

# Mobility-Guide

*Ride your bicycle!*

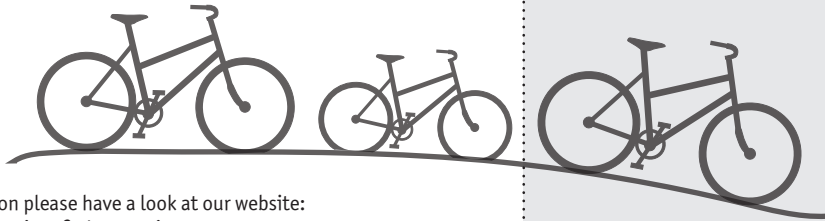
*Use public transport to go to university, to work or travel in your free time!*

Making smart transportation and travel choices can save us money and reduce our carbon footprint. Unfortunately, many people use their car even for very short distances, such as going to the grocer's or visiting a nearby friend. However, on short trips and even more during peak traffic hour, going by bike (on longer distances in combination with public transportation) will take us cheaper, faster and more relaxed to our destination. So, why don't we take our bicycle more often?

*Why should we care about how we commute?*

Cycling is known as a healthy, recreational and athletic lifestyle activity and mode of transportation, whereas motorized traffic is a main cause of noise and air pollution in cities, daily severe traffic accidents, and stressed traffic participants. Individual car traffic harms the urban ecosystem that exists everywhere in the city, makes the surrounding environment less worthy to live in, and accounts for the global phenomena of climate change.

To sum up: Cycling is faster, healthier and even cheaper than driving a car. That's why we invite you to discover the green lanes and walkable routs in your town by bike or on foot!



For further information please have a look at our website:

[www.uni-due.de/fahrrad](http://www.uni-due.de/fahrrad)

