



CCA Toolkit #12

GUIDE TO RESOURCES

A GUIDE TO LEARNING MORE ABOUT CARFREE CITIES AND
LOW-CARBON LIFESTYLES

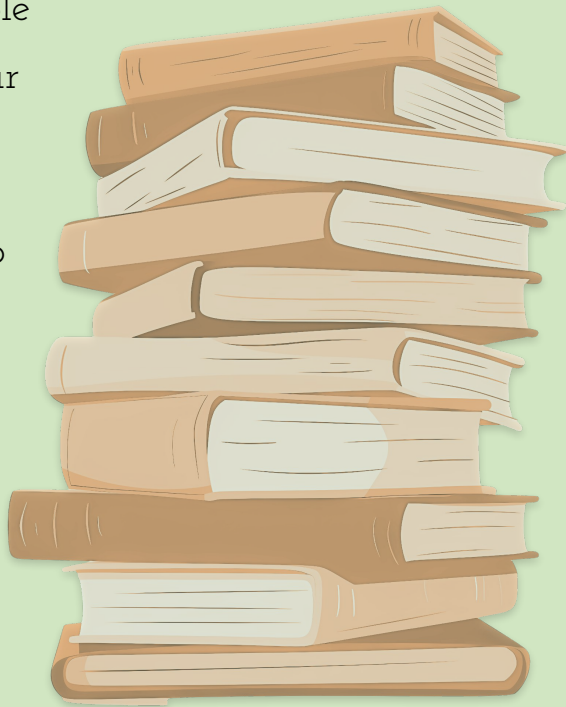


Contents:

• Books	01
• Why Carfree?	02
• Urban Planning	04
• Activism	06
• Environment	07
• Miscellaneous	08
• Graphics and Cartoons	09
• Publications	11
• Reasons to be Carfree	12
• Implementation	13
• Carfree and Culture	14
• Cycling	15
• International Organisations and Databases	16
• Podcasts	17
• Websites and Social Media	19
• Films and Documentaries	(Coming Soon)

BOOKS

Books are an incredibly valuable resource for learning about the car free vision and range of possibilities. We've compiled numerous books directly relate to carfree cities, as well as books which are valuable as guides to activism, urban planning and environmentalism



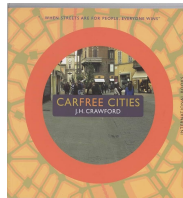
WHY CARFREE?

Books on why the carfree movement is necessary. Useful as support for carfree and related goals. The literature here establishes the background, vision, terminology and tools needed.. Also includes books on existing carfree projects and how they came about, as demonstrations that change is possible.

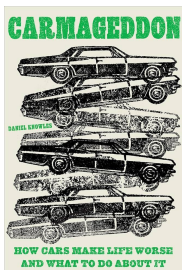
Carfree Cities - J.H. Crawford

The original source book on carfree cities. The authoritative overview and guide to how it can be done.

<https://www.carfree.com/book>

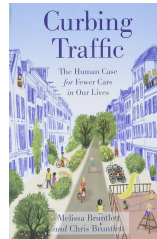


Carmageddon: How cars make life worse and what to do about it - Daniel Knowles



Outlines the ways in which car-dependency negatively impacts society, documenting the rise of the automobile and its consequences. A mix of history, economics and journalism.

Curbing Traffic: The Human Case for Fewer Cars in Our Lives - Chris Bruntlett and Melissa Bruntlett



Chronicles the author's experience living in the Netherlands car-free and the benefits that result from treating cars as visitors rather than owners of the road.

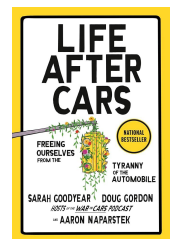
Critical Mass: Transport Environment and Society in the 21st Century - John Whitelegg

Argues that problems of car-dependency can only be solved globally with "a shared recognition of common needs". Advocates for alternative solutions to transport that are more sustainable and equitable.

