



Cycle Friendly City - a workshop in Stavanger

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Location:

Stavanger, Norway

Folkets hus - where we had it last time

Event:

2 day event

Tuesday the 17th and Wednesday the 18th of March 2026

What would we need for the workshop?

Printed maps

Pencils

Scissors

Tape

Cost:

Decided that 6000, - pr participant is a good price.

Milestones

I. Planning

January - April 2025

When

Where, when

How does the workshop take place

III. Invite participant

- Target group:
- Audience in Norway
- - planners who work for cities, towns and regions, private consultancies, road planners, traffic engineers, landscape architects and architects.

Full Description (for booklet or sign-up form):

Planning and Designing for a Cycle friendly City

Building consensus for active and sustainable transport projects has become increasingly challenging as viewpoints become more polarised. As Norwegian cities transform more public spaces for walking and cycling, a shift in the way we understand our streets for over a century is happening. For some, this has led to misunderstanding, misinformation, and worries that a new way to organise our communities may have a negative impact on how people access their city. In the face of this, how can we build new narratives and create more cycling friendly cities that help bring people along, create local champions, and transform our streets to places where everyone can cycle?

To increase knowledge and challenge your thinking around mobility planning, we invite you to participate in this 2-day workshop that will give you tools to use in your everyday work to plan and design more cycling-friendly streets. Using a combination of international knowledge and examples with local expertise from the Stavanger context, the workshop aims to give you different perspectives about existing and potential users and how to apply this to city, transport and physical planning. The knowledge gained will assist us in reaching our goal for more active ways to travel and for building inclusive streets and places in your town or your neighbourhood.

In the workshop we will discuss:

- Who we are designing the streets for
- How to rethink the needs assessment
- What is perceived accessibility from a user perspective
- How does this knowledge combine to achieve the goal of planning for diversity

You will learn about:

- the planning principles for designing a cycle network
- design levels from an international knowledge base
- How this can be applied to the Norwegian context

Our surroundings influence our movement. This workshop will provide you with the knowledge and ability to plan and design a more inclusive and active street, and how to build upon each street to create a cohesive connection to the cycling network, and, ultimately, a cycling-friendly city.

Programme

Day 1 will begin with a deep dive into the benefits of cycle-friendly cities and provide a perspective on how Norwegian towns and regions could become more cycle-friendly. We will do this by exploring the reasons behind why Stavanger has been awarded 'Norges beste sykkelby' since 2022, drawing comparisons with the cycle-friendly transitions that have happened in places abroad such as Denmark and the Netherlands. Together, we will discuss which lessons would be transferable to the local context of other places in Norway. This day will include a walking/cycling tour in Stavanger to experience some of the changes first hand. Some of the places we visit will later be used for a case study.

The goal for Day 1 is to get the participants to a point where they understand that cycling is not a goal in itself, but that it is a tool that can be used to create more liveable and sustainable places.

Day 2 will zoom in on how liveable, cycle-friendly neighbourhoods can be created. We will explore steps that can be taken on the network, neighbourhood, and street level. The focus will be on how and when this can be achieved, exploring options with and without the installation of dedicated cycle infrastructure, e.g., through cycle-friendly local streets and/or bicycle streets. For this we will take a hands-on approach, using a neighbourhood in Stavanger visited on Day 1 as a case study. Together we will explore what measures could be taken, both permanent and pop-up, to make the neighbourhood more cycle-friendly as a whole, and how we can ensure that people cycling can easily and intuitively find their way. At the end of the day we will discuss in what way this methodology could be transferred to other places in Norway.

The goal for Day 2 is to provide participants with tips and tools that will help them with the transitions towards more liveable places in the context of their daily work or lives.

Short Description (for web and social media promotion):

Planning and Designing for a Cycle friendly City

A 2-day workshop combining international and Norwegian knowledge and expertise to inspire better cycling in Norway.

