

Final report of UHH-KU fund for ECR program

Section 1

Applicant (at the time of application, i.e. supervisor of the visiting researcher or the visiting researcher themselves)	
Name	Prof. Dr. Thorsten Teichert
Job title	Professor
University	Universität Hamburg
Affiliation	CMI, Fakultät für Wirtschafts- und Sozialwissenschaften

Section 2

Visiting researcher (if different from the above)	
Name	Adnan Muhammad Shah
Job title	Postdoctoral research fellow
University	Universität Hamburg
Affiliation	CMI, Fakultät für Wirtschafts- und Sozialwissenschaften

Section 3

Host researcher	
Name	Prof. Dr. Ali Gul Qureshi
Job title	Associate Professor
University	Kyoto University, Japan
Affiliation	Department of Urban Management

Section 4

Summary of the project (approx. 200 words)
<p>With the rising tide of urbanization raises mental health concerns as commuters navigate a mix of emotions, from swift arrivals to delays and overcrowding. This project aims to explore how commute mode choice, past travel patterns, and micro-mobility events influence the commuter mood state? To achieve this, researchers conduct real-time surveys of student commuters, in Kyoto, Japan, known for its rich history and popularity as a travel destination; thus, provides a unique setting for this study. The findings provide novel insight for policymakers and planners to design strategies for sustainable transportation policy development and optimize the quality of transit-oriented experience to improve commuter emotional health. By investigating the emotional health implications of the transit system as a critical aspect of urban living, this work is in-line with the Planetary Health framework because it investigates the nexus between commuter's emotional well-being and sustainable urban mobility in the Asian context. The project's interdisciplinary nature not only enriched my professional growth but also provided with memorable personal experiences through immersing into a unique culture, savoring traditional cuisine, vibrant nightlife, exploring Kyoto's rich heritage and beauty from its stunning temples and shrines to its captivