

# Practical Tips for Living Car-Free or Car-Lite

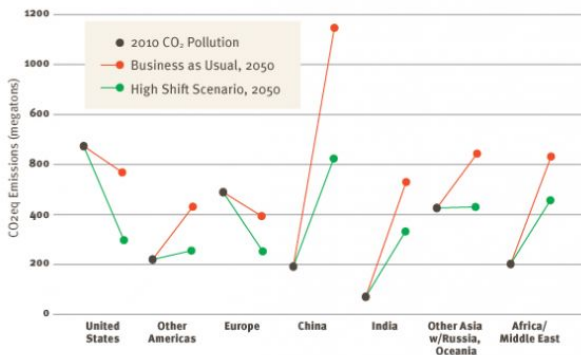
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# Benefits of Car-Free Living

- Environmental
- Financial
- Health
- Community
- Independence
- More Time

## The “High Shift” Scenario for Global Transportation: Slashing CO<sub>2</sub> Pollution, Saving Money, Improving Lives

### Total CO<sub>2</sub> Pollution From Urban Passenger Transportation



Source: A Global High Shift Scenario: Impacts and Potential for More Public Transport, Walking, and Cycling with Lower Car Use. Institute for Transportation and Development Policy and University of California, Davis. [www.itdp.org](http://www.itdp.org)

Transportation is the fastest growing source of energy-related CO<sub>2</sub> in the world. A new study from the Institute for Transportation and Development Policy (ITDP) and the University of California, Davis, shows how shifting investments away from cars and towards public transport, walking, and cycling can save trillions of dollars and drastically cut CO<sub>2</sub> pollution.

#### This “High Shift” scenario would:

- Significantly increase rail and clean bus transport, especially Bus Rapid Transit (BRT).
- Ensure that urban areas accommodate safe walking and bicycling.
- Lower the rates of road construction, parking garages and other ways in which car ownership is encouraged.
- Adopt more protective motor vehicle emission control standards.

#### By 2050, the “High Shift” scenario could:

- Eliminate **1,700 megatons** of annual CO<sub>2</sub> pollution from urban passenger transportation, a **40 percent** decrease from what business as usual would yield.
- Slash more than **US\$100 trillion** in the projected cumulative costs of vehicles, fuel, infrastructure construction and operations, a **20 percent** savings.
- Boost access to jobs, affordable housing, health and education, especially for lower income groups.



TODAY

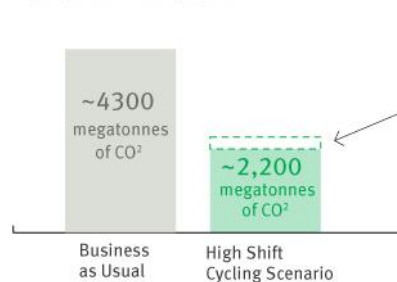
~7% of urban trips, globally, are taken by bicycle and e-bike.

If we shift to a modest

23% of trips taken by bicycle

or e-bikes by 2050 as part of a comprehensive shift toward sustainable transport (mass transit, walking, and biking), and away from cars, then...

### 2050 EMISSIONS FROM URBAN TRANSPORT



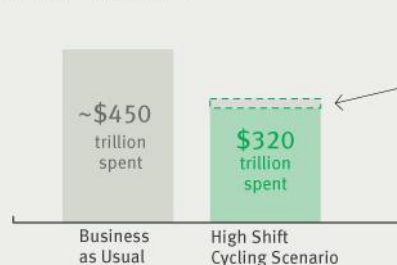
We could avoid

~**300** megatonnes of global CO<sub>2</sub> emissions,

a 7% reduction in urban transport emissions over BAU due to cycling, as part of a 47% total reduction in the comprehensive HSC scenario



### 2015-2050 CUMULATIVE COSTS OF TRANSPORT



And save cities

**\$25 trillion** USD

over the next 35 years due to cycling



# Benefits of Car-Free Living

- Environmental
- Financial - [\\$9000 annual cost \(<20% is fuel\)](#)
- Health - exercise (burn calories, heart health), reduce stress
- Community - more in touch with others as you travel
- Independence - esp. for younger and older phases of life
- More Time - forced slowing of pace of life

# Car-“Lite”

Living with one car in a household (or “one less car”)

- May be a first step toward going totally car-free
- Some trips are impractical without a car
- Many benefits are proportional to reduced use (although fixed costs of ownership remain)
- Treat your car as your last option (not first)

# Challenges

- Bicycling (General)
  - Distance, safety of route, flat tires / mechanical, theft, hair / clothing
- Public Transit (General)
  - Understanding options, frequency, access to stops/stations, cost, indirect routes, transfers
- Travel in bad weather
  - Cold/rain; Heat/sun; Wind
- Shopping
  - Carrying stuff
- Out of Town Travel
- Late Night (Personal Safety)

# Addressing and Overcoming Challenges - Bike

- **Bike Accessories**
  - Lights, racks, baskets, fenders, bungee cords, trailer, pants clip
- **Clothing**
  - Rain pants, shoe covers, DaBrim, sleeves, balaclava, etc.
- **Special Bikes** Electric-assist, Folding, Cargo / Bakfiets, Tandem
- **Support** [Bike 4th](#), [The Bike Campaign \(also Bike Lending Library\)](#)
- **Choosing routes**
- **Suggest/advocate safety improvements** ([DB! Safety Report](#))

# Addressing and Overcoming Challenges - Transit

- Transit information
- Google maps [www.google.com/maps](http://www.google.com/maps)
- Transit System Route, Schedule, and Real-time Info
  - Davis [www.unitrans.com](http://www.unitrans.com) [www.nextbus.com](http://www.nextbus.com)
  - Yolobus [www.yolobus.com](http://www.yolobus.com) <http://avl.yctd.org/>
  - Sacramento Regional Transit [www.sacrt.com](http://www.sacrt.com) <http://www.sacrt.com/tracker1.stm>
  - Amtrak (note companion fare) [www.amtrak.com](http://www.amtrak.com) <http://capitolcorridor.transloc.com/>
- Suggest/advocate service improvements



# Car Share or Car Rental

- Neighborhood sharing of vehicles or certain types of vehicles.
- ZipCar provides mechanism for doing this without awkwardness of borrowing a friend's car, van, or truck.
- For longer-distance trips, traditional car rental is often a very reasonable option.
- One-way ZipCar rentals may be possible in the future.
- With more demand, more locations in neighborhoods.

# Transportation Network Companies

Another “safety net” for car-free living in urban environments (including Davis!): Uber and Lyft. The “Sharing” economy applied to transportation.

- Positive/negative impacts compared to driving:
  - + choose not to own a car (or not rent a car away from home)
  - can be costly (both financially and environmentally), e.g. a long trip (and driver travelling for pick-up)
- Can fill-in for first-mile/last-mile to make transit trip practical
- UberPool and Lyft Line: potential for more economical, transit-like trip

# Practical Motivation

When a car is available, it is very easy to discount the full cost of driving it, so you often don't consider alternatives.

Perhaps the most consistent way to reduce your car use is to reduce the number of cars.

Getting rid of a car is not that scary and it may open up a whole new world of improvements in your life.