Life After Cars: Freeing Ourselves from the Tyranny of the Automobile- S Goodyear, D Gordon, A Naparstek

From the War on Cars podcast hosts, this book reveals the scale of damage caused by cars, the forces behind the crisis and the fight for better transport and a fairer society.

www.lifeaftercars.com/



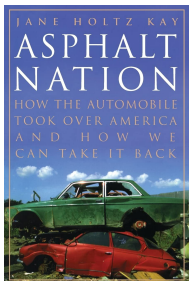
Carjacked: The Culture of the Automobile and Its Effect on Our Lives - Catherine Lutz, Anne Lutz Fernandez

Details the complex impact of the automobile on modern society and shows us how to develop a healthier, cheaper, and greener relationship with cars.

There Are No Accidents - Jesse Singer.

Argues that there are no such things as "accidents", rather they are predictable and preventable. Cars cause unnecessary death, and using the word "accident" protects those in power and prevents action.

Asphalt Nation: How the Automobile Took Over America and How We Can Take It Back - Jane Holtz Kay



Examines the history of how cars have destroyed American cities and landscapes and poses strategies for reversing car-dependency.



Unlocking Sustainable Cities: A Manifesto for Real Change P. Chatterton

Paints a convincing picture of car-free, post carbon, eco-cities. What this looks like and why it is urgent.

<https://unlockingsustainablecities.org/home.html>

Ecomobility World Festival

Neighbourhood in Motion - Konrad Otto Zimmermann, Yeonhee Park

Illustrated report documenting how a South Korean neighbourhood became car-free for a month, it's impact and the people involved.

Change the Way you move! : a central business district goes ecomobile - Tobias Kuttler

How Johannesburg, a central business district, became car-free for a month for Ecomobility World Festival 2015

<https://www.ecomobilityfestival.net/>

URBAN PLANNING

How cities can be built better for residents, how carfree cities might work, and what inclusive transportation looks like. Books to guide urban planning and design with the carfree goal in mind.



Mobility: A New Urban Design and Transport Planning Philosophy for a Sustainable Future - John Whitelegg

This book makes an impassioned plea to shift away from the mobility growth model. It is carefully researched with numerous statistics, covering the effects of motorized travel in our cities and on our health and wellbeing.

Carfree Design Manual by J.H. Crawford

This book contains both beautiful examples of carfree streets as well as a deeper exploration of the process of designing carfree cities. www.carfree.com

Inclusive Transportation: A Manifesto for Repairing Divided Communities - Veronica Davis

On how to design cities and transportation to be more equitable, just and inclusive.

Speculative Futures - Johanna Hoffman

Imagining future cities as practice for building sustainable and equitable cities now. "Written for futurists, strategists, urbanists, artists and readers looking to enact city-wide transformation."

How to Build a VillageTown - Claude Lewenz

How to enact change in real estate developments that puts people back in control of their own lives and communities.

<https://markettowns.nz/index.php/books>

More books on urban planning that may be directly or indirectly related to carfree cities. All of them are valuable guides to sustainable, progressive city planning.

How Cycling can save the world - Peter Walker

Explains the adverse effects of car-dependency and argues that one way to tackle these problems is through cycling.

In the Suburbs of History - S Logan

Compares post-war urban development under capitalist and socialist systems

<https://kntn.ly/e89fcff6>

The Death and Life of Great American Cities - Jane Jacobs

A critique of 1950's urban planning and the destruction it caused to city centres.

<https://kntn.ly/7b65c0d6>

Streetfight: Handbook for an Urban Revolution - J Sadik-Khan, S Solomonow

Chronicles Sadik-Khan's transformation of NYC streets to make room for pedestrians, cyclists, buses and green spaces.

Dark Age Ahead - Jane Jacobs

Pinpoints 5 pillars of culture that are in decay, and links these to societal issues such as environmental crises, racism and income inequality. Jacobs then suggests how we can stop this cycle of decay.

