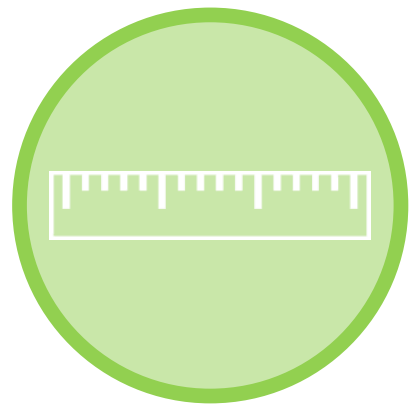
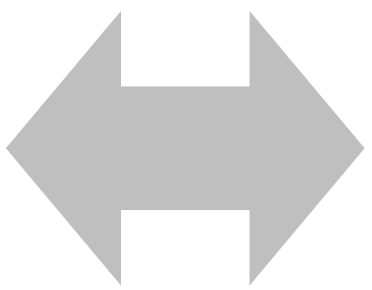


Tidsopplevelse men vi går...

Tiden går raskt

Avstanden blir kort

Hastigheten er høy



4



Langt!

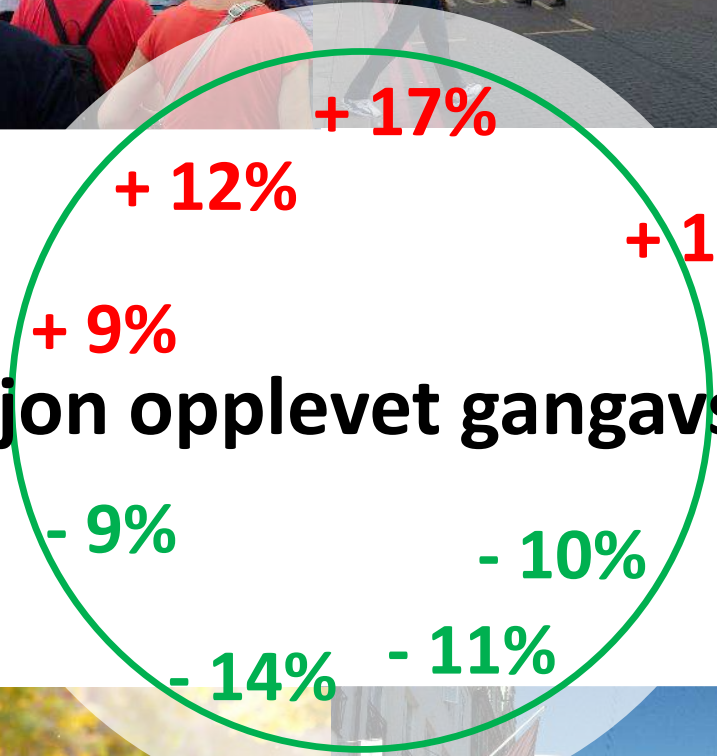
+30%

Ingen «myk faktor»!



Kort

Variasjon opplevet gangavstand



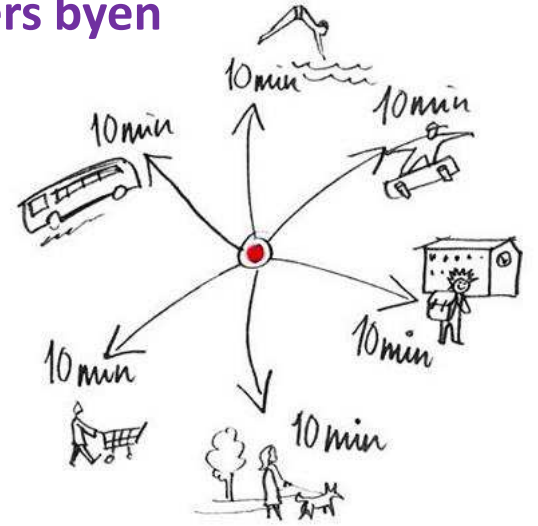


Opplevelse av tid og
distanse



10 minutters byen

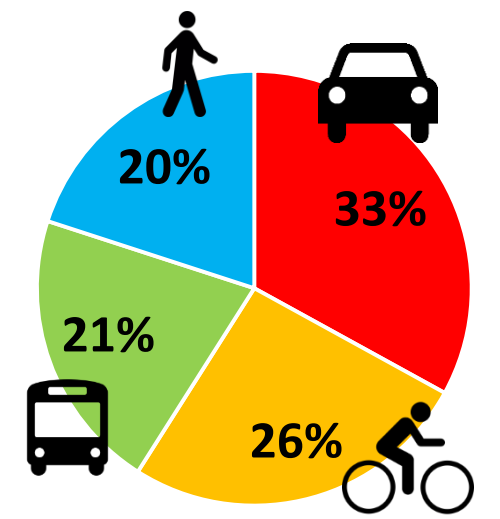
Hva vi
når til
fots



Emosjoner

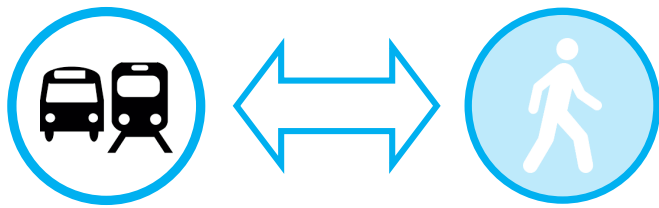


Om vi
velger
å gå

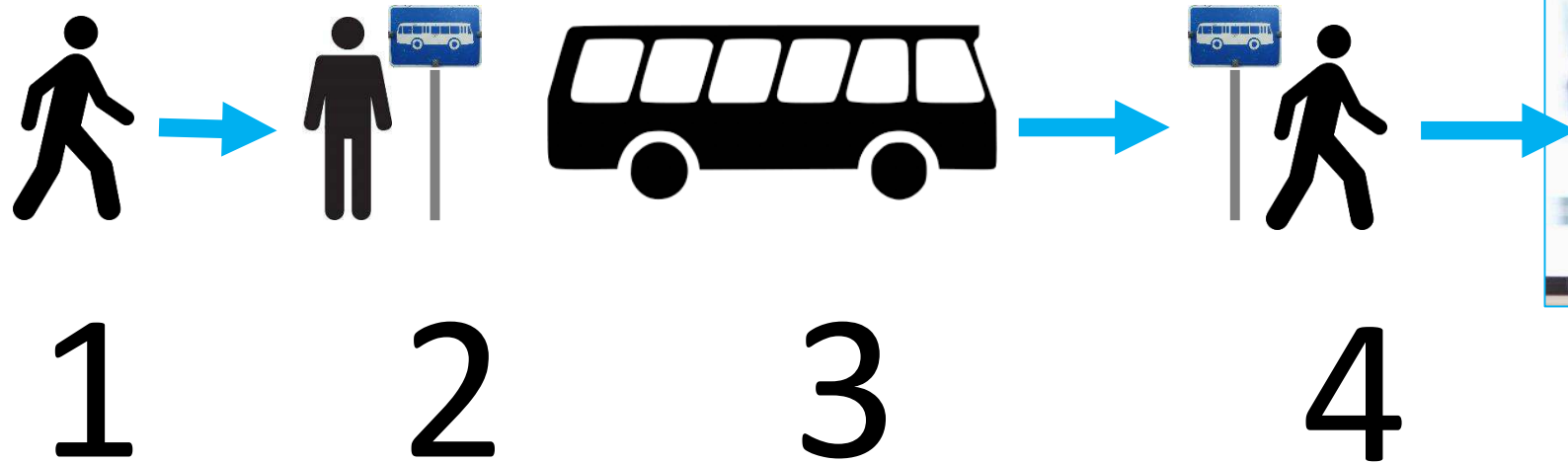


Reisemiddelfordeling København

3

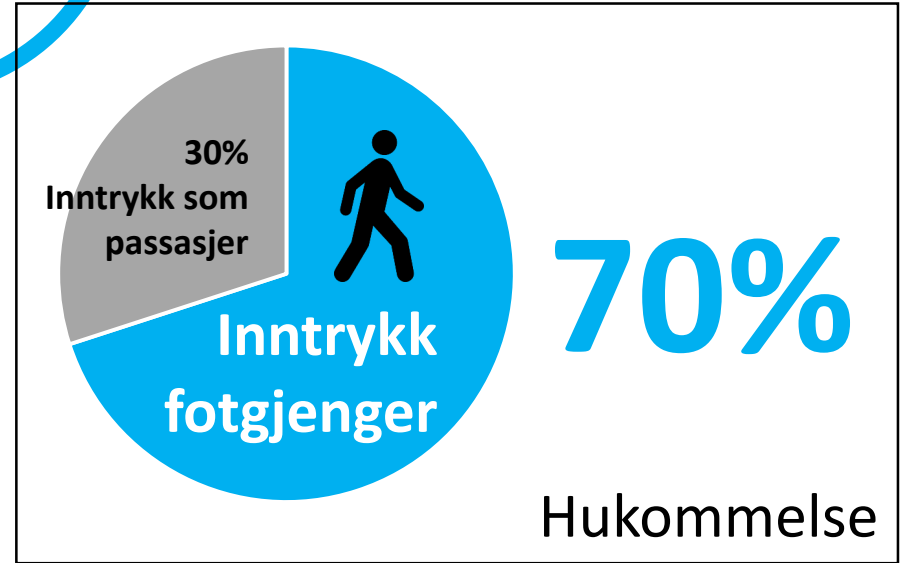
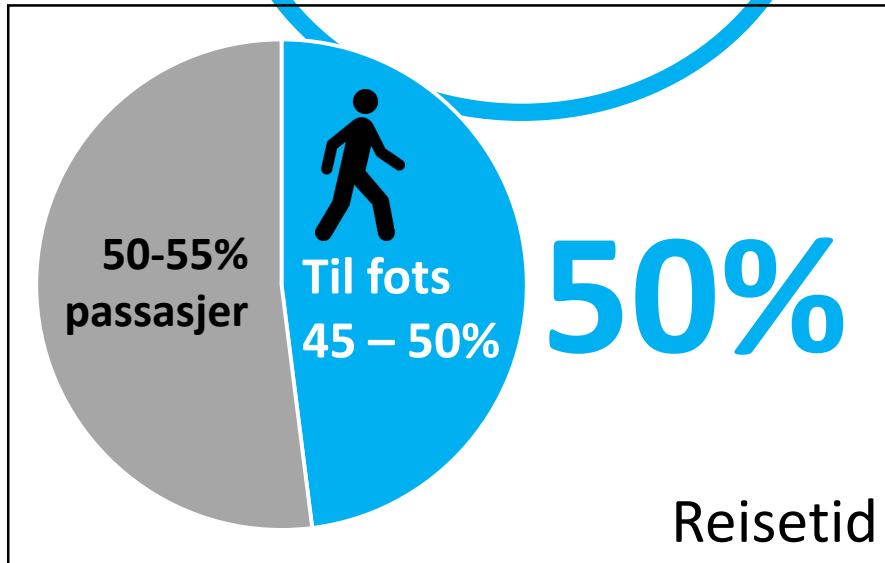
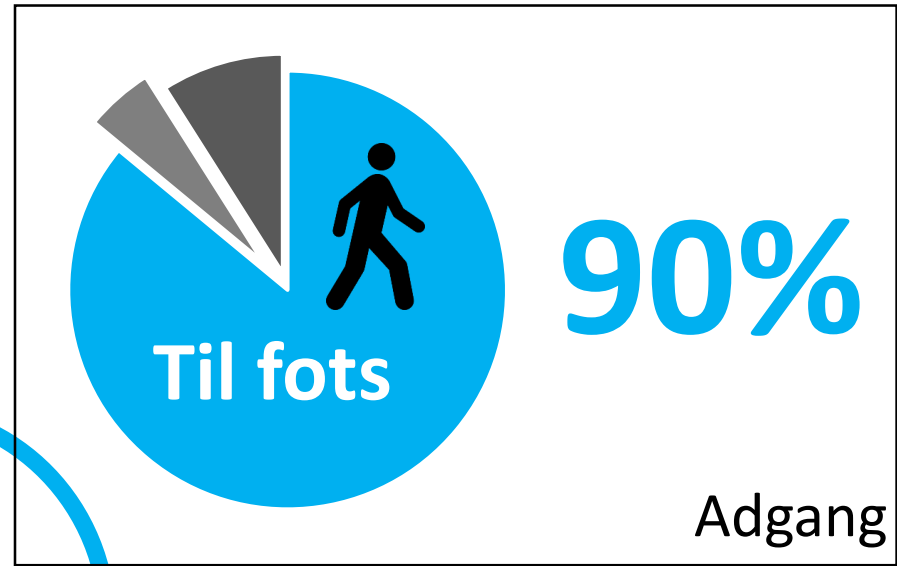
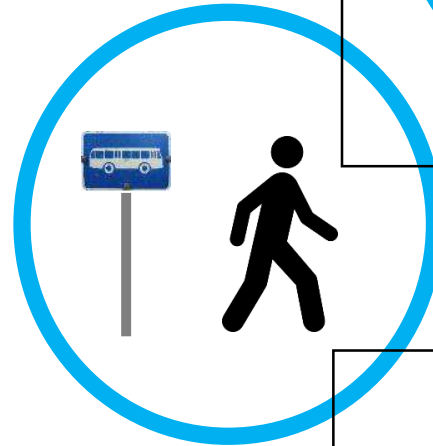
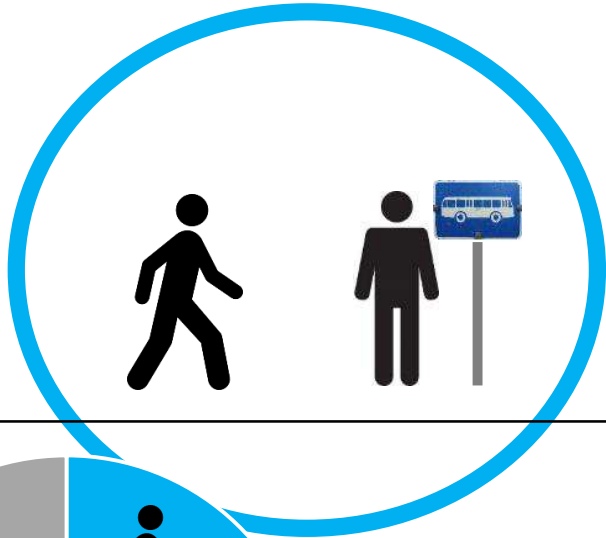
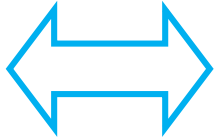


