
Mobility

More environmentally friendly ways of travelling to school or work

The following recommendations aim to encourage students and employees of the university to use **sustainable modes of transportation** for commuting to work or school, specifically walking, cycling, public transportation, or car-pooling. These recommendations take into account not only the conditions of Prague but also Pilsen and Hradec Králové:

Walking

If the faculty or workplace is conveniently located, walking is one of the transportation options contributing to a **healthy lifestyle**. It is important to have well-marked pedestrian zones or other safely designated walking areas (underpasses, footbridges, paths, etc.). If the walking conditions are inadequate, the employer can improve pedestrian conditions by advocating for a better pedestrian infrastructure. Employees/students can be motivated to walk to work, for example, by organizing competitions or team-building activities.

Facilitating this mode of transportation could also involve creating an application that recommends specific routes or ways to easily move between university buildings. Such an application could also be used for other sustainable transportation methods such as biking or public transportation. Different approaches will be required for buildings in the centre of Prague versus those in Hradec Králové or Pilsen.

Cycling

Supporting this mode of transportation requires the existence of suitable routes that employees/students can safely use when riding a bike. Thus, cycling paths and their connections to university buildings must be planned out. To increase interest in cycling as a mode of transportation, facilities for storing bikes and cycling equipment (lockable stands, bike shelters, showers, helmet lockers, etc.), purchasing cycling equipment (bikes, helmets, etc.), offering free bike maintenance services, the option of borrowing university bicycles, or financial contributions towards purchasing a bicycle can be provided.

The university can also participate in existing cycling challenges such as [Bike to Work](#) or Bike to School, as described below. The diversity of university buildings and their accessibility must be considered. Conditions for cycling will be more favourable outside the city centre. It is also more difficult to store bikes and provide facilities like changing rooms and showers in the city centre. Hradec Králové, known as a cycling city, has the most potential in this regard. Rental bicycles are offered in various cities, and student discounts are usually offered. Inform yourself about the availability of cycling in the city of your choice. The university also has a limited number of e-bikes available for its employees at the Rectorate.

Public Transportation

Prague, Pilsen, and Hradec Králové have well-functioning public transportation networks. It is not difficult to commute to work or school using public transportation. Key to this is a clear and understandable information system about transportation services and the quality of public transportation vehicles. If there are issues for employees/students in certain areas, these can be addressed through lobbying at the municipal level. Employers can also increase motivation by providing financial subsidies for public transportation tickets or selling them directly at the workplace and offering customer cards and loyalty accounts with discounts on public transportation.

Car-Pooling and Commuting

The shortage of parking spaces and insufficient accessibility can be addressed through parking management. For example, priority can be given to employees who have no other option than to travel by car, commute from a greater distance, or share cars. Car-pooling, in particular, is suitable for people when cycling or walking is not possible due to greater distance from the school or workplace; several people can share one car.

Employers can also significantly assist in finding car-pooling partners through a reservation system. Ideal car-poolers should have similar working hours and live close to each other or along the same route. Support includes reserved parking spaces and reduced or waived parking fees for car-pool participants. However, this option should primarily be for buildings located outside the city centre. In the center of Prague, as well as Pilsen and Hradec Králové, employees/students need to be encouraged to use alternative modes of transportation. New park-and-ride (P+D) car parks should also be created on the outskirts of cities. These are designed for parking vehicles whose drivers will continue to the city

centre as passengers in another vehicle. Car parks may also include charging stations for electric vehicles or bicycle storage racks.

Campaigns CU can join

- European Mobility Week is a European Commission campaign held annually from 16 to 22 September. Its aim is to raise awareness with respect to sustainable mobility among citizens, highlight transportation issues, and seek climate-friendly and environmentally friendly solutions. Activities to support public transportation, walking, cycling, and other forms of active and sustainable urban mobility are welcome. These may include organized walks or bike rides through the city, events and games held in the streets, or educational workshops.
- International Car-Free Day is celebrated annually on 22 September and is part of European Mobility Week. The event aims to promote more acceptable modes of transportation and support the reduction of urban car use.
- The "Bike to Work" challenge is a long-standing project by the AutoMat association to promote urban cycling and other forms of active and sustainable transportation (walking, running).

Annual schedule:

January Challenge: two weeks in January

May Challenge : four weeks in May

September Challenge : two weeks in September

- The "**Bike to School**" challenge runs from 1 to 31 May as part of the May Challenge and aims to motivate as many students as possible to use bicycles, scooters, or any sustainable form of transportation, including running and walking, around the city. "Bike to School" is a nationwide challenge for students aged 16 and over.
- The aim of the "**10,000 Steps Challenge**" project is to motivate people to engage in regular walking activities for at least one month. The "10,000 Steps Challenge" works with the magical threshold of ten thousand, which is roughly equivalent to 7.5 kilometres. Participants can monitor their activity for the challenge on any device and then upload it to their profile in the form of a screenshot. Since autumn 2022, it has also been possible to use the new "10,000 Steps" application, which is available for free. Each kilometre is scored, taking into account the participant's age and BMI.