

Module 6:

Urban Cycling in Europe

[Lesson Plan]

TEACHING/LEARNING MATERIAL FOR SENIOR SECONDARY CURRICULUM



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Title:	Urban Cycling in Europe
Target Group:	Senior Secondary, Form 4-6
Subject(s):	Liberal Studies
Keywords:	Europe, urban cycling, quality of life, sustainability, health, public space
Lesson Duration:	80 minutes
Method(s):	Classroom discussion, small-group/partner work
Media:	PPT, videos
Learning Objectives:	Students should be able to
	<ul style="list-style-type: none">❖ Explain how urban cycling can upgrade a city's quality of life❖ Examine how some European cities have advocated urban cycling❖ Evaluate whether Hong Kong could become a bike-friendly city

LESSON BRIEF

Cycling in Europe is very popular, and not only in rural areas but also in cities. The European Union has been sponsoring projects related to urban cycling, believing it to be an effective way to improve the quality of life of its citizens.

In January 2013, London's first ever Cycling Commissioner took office. The message is clear: London wants to become a bike city. The Mayor of London, Boris Johnson, believes that urban cycling can relieve or even solve some of the most pressing problems faced by every metropolis, namely, traffic congestion, air pollution and the growing economic burden of medical care due to lack of exercise. In fact, urban cycling is not something new. It has long been promoted in Amsterdam and Copenhagen. And other big cities like New York and Taipei have been catching up.

Cycling still remains a leisure activity in Hong Kong. Presented below are three case studies. Could Hong Kong follow suit and become a bike-friendly city as well?

TEACHING PLAN

Time	Objectives/ Content	Activities	Materials used
10 mins	Introduction	<p>Introduction</p> <ul style="list-style-type: none"> - Many international cities like New York and Sydney have been promoting urban cycling as a means to improve their citizens' quality of life <ul style="list-style-type: none"> ➤ Example: London's first ever Cycling Commissioner took office in January, 2013. His duty is to carry out policies that are in favor of bicycles - Focus of this lesson <ul style="list-style-type: none"> ➤ Can Hong Kong also become a bike city? 	PPT
10 mins	Urban cycling in Hong Kong	<p>Urban cycling in Hong Kong</p> <ul style="list-style-type: none"> - Watch Video 1 ("Hong Kong cyclists stuck at government red light") - Discussion: <ul style="list-style-type: none"> ❖ <i>Why does Martin Turner think that Hong Kong needs cycling? What are the benefits of urban cycling? How can it improve Hong Kong people's quality of life?</i> ❖ <i>What are the difficulties of promoting urban cycling in Hong Kong? Share your own experience</i> ❖ <i>If one day Hong Kong has better infrastructures for cycling, will you ride to school?</i> 	PPT Video 1
15 mins	Case Study 1: The Netherlands	<p>Case Study 1: The Netherlands</p> <ul style="list-style-type: none"> - Background <ul style="list-style-type: none"> ➤ 80% of the population cycle regularly ➤ 27% of the population use bicycle as a means of daily transport ➤ 50% of students ride to school ➤ On average, every Dutch rides 2.3 km every day ➤ There are more bicycles than the population (On average, every Dutch owns 1.11 bicycles) - Watch Video 2 ("Round the clock cycling in the Netherlands") & Video 3 ("Bicycle Training in the Netherlands") - Discussion: <ul style="list-style-type: none"> ➤ <i>Why is urban cycling so popular in the</i> 	PPT Video 2 Video 3

