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# Why are we championing cycling and walking?



2014 ULI Fall Meeting



Javits Center, NYC | October 21–23

#ULINYC



# Why are we championing cycling and walking?

A photograph of two men sitting at a table, eating. The man on the left is wearing a black t-shirt with yellow stripes on the sleeves. The man on the right is wearing a light-colored striped shirt. They are both using chopsticks to eat from bowls. The table has several dishes and a bottle of sauce. The background is a plain wall.

**1 in 9 Singaporean adults are obese today.**  
4 in 10 are overweight .

By AP. <http://asiancorrespondent.com/98644/asias-waistlines-growing-with-its-wealth/>

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# Why are we championing cycling and walking?

By 2030, 19% of our population will be over 65 years in age.

**Designing health into residents' daily lives through active mobility makes for a healthier elderly community in the future.**

And lower healthcare expenditure.

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# Why are we championing cycling and walking?

Cycling injects fun into a monotonous journey and helps to develop community belonging!



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# Why are we championing cycling and walking?

A composite image with a blue sky background. On the left, two white wind turbines are visible. In the foreground, there is a large, messy pile of various types of trash, including plastic bottles, cardboard, and other debris. Overlaid on the right side of the image is a white line-art outline of a bicycle. A semi-transparent blue rectangular box is positioned in the upper right, containing orange text.

On average, a journey on a bike saves 250 g of CO<sub>2</sub> per km for every passenger.