<https://avpopoff.wordpress.com/wp-content/uploads/2011/05/dark-age-ahead.pdf>

Designing Regenerative Cultures - Daniel Christian Wahl

On how to redesign our culture, organisations and technology to make them regenerative, not destructive.

A Pattern Language by Christopher Alexander

Design principles which allow for holistic design and urban planning centred around sustainability.

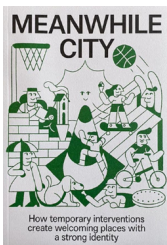
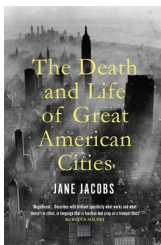
Meanwhile City : How temporary inventions create welcoming places with a strong identity

Offers practical lessons and guides for city leaders, urban practitioners and private developers.

The Social Life of Small Urban Spaces: William H Whyte

On what makes city spaces attractive and inviting and what we can learn from this approach..

<https://streetlifestudies.wordpress.com>





This section covers topics like climate justice and how to make actionable change. Guides to activism within the realm of environmentalism, social justice and more!

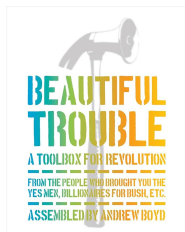
People Before Highways- K Crockett

Explains how activists successfully opposed the proposed highways through Boston, which would disproportionately affect low-income ethnic minorities.

We are "Nature" Defending Itself - Isabelle Fremeaux, Jay Jordan

An account of how the successful ZAD resistance to a planned airport in France that would have damaged the local environment and community.. A valuable resource on how successful resistance to destructive projects can be achieved.

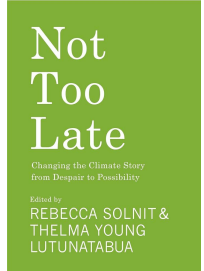
Beautiful Trouble: A Toolbox for Revolution - Andrew Boyd



A guide to creative action, clever tactics, disruption, culture-jamming activism
<https://beautifultrouble.org/>

Not Too Late - Rebecca Solnit et al.

On hope about the climate, and how change can still be made. Helps to transform the anxiety and despair around climate change to action and hope.



Burnt: Fighting for Climate Justice - Chris Saltmarsh

On how capitalist economies lead to climate change, and what can be done about it. <https://kntn.ly/fcfc996f>

How to save the city: A guide to emergency action - Paul Chatterton

How to Save
the City
 A Guide for Emergency Action



Paul Chatterton

A guide to emergency action focused on both climate and social inequalities.

The Solutions are Already Here - Peter Gelderloos

How grassroots networks of local and indigenous communities can respond to environmental crises.

<https://www.istor.org/stable/ictv28vblw>

ENVIRONMENT

Books on environmentalism, the climate and society; in ways that also relate to the carfree agenda.

Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming

A coalition of researchers, scientists and policy-makers have drafted a massive and realistic solution set to climate change

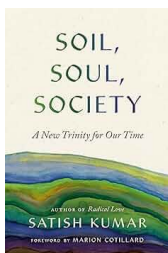
<https://drawdown.org/>

"Energy and Equity" - Ivan Illich

A seminal work of social theory on energy and society, examining whether humans need any more energy than their natural birthright, and arguing that more energy leads to negative returns.

https://blogs.ubc.ca/landscapesofenergy/files/2010/11/ivan-illich-energy_and_equity.pdf

Soil, Soul, Society- Satish Kumar



Argues that we are part of nature and what we do to nature we do to ourselves. Explains how to embrace diversity and become pilgrims on this earth.



Environmental philosophy:

"Environmental Thought: A short history - Robin Attfield

Discusses environmentalist thought and debates in environmental philosophy. Great for those looking to gain an overview of environmental history, philosophy, ethics, geography, religion and biology.

Operating Manual for Spaceship Earth - Buckminster Fuller

Investigates the challenges facing humanity and the principles for avoiding extinction and exercising our option to do better.

