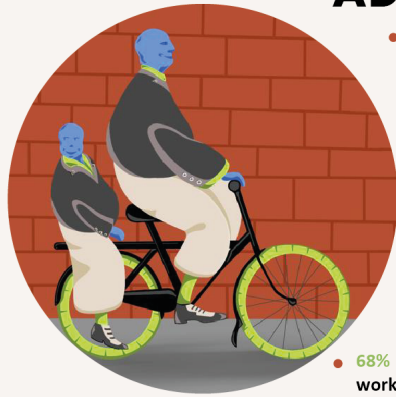




HOW DOES IT IMPACT THE DAILY LIVES OF ITS INHABITANTS ?

Amsterdam's bike-friendly infrastructure, with over 800,000 bicycles and a 68% bike trip rate, offers fast, efficient transportation with an average commute time of 22 minutes for cyclists, but its impact on citizens' daily lives, especially across different social groups, is under examination.

ADULTS, FAMILIES



- Families benefit from safe and convenient bike paths, making it feasible to live further away from the city center and offering up to 400 km biking paths for family activities

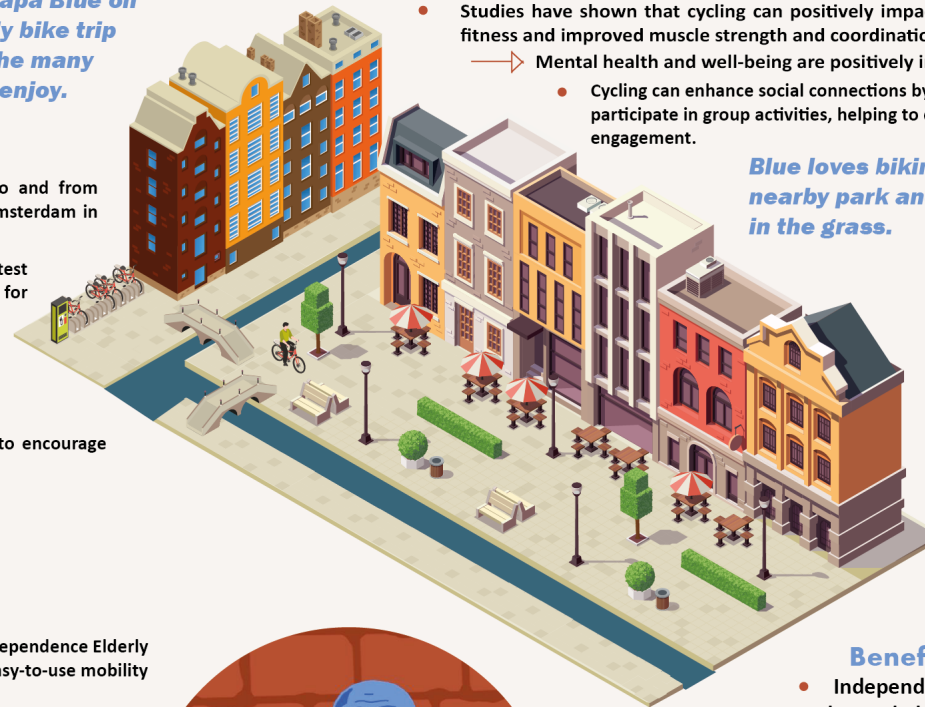
Baby and Papa Blue on their weekly bike trip on one of the many paths they enjoy.

- 68% of all commutes to and from work were by bike in Amsterdam in 2017

- Only 0.6% of all workers in the US bike to work, according to the latest five-year estimates from the American Community Survey (ACS) for 2013-2017
- Amsterdam's infrastructure promotes the use of bikes to work for adults, with bike-friendly routes and widened cycling tracks by 2.5 meters in 2022
- Amsterdam has increased the number of showers in workplaces to encourage biking to work while staying clean

GLOBAL POPULATION

- Amsterdam has over 800,000 bicycles and a bike-friendly infrastructure that is both extensive and safe.
 - Cycling is fast, efficient, and cost-effective, saving time in your daily life
- Cycling generates ≈0.19€ of economic benefits for every kilometer cycled, including reduced healthcare costs, increased productivity, and lower infrastructure costs.
- Studies have shown that cycling can positively impact physical health, including increased cardiovascular fitness and improved muscle strength and coordination.
 - Mental health and well-being are positively impacted as well
 - Cycling can enhance social connections by providing opportunities to meet new people and participate in group activities, helping to combat social isolation and promote community engagement.



Blue loves biking to a nearby park and relax in the grass.



ELDERLY, CHILDRENS

- Netherlands' government provides support to help older people independence Elderly should be able to take part in social activities, with safe, fast, and easy-to-use mobility infrastructure

Grandpa blue bikes every morning to his favorite café to enjoy his morning coffee.

- Amsterdam's biking infrastructure empowers children and teenagers with safe and convenient transportation, promoting their mobility and independence
- Dedicated bike lanes and traffic infrastructure support active travel behavior of young individuals, contributing to their overall health and well-being
- Bike-friendly spaces such as parks and plazas create opportunities for everyone to connect with peers and engage in social activities



Benefits of good biking infrastructure:

- Independence, freedom, and improved accessibility for all.
- Enhanced physical and mental health through active commuting.

Commuting advantages:

- Quicker and more affordable transportation option for all, including the working class and families.

Solutions and versatility:

- Potential solutions for challenges, such as cargo bikes for grocery transportation.
- Suitable for various purposes, including commuting, shopping, and leisure activities.