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# Mobility in Singapore

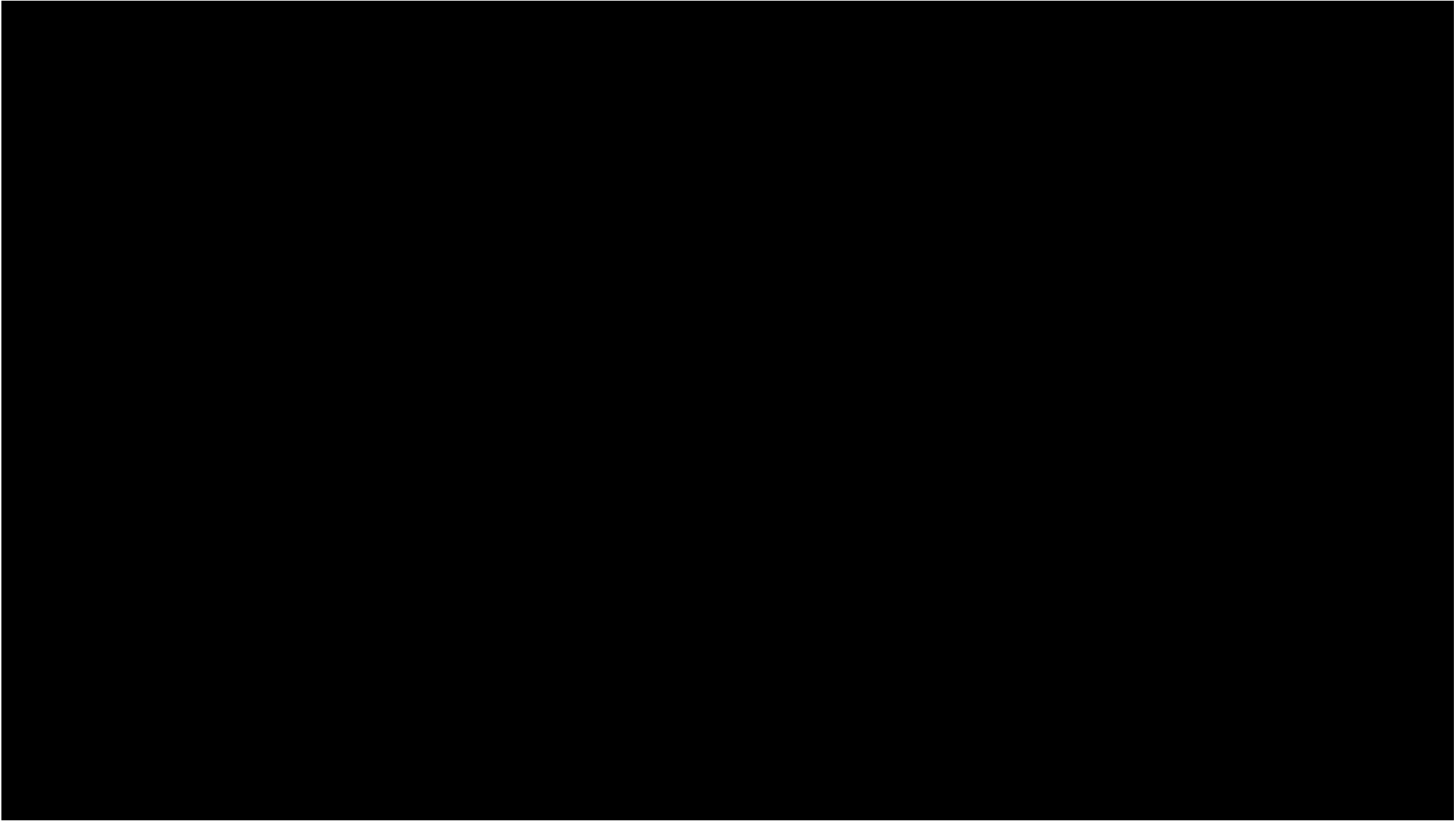


# Active mobility developments in Singapore





# A CLC-ULI collaborative research project





A group of cyclists, including a man in the foreground wearing a black shirt and helmet, are waiting at a traffic light. They are on a paved road with white dashed lines. In the background, there are tall apartment buildings, trees, and a clear blue sky. A green street sign for 'Ang Mo Ki' is visible on the right. The text 'A new paradigm : People-centric planning' is overlaid in yellow at the bottom left.

**A new paradigm :  
People-centric  
planning**



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# Site study at Ang Mo Kio residential town



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## 10 IDEAS FOR PEOPLE-FRIENDLY

# WALKING & CYCLING CITIES

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### PROVIDE DEDICATED SPACE FOR ALL

Protected **bike lanes & cycle tracks** alongside pedestrian sidewalks and vehicular carriageways

1

### MAKE IT CONVENIENT & EFFICIENT

Integrate cycling and walking infrastructure with **public transit**

**Bike share** systems for cities starting to promote cycling

3

### ENSURE VISIBILITY AT JUNCTIONS

**Safe junction** designs that allow drivers to look out for pedestrians and cyclists when turning

**Painted cycling lanes** at junctions maximise and hold onto drivers' attention

4

### MAINTAIN CONTINUITY OF MOVEMENT

**Cyclist friendly junction designs** with gentle bends to facilitate continuous cycling

**Continuous sidewalks** that require cars to stop and allow pedestrians and cyclists to continue through intersection without stopping

5

### KEEP IT SLOW

**Stringent speed limits and slow speed zones** at high pedestrian traffic areas

**Shared streets** with design interventions to slow vehicles and allow co-existence of road users

6

### PRIORITIZE AT-GRADE CROSSINGS

**At grade crossings** to facilitate continuous movement by pedestrians and cyclists

**Above/sub-grade crossings only for direct connections** between destinations

**Diagonal crosswalks** at high pedestrian traffic areas

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### ENSURE CONSISTENCY IN DESIGN STANDARDS

**Standard infrastructure design** for the whole network for user friendliness

**Consistent signage**



#### CHECKLIST FOR TROPICAL CITIES

Factors that will enhance comfort of active travel in the tropics

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### MAKE IT COMFORTABLE & ATTRACTIVE

**Street planting** to provide shade and visual relief for all road users

**Sheltered walkways for pedestrians**

**Prioritize maintenance** for pedestrian and cycling infrastructure

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### MIX UP THE USES

**Mixed use developments** to make walking and cycling more convenient for daily commutes



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### CLOSE THE LOOP WITH END-OF-TRIP AMENITIES

**Adequate public bike parking** facilities at destinations

**Showers and laundromats** at workplaces



# Outcomes

- Project publication
- A panel discussion on active mobility strategies at the World Cities Summit 2014
- Public lectures to discuss people-centric principles as well as active mobility



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# Book Launch

Do join us outside at the pavilion at our book launch with some refreshing, healthy smoothies!



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Asia Pacific

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## 2014 ULI Fall Meeting



MENU

Javits Center, NYC | OCT. 21-23

CONNECT WITH  
THE WORLD OF  
REAL ESTATE



### Networking: Creating Healthy Places through Active Mobility

REGISTER

DATE: Wednesday, October 22

TIME: 2:30 PM to 3:30 PM

LOCATION: Hub Activity Area - Javits Center

Join us for this meet-and-greet where you will have a chance to connect with the authors of the latest collaboration between ULI Singapore and the Centre of Liveable Cities (CLC), *Building Healthy Cities through Active Mobility*. Stop by and have your questions answered by the research team behind it, pick up your complimentary copy, and enjoy a healthy smoothie.

#### About the Report

ULI Singapore has been engaging with the Centre of Liveable Cities (CLC) to demonstrate thought leadership on how densely populated tropical cities can still be a healthy and desirable places to live. *Building Healthy Places through Active Mobility* argues that making active transportation a priority has multiple benefits, including: effective and convenient mobility, an enriched urban experience, economic and environmental dividends, and improved cohesiveness and connectivity between neighborhoods. The work forms part of ULI's Building Healthy Places Initiative, a multifaceted program including research and publications, events, and advisory activities—to leverage the power of the Institute's global networks to shape projects and places in ways that improve the health of people and communities.



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**Thank you.**