Economics

Small is Beautiful: Economics As If People Mattered - E.F Schumacher

[https://www.daastol.com/books/Schumacher%20\(1973\)%20Small%20is%20Beautiful.pdf](https://www.daastol.com/books/Schumacher%20(1973)%20Small%20is%20Beautiful.pdf)

The Economy of Cities - Jane Jacobs

<https://www.istor.org/stable/48583526>

MISCELLANEOUS

Additional assorted books that intersect with carfree cities and related initiatives.

The High Cost of Free Parking - Donald Shoup.



Exposes the hidden societal burdens and subsidies of “free” parking. Argues that eliminating minimum parking requirements reduces urban infra

costs, improves urban design and reduces car-dependency and sprawl.

The Post Automobile City: Legal Mechanisms to Establish the Pedestrian friendly city - J Kushner
Explores legal strategies for reducing car dependency and developing carfree cities.

<https://cap-press.com/..The-Post-Auto-mobile-City>

Autonorama: The Illusory Promise of High-Tech Driving -Peter Norton

Argues that driverless cars cannot be the safe, sustainable and inclusive mobility solution, and that this is distracting us from existing alternatives.

Bike Battles: A History of Sharing the American Road - James Longhurst

Answers the question of why American cities are so ill-prepared to handle cyclists, and explores the culture of the bicycle and policy surrounding cycling.



GRAPHICS AND CARTOONS

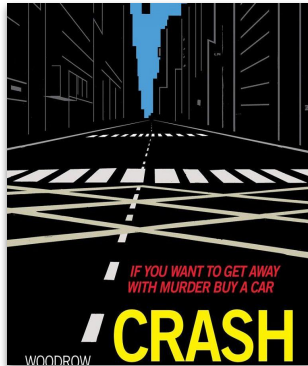
*Pictures speak more than a
thousand words.*

Graphic projects include cartoons,
illustrations and murals that
inspire us, as they touch on
carfree cities, mobility,
sustainability, and a more
resilient future.

Woodrow Phoenix's graphic novel

Woodrow Phoenix has created a 200 page graphic novel that investigates the relationship between people and cars.

<https://woodrowphoenix.co.uk/>



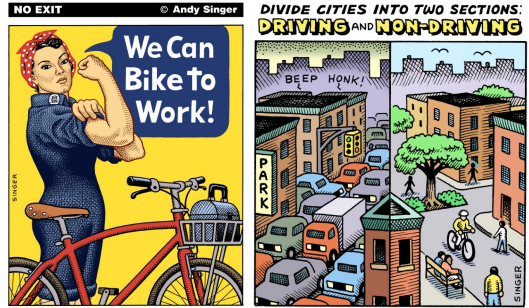
Mona Caron, a muralist with a message

Mona Caron is a San Francisco based muralist who has produced bold and imaginative murals on social issues for a long time. She closely followed the Critical Mass movement and painted the Duboce Bike Mural. She creates murals in public spaces and engages with artivism all over the world.

<https://monacaron.com/>



Andy Singer's Carfree Cartoons



Cartoonist Andy Singer has created a vast number of cartoons and political comics in support of the car-free movement, cycling and environmentalism. The following link contains an archive of all of these carfree comics for your viewing pleasure!

https://drive.google.com/drive/folders/1j-smHrNCHtz8mfhOnQc3IUj03Li7yOo_?usp=drive_link

PUBLICATIONS

Publications include reports, articles and toolkits put out by international organisations, journals, fact sheets, and scientific articles.

REASONS TO BE CARFREE

Articles discussing the advantages of carfree mobility, and statistical figures/cases demonstrating the viability of carfree initiatives

Challenges and Opportunities in Developing Urban Modal Shift - Paul Batty et al.

Argues for a modal shift from private to public transport and holistically analyses the societal factors preventing this, before discussing solutions for a successful shift.

<https://kntn.ly/9a2l6O5d>

20 Good reasons, Catalogue of Potential Measures and Activities

20 reasons for transformation in neighbourhoods to make them safer and better, particularly for children.