Cycling in Duisburg	City of Duisburg: <a href="http://www.duisburg.de/radverkehr">www.duisburg.de/radverkehr</a> <b>Tourist Information:</b> CityPalais, Königstraße 39, 47051 Duisburg	<b>Bike Rental in the Rhine-Ruhr Region</b> Want to cycle but don't have any wheels? Don't worry! You can hire bikes in Duisburg, Essen, and also in other cities in the region.	<b>Revierrad:</b> Rent a Bike Stations at tourist sites in the Western Ruhr Area: e.g. Landschaftspark Duisburg Nord), Duisburg Sport Park, Essen Zollverein, Mülheim main station, Mülheim- Styrum train station etc. <a href="http://www.revierrad.de">www.revierrad.de</a>
Cycling in Essen	<b>City of Essen:</b> <a href="http://www.essen.de/fahrradfreundlich">www.essen.de/fahrradfreundlich</a> <b>Tourist Information:</b> Am Hauptbahnhof 2, 45127 Essen	<b>Bike to Work</b> Nationwide competitions to promote cycling in everyday life that aim to get the country's commuters out of their cars and onto the saddle.	<b>metropolradruhr:</b> biggest bike sharing system in Germany: <a href="http://www.metropolradruhr.de">www.metropolradruhr.de</a>
German Cyclist Federation Allgemeiner Deutscher Fahrrad-Club (ADFC)	<b>ADFC in Duisburg:</b> <a href="http://www.adfc-duisburg.de">www.adfc-duisburg.de</a> Mülheimer Str. 91, 47058 Duisburg +49 203 774211 Thu 4:30 - 6.30 p.m.; Sat 11 a.m. - 1 p.m.  <b>ADFC in Essen:</b> <a href="http://www.adfc-nrw.de/essen">www.adfc-nrw.de/essen</a> c/o Verkehrs- und Umweltzentrum (Mobility- and Environmental Center) Kopstadtplatz 12, 45127 Essen +49 201 231707 Wed & Fri 4 - 6 p.m.		<b>„Mit dem Rad zur Arbeit“</b> or “Going to work by Bike” is action initiated by AOK (health insurance) and ADFC (German Cycling Club). At the UDE employees participate since 2005 every year during all three months of summer: June, July and August. <a href="http://www.mit-dem-rad-zur-arbeit.de/infoservice/index.php">http://www.mit-dem-rad-zur-arbeit.de/infoservice/index.php</a>
Bike Parking Station for commuters (Radstation)	<b>Radstation Duisburg</b> (Central Station East Exit): Kammerstraße 3, 47057 Duisburg; +49 203 8071790  <b>Radstation Essen</b> (Central Station North Exit) Am Hauptbahnhof 5, 45127 Essen +49 201 52327913 <a href="http://www.neue-arbeit-essen.de/index.php?id=107">www.neue-arbeit-essen.de/index.php?id=107</a>	<b>Verkehrsverbund Rhein-Ruhr (VRR), Public Transport in the Ruhr Area</b>	<b>Stadtradeln in Essen</b> City Cycling Competition in Essen <a href="http://www.stadtradeln.de">www.stadtradeln.de</a>
Bike Doctor at the Campus in Duisburg and Essen	Bicycle-Doctor Achim Arians will check your brakes and tyres and help you maintaining your bike regularly for a small fee. Tue Campus Essen; Thu Campus Duisburg: 11 a.m. - 2 p.m.: <a href="http://www.zweiraddoctor.de">www.zweiraddoctor.de</a>	<b>SemesterTicket - Your Student Travel Card</b>	<a href="http://www.vrr.de/en/index.html">www.vrr.de/en/index.html</a> For longer commutes go for public transport. It's smart, saves you money and reduces your carbon footprint. By the way: The VRR is Europe's largest public transport association.  With the SemesterTicket (included in your Student-ID-Card) you get free access to public transportation all over NRW. <a href="http://www.asta-due.de/service/semesterticket.html">http://www.asta-due.de/service/semesterticket.html</a> <a href="http://www.vrr.de/de/tickets/nrw/semesterticket">www.vrr.de/de/tickets/nrw/semesterticket</a>
Cycling Maps / Routing	Printed cycling maps are available at the ADFC offices (see above), and tourist information, as well as in bookstores (for 5,50 €)	<b>Car Sharing</b>	<a href="http://www.carsharing.de">www.carsharing.de</a> <a href="http://www.ruhrautoe.de">www.ruhrautoe.de</a> <a href="http://www.tamyca.de">www.tamyca.de</a> (private car sharing)
Cycling Route planner	<a href="http://www.radroutenplaner.nrw.de">www.radroutenplaner.nrw.de</a> <a href="http://www.naviki.org">www.naviki.org</a>	<b>Car Pooling</b>	<a href="http://www.mitpendler.de">www.mitpendler.de</a> <a href="http://www.mitfahргеlegenheit.de">www.mitfahргеlegenheit.de</a> <a href="http://www.deinbus.de">www.deinbus.de</a>
Bike Doctor in the city of Essen	Frieder Busch: +49 179 2407602 <a href="http://www.fahrrad-schrauber.de">www.fahrrad-schrauber.de</a>	<b>Travel climate-friendly</b>	<a href="http://www.atmosfair.de">www.atmosfair.de</a>

## *FAHR RAD UDE (Ride your Bike UDE)*

is an initiative by professors, employees and students at the University of Duisburg-Essen to advocate cycling at the UDE. It is coordinated through the Service Office Urban Systems & Commuter Mobility.

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### **Contact:**

Brunhilde Böhl  
Centre for Logistics & Traffic (ZLV)  
Service Office Urban Systems & Commuter Mobility  
University of Duisburg-Essen  
47048 Duisburg  
phone: +49 203 379-4387  
email: [brunhilde.boehls@uni-due.de](mailto:brunhilde.boehls@uni-due.de)

Homepage: [www.uni-due.de/fahrrad](http://www.uni-due.de/fahrrad)

On our website you can find information concerning not only news on cycling in the two cities but also information about commuting with the eco-friendly public transport system.

*Your Team FAHR RAD UDE*

