Active transport, which includes walking, cycling and public transport, is often identified as a way to address the rising incidence of chronic diseases associated with physical inactivity. It is also destined to play an important role in society’s transition to less carbon intensive cities.

Jennifer Kent is an urban planner and PhD candidate in the Faculty of the Built Environment at the University of New South Wales (UNSW). Her research interests lie at the intersection of planning and health, with a particular focus on barriers to active transport. This poster presents some of the findings from her doctoral research, which is supported by the Australian Housing and Urban Research Institute and the Australian Research Council.

The research uses qualitative methods to record very personal barriers to the uptake of alternative transport. It explores the daily practices and perceptions of those who continue to drive, despite having access to viable alternative transport.

The research finds that the autonomous mobility enabled by the private car is deeply engrained in the way people make sense of, and navigate, not only their streets but also their place in the world.

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