<https://kntn.ly/O47f6d57>

Car free cities: Pathway to healthy urban living - M.J. Nieuwenhuijsen, H Khrei

Describe the plans for car-free cities and the likely effects it would have on pollution, mortality/morbidity, green space, active mobility and health.

<https://kntn.ly/5a2a750e>

Facts and Figures:

15 Quick Facts for Cities - Walking, Cycling and Congestion

Statistical evidence and cases for how walking and cycling improves congestion in cities <https://kntn.ly/bfecqO5O> (pdf)

Danish Cycling Embassy

Facts and Figures on cycling in Denmark <https://kntn.ly/1Ocfld3>

Road transport facts and figures: how healthy and environmentally friendly is our transport today? - PEP

UN data on the health and environmental impacts of current transport <https://kntn.ly/43bcd895>

Success Stories

CIVITAS Success Stories

A series highlighting successful programs, following the CIVITAS initiative

<https://kntn.ly/9aO36534>

CIVITAS Voices:

Presents ten case studies of measures and projects implemented during 2013-16 <https://kntn.ly/ed663fe8> (pdf)

Resilience in Action: Barcelona Superblock program - CEB

<https://kntn.ly/4a4l74d5> (pdf)

IMPLEMENTATION

The StreetForum Guide: A practitioner's toolbox for inclusive street transformation

A toolkit developed in partnership with the CCA, developing and testing tools to support sustainable street transformation..

<https://kntn.ly/fe39c8a3>



Success Measures for Transforming Into Car-Free Cities - R.M. Doheim, et al.

Identifies the success measures for the transformation of a car-free city through investigating the challenges that affected their adoption <https://kntn.ly/8bOdBBBB>

Trying on change: Trialability as a change moderator for sustainable travel behaviour - H Strömberg et al.

Examines how to support people's adoption of new travel behaviours through trials. <https://kntn.ly/f375e84c>

Modal split, modal shift, and the policy environment - Justin Hyatt (IGLUS pub)

Examines the increasing importance of sustainable urban mobility and digitalisation. <https://kntn.ly/flb3a77l>

Challenge-led system mapping: a knowledge management approach

Handbook for the implementation of a participatory system mapping process to transform mobility to meet the problems of climate change. <https://kntn.ly/4c748cd6>

LOOPER Co-creation Model

How "learning loops" can create community involved change.. <https://kntn.ly/Oaf6e5f8>

The Playbook publication - AMS

Identifies the 7 building blocks of creating meaningful change in cities <https://kntn.ly/3bc3da75>

Triple Inner Urban Development - GEA

Expands on the dual-model of inner urban development to include the spatial dimension of mobility in Germany. <https://kntn.ly/OdOcead6>

Recommendations for Green and Healthy Sustainable Transport - UN PEP

UN key recommendations to support countries in transitioning towards green and health sustainable transport. following COVID-19 <https://kntn.ly/1846592f>

Alternatives to the Automobile in the Indian City - Henrik Valeur

Cases to inspire car-free environments in cities, and reveal some difficulties in creating these environments <https://kntn.ly/6abfa3c4>

Car-free Initiatives from Around the World: Concepts for Moving to Future Sustainability - A. Ortegon-Sanchez

<https://kntn.ly/Odf2lfdl>



CARFREE AND CULTURE

Living car-free by choice in a sprawling city: Desirable and ... possible? - H Paijmans, D Pojani

Studies the motivations and lives of those who live car-free by choice.
<https://kntn.ly/c817e850>

Car culture and global environmental politics - M Paterson

Analyses the role of the car industry on the processes of globalisation, reproducing capital accumulation and the promotion of the car over its alternatives by states.
<https://www.jstor.org/stable/20097673>

Community Transport, Social Capital and Social Exclusion in Rural Areas - D Gray, J Shaw, J Farrington

On the relation between social capital and mobility in rural areas.
<https://kntn.ly/37db648d>

Inclusive Mobility

Remarkable Women in Transport: - Transformative Urban Mobility Initiative

Highlights women working on sustainable urban mobility, and notes transport systems must be inclusive and gender-responsive.
<https://kntn.ly/47231128> (pdf)

Empowering Inclusive Transportation - FLONE

Gender-sensitive solutions for sustainable mobility in African cities, with strategic plans for inclusive sustainable mobility in Kenya.
<https://kntn.ly/Of2d62dc>

Planetary Boundaries - French Partnership for Cities and Territories

On how to adjust the guidelines applying to the global north and south to ensure a coherent share of responsibilities concerning climate change.
<https://kntn.ly/4acOf17b> (pdf)

ACCTING: Toward a Just Mobility Transition - Pugliese et al.

Focuses on the response of disadvantaged social groups in deprived neighbourhoods to policies discouraging car-use.
<https://zenodo.org/records/15520004>

Cities4Children Knowledge Hub

Includes ideas and guides for action on inclusive cities for children, young women, disabled children; in low income countries, reducing injuries and improving road safety.
<https://kntn.ly/e99lece1>

ON CYCLING

Articles on the impact of cycling as an alternative to the automobile, data on the prevalence of cycling and plans for promoting cycling.



Electromobility for All - Melissa Bruntlett and Chris Bruntlett (IGLUS)

Offers insights into the role that e-bikes are playing to push cycling as a main mode of transport, and the different incentives cities are taking to facilitate the transition.

<https://kntn.ly/flb3a77l>

From Counterpublics to Counterspaces: Bicyclists Efforts to Reshape Cities - Lusi Morhayim

Examines cyclists demands for the right to the city through an analysis of critical mass rides in San Francisco, examining the role of cyclists as a counterpublic. <https://kntn.ly/O89a223b> (pdf)

15 Quick Facts for Cities: Walking, Cycling and Congestion - CIVITAS

Evidence that walking/cycling improves congestion in cities. <https://kntn.ly/ec27eaa2>

ACCTING 7: Cycling Initiatives for an Inclusive Mobility: Balkmar, Sandström

How cycling initiatives can help people overcome barriers to cycling and what factors are important to make this happen. How a Green Deal can support inclusive, sustainable mobility. <https://kntn.ly/42016f29>

Danish Cycling Embassy

Facts and Figures on cycling in Denmark

<https://kntn.ly/82bed36d>

Pan-European Master Plan for Cycling Promotion - UN PEP

UN master plan to promote cycling, including recommendations for action, aims and benefits. <https://kntn.ly/94719Oc2>

Cycling self-assessment tool - CIVITAS

Self-assessment tool to establish local competencies in topics such as cycling infrastructure, investment and community engagement. <https://kntn.ly/be36c5fl>

Environmental determinants of cycling: Not seeing the forest for the trees? - S

Nello-Deakin <https://kntn.ly/c738c4ad>

International Organisations

Transport Research and Innovation Monitoring and Information System (TRIMIS)

Official EU Portal providing open-access information on transport research and innovation.

<https://trimis.ec.europa.eu/>

EU Metamorphosis Project

Publications and deliverables on Metamorphosis project related to street transformation in neighbourhoods

<https://kntn.ly/14b2994l>

UN Economic Commission for Europe Transport Health and Environment Pan-European Programme (PEP)

UN PEP programme with publications linked to transport, health and the environment

<https://unece.org/thepep>

DATABASES AND TOOLKITS

CIVITAS Urban Mobility Tool Inventory

Online database of tools and methods useful for the urban mobility planning process, including guidelines, manuals, planning approaches, games and mobile apps. <https://civitas.eu/tool-inventory>

Toolbox for Public Transport Innovation - CIPTEC

Captures generated knowledge on innovation in the public transport sector, and provides strategic advice on innovation inclusion for public transport stakeholders. <http://ciptec.eu/>

Pedestrians First Toolkit - ITDP

Tools to measure city walkability for babies, toddlers, caregivers and all city dwellers. Evaluates walkability index based on people near healthcare and school services, people near transit, block density, population density and car-free places. Also includes policy recommendations to increase walkability. Measure your own city here!