Where: Stavanger, Norway

When: 28 & 29 October, 2025

What you will learn:

- Who we are designing the streets for
- Cycling-friendly design principles for streets and neighbourhoods
- An inclusive approach to creating a cycle network
- How to apply these principles to cities throughout Norway

This workshop will provide you with the knowledge and ability to plan and design a more inclusive and active street, a cohesive cycling network, and, ultimately, a cycling-friendly city.


An interactive workshop led by international and local experts

Monica Bikos - Cycling Planner, (add new business name)

Melissa Bruntlett - Equitable Mobility Advisor, Modacity Creative

Robin van der Griend - Sustainable Mobility Designer, Mobycon B.V.

Building consensus for active and sustainable mobility projects is increasingly challenging. As Norwegian cities transform more spaces for walking and cycling, we need to shift the way we understand our streets.



The best way to learn is by seeing and doing. Using the backdrop of Stavanger, Norway's Cycling City, our experts will lead you through an interactive workshop that will strengthen your knowledge of cycling-friendly planning and design.

This workshop is ideal for urban and transport planners, landscape architects, or anyone needing a professional refresher.

We invite you to join us for 2 days packed with knowledge development, networking, and inspiration.

What to expect - Programme

Day 1 - A deep dive into the benefits of cycle-friendly cities, a broad overview of good planning and design practices, and international and local (stavanger) examples, including a walking/cycling tour.

Day 2 - In-depth and interactive day exploring the steps to create a cycle-friendly street, neighbourhood, and cohesive cycling network.

Workshop organizer

Melissa Bruntlett



Title – Equitable Mobility Advisor, Modacity Creative

Melissa is a leader in advocacy and strategic advisory for better walking, cycling, and public spaces. Bringing together experience in communications and engagement, she uses the power of a good narrative and storytelling to shift to more sustainable and healthy communities.

Want to know more:

Lived experience in North America and Europe and working globally ensures Melissa can

translate international best practices to local contexts. Sharing success stories, lessons learned, and how to adapt and evolve these ideas leads to more people enjoying spaces that improve mental, physical, social, and financial well-being.

Co-author of *Building the Cycling City: The Dutch Blueprint for Urban Vitality* and *Curbing Traffic: The Human Case for Fewer Cars in Our Lives*, and *Women Changing Cities: global Stories of Urban Transformation*, alongside speaking, digital content creation, and communications and engagement projects, Melissa emphasizes the human stories that underpin innovation and change. She focuses on fostering understanding of how a just mobility transition starts with empathy, recognising that people's diverse transport needs, and behaviour change is only possible when we first understand why people make the mobility choices they do. How we feel when moving through our communities influences behaviour, and the better decision-makers, designers, and policy-makers can understand this, the more equitable the solutions we create will be.

Robin



Title – Senior Sustainable Mobility Advisor, Mobycon

Robin is a sustainable mobility consultant from the Netherlands at Mobycon. He is passionate about mobility in urban contexts and likes to contribute to more sustainable, livable places.

His focus is on walking and cycling. He is an expert on network planning and on designing inviting infrastructure with a focus on human beings instead of motor vehicles.

Robin is familiar with the Nordics as he has previously lived in Sweden for 7 years, while working on projects across Sweden, Denmark, Norway and Finland. He also has experience with working on the local government side thanks to his time as a traffic planner at the Dutch city of Leiden. Robin enjoys working in an international environment as it helps him to keep an open mind. He is skilled at bringing ideas from one place to another and using this to inspire people so they too can contribute to more liveable places.

Monica Johansen Bikos

Title – Sustainable Mobility Designer, Sykkelambassaden

Monica is a dedicated City Planner with a strong focus on promoting cycling as a key element of sustainable urban development. Since 2010, she has served as a cycle planner in Stavanger, where she authored the city's Cycling Strategy and has been instrumental in its implementation.

Monica is passionate about increasing awareness and expertise in cycle planning across Norway. She actively advocates for improved cycling infrastructure and more cyclist-friendly street design guidelines. At the heart of her mission is the creation of people-friendly cities—designing safe, inviting streets, neighborhoods, and public spaces that encourage walking and cycling, ultimately fostering healthier, more livable communities.