		<i>Netherlands?</i>	
15 mins	Case Study 2: Copenhagen	<p>Case Study 2: Copenhagen</p> <ul style="list-style-type: none"> - Watch Video 4 (“Copenhagenization in the Danish Capital”) - Discussion: <ul style="list-style-type: none"> ❖ <i>What does it mean by “Copenhagenization”?</i> ❖ <i>What is the main reason of cycling in Copenhagen?</i> ❖ <i>Do you think Hong Kong could be “copenhagenized”? How would you “copenhagenize” Hong Kong?</i> 	PPT Video 4
15 mins	Case Study 3: London	<p>Case Study 3: London</p> <ul style="list-style-type: none"> - Only 2% of the Britons use bicycle as daily transport, but the number of cyclists has been increasing - Watch Video 5 (“Why do so many Dutch people cycle?”) - Discussion: <ul style="list-style-type: none"> ❖ <i>Cars had for a period replaced bicycles in the Netherlands after the war. Why did cycling become popular again in the 1970s?</i>¹ ❖ <i>Some Britons oppose the idea that cyclists should rule the roads (as in the Netherlands). What are their arguments? Do you agree with them?</i> 	PPT Video 5
5 mins	Conclusion	<p>Conclusion</p> <ul style="list-style-type: none"> - The success of urban cycling depends very much on the overall urban planning, so government support is essential <p>Discussion</p> <ul style="list-style-type: none"> - How would you make your own community more bike-friendly? 	

¹ For details, see 1. “[How the Dutch got their cycle paths](#)” (Video) 和“[Dutch campaigners explain why the Netherlands is now so cycle-friendly](#)” (Text)

RESOURCES AND REFERENCES

More about cycling in the Netherlands

- (Video) “Round the clock cycling in the Netherlands”: <http://goo.gl/I7H5MA>
- (Video) “Bicycle Training in the Netherlands”: <http://goo.gl/q6MYND>
- (Video) “Cycling for Everyone”: <http://goo.gl/7Pe7Ki>
- (Video) “Why do so many Dutch people cycle?": <http://goo.gl/nRZjyb>
- (Blog) “Cycling in the Netherlands”: <http://goo.gl/qi5m4B>
- (Magazine) “How to Make Biking Mainstream: Lessons from the Dutch”: <http://goo.gl/ZKdrk6>
- (News) “Why is cycling so popular in the Netherlands?": <http://goo.gl/l6Xtyu>
- (Report) “Cycling in the Netherlands”: <http://goo.gl/AJRmZK>

More about cycling in Denmark

- (Video) “‘Copenhagenization’ in the Danish Capital”: <http://goo.gl/o8VDGf>
- (Video) “Copenhagen’s Car-Free Streets & Slow-Speed Zones”: <http://goo.gl/0VzVH5>
- (Official Website) “Cycling in Denmark”: <http://goo.gl/CRXRSP>
- (Blog) “Copenhagenize”: <http://goo.gl/oFbqi9>
- (Blog) “Bicycle Culture in Copenhagen”: <http://goo.gl/AJNXbj>
- (News) “What the Danes can teach us”: <http://goo.gl/6Rgqdt>
- (News) “Bicycle-friendly Copenhagen a model for big cities”: <http://goo.gl/UZJ6TZ>
- (Newsletter) “Copenhagen’s Experience: What the Pedestrian Wants”_: <http://goo.gl/v3vmLD>
- (Report) “City of Cyclists – Copenhagen Bicycle Life”: <http://goo.gl/rTsX1t>
- (Report) “Copenhagen City of Cyclists – Bicycle Account 2012”: <http://goo.gl/abNjJP>
- (Report) “Good, Better, Best – The City of Copenhagen’s Bicycle Strategy 2011-2025”: <http://goo.gl/P5CBrB>

More about cycling in the UK

- (Video) “London cycling impressions”: <http://goo.gl/TxIFYY>
- (Video) “Why do so many Dutch people cycle?": <http://goo.gl/iM3lvf>
- (Campaign) “London Cycling Campaign”: <http://goo.gl/fx9Rp3>
- (Blog) “Cycling in London: The Fear Factor”: <http://goo.gl/SQmybQ>
- (Policy) “Vision for cycling in London”: <http://goo.gl/uAXdoH>
- (Policy) “The Mayor’s Vision for Cycling in London”: <http://goo.gl/CIV6JD>
- (News) “Skycycle The bicycle highway: Plans unveiled for £220m ‘Skycycle’ that lets riders commute far above the railways of London”: <http://goo.gl/q6YzS8>

Other relevant information about cycling in the EU

- “Cycling in the EU”: <http://goo.gl/GQojU6>
- “The Urban Mobility Portal”: <http://goo.gl/yo4wAt>

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- “EU’s sponsored project ‘Cyclelogistics’ ”: <http://goo.gl/N41JO3>

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