# Building it, but will they come?

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A great way to tackle decarbonisation of transport is to get people out of single occupancy vehicles and onto bikes. Unfortunately, the perceived danger of cycling on roadways mixed with motor vehicle traffic is one of the main deterrents to people cycling. Whilst building cycle specific infrastructure is an important step in increasing cycling numbers in Auckland, it can’t do this in isolation.

To help address this issue, Auckland Transport has been running cycle training courses in various formats for adults (Adult Bike Skills), school children (Grade 1 and 2 cycle training) and for young children (Kids Learn to Ride) for several years.

These courses are part of our behaviour change programme which strives to educate and empower people to get out on bikes, and to break down the individual, social and cultural barriers that prevent people from cycling. The 2020 Covid19 lockdown enabled a resurgence in the number of people getting out on bikes, for both recreation and travel, largely due to the quieter streets and perceived safe environment. Consequently, we also saw a huge demand for our Adult Bike Skills courses.

This session will focus specifically on our Adult Bike Skills programme and will explore:

* Why mode shift from cars to cycling is important for decarbonising transport
* Why infrastructure built for active modes needs to be supported by behaviour change programmes
* How our cycle skills training is designed to overcome barriers to mode shift, such as:
	+ Not being able to ride a bike
	+ Not having the confidence to ride on roads
	+ Safety concerns
* An overview of our Adult Bike Skills programme
	+ How the programme promotes behaviour change and contributes to AT’s mode shift goals
	+ How our courses have been adapted to overcome barriers to mode shift and meet the needs of the customers