<https://pedestriansfirst.itdp.org/>



PODCASTS

PODCASTS



Podcasts here discuss the carfree movement and green thinking.

Crazy Town - Post Carbon Institute

With equal parts humor and in-depth analysis, Asher, Rob, and Jason safeguard their sanity while probing crazy-making topics like climate change, overshoot, runaway capitalism, and why we're all deluding ourselves.

<https://kntn.ly/dOff267d>

Political Heat - Amy Mount

"Political Heat is here to make sense of climate politics. We know the science tells us to phase out fossil fuels. But it's politics that will determine how we do that, whose voices matter in decision-making, who will benefit - and who might lose out."

<https://kntn.ly/549a3ead>

The War on Cars

"The War on Cars brings you news, commentary and stories about the worldwide battle to undo a century's worth of damage wrought by the automobile."

<https://kntn.ly/e9738d99>

**THE
WAR
ON
CARS**

Episodes

E33 What if the Future of Travel in Cities was on Two Wheels rather than Four? - From What if to What Next

Discussion featuring sustainable mobility experts and advocates Melissa Bruntlett and Carson Brown. <https://kntn.ly/5499fc27>

The Sociology of Car-Brained Planning - The Urbanist Agenda

Discussion with Youtuber and sociologist "We're in Hell" about the sociology of car-brained urban planning.

<https://kntn.ly/70d69579>

E300: Tim Gill - The Battle to Break Free from Car Dependency and Return Childhood Independence - Active Towns

Conversation with Tim Gill, author of Urban playground, about the need for family friendly places that reduce car-dependency and return independence.

<https://kntn.ly/495e4b5b>

My Car Is Bigger Than Yours - Crazy Town

Driving: modern society's most efficient way to lose money, time and health. Not to mention climate stability!

<https://kntn.ly/f49d2a6a>

WEBSITES AND SOCIAL MEDIA



WEBSITES

CCA Website

The CCA website has a wealth of information, articles, toolkits, videos and guides to car-free initiatives and communities. Feel free to browse the site's offerings!
<https://www.carfreealliance.org/>

[Carfree.com](https://www.carfree.com)

By the author of Carfree Cities and Carfree Design Manual. Contains lists of existing car-free places, resources, news and solutions. An all-encompassing hub for carfree info.

[imcl.online](https://www.imclonline.org)

International Making Cities Livable website hosting conferences and strategies for making livable, humane, ecological cities and towns.

[Worldcarfree.net](https://www.worldcarfree.net)

The former hub of the global car-free network. Still contains a host of useful information and resources.

[Livingstreets.co.uk](https://www.livingstreets.co.uk)

A UK organisation focused on transforming streets for walking and biking. Includes multiple ways to get involved locally and nationally

Wohnen Ohne Auto

Website for Munich carfree initiative, containing announcements, projects and publications. <http://www.wohnen-ohne-auto.de/>

[Lab of Thought](https://www.labofthought.org)

Field labs and inspiration for radically rethinking mobility.

"Some Statistics" - World Carfree Network

Statistics demonstrating the negative environmental, economic and health impacts of cars. <https://kntn.ly/1e0264d5>

[Social Media](https://www.instagram.com/carfreeneews/)

Instagram: Carfree News

Reports and collects articles on carfree news internationally
<https://www.instagram.com/carfreeneews/?hl=en>

r/fuckcars

Reddit anti-car focused subreddit. A large car-free community.
<https://www.reddit.com/r/fuckcars/>

Thank you for enjoying this resource. If you have any suggestions for new additions, edits, or notice broken links, please get in touch with us at the email below.

An extra thanks to Sally Abdul-Qader for helping to put this together.

FOR MORE INFORMATION VISIT OUR WEBSITE WWW.CARFREEALLIANCE.ORG
OR WRITE TO US AT DOWNTOWN@CARFREEALLIANCE.ORG