Reise med kollektivtransport



4 etapper

1



4

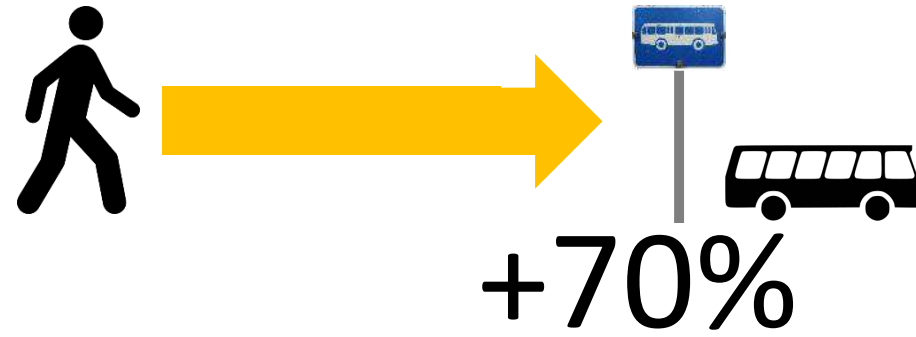


Hvor langt går folk til holdeplassen?



Bildominert

Peperna 1982



Fotgjengerorientert

4



influenzområde

x3

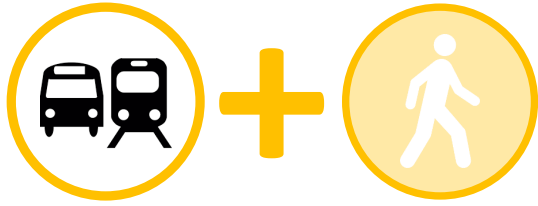
3x

flere bor i
akseptabel
gangavstand til
kollektivtransport

Holdeplass

+70%

4



Forskning: Kollektivtransport øker fysisk aktivitet

Kollektivreise: tur - retur



UK: Kollektivreisende 50% mere fysisk aktivitet enn bilister

(Davis et al. 2007)

US: 30% av kollektivreisende går mere en 30 minutt per dag

(Besser Dannenberg 2005)

Kollektivtransport som «verktøy» for å øke folkehelse

(Morency et al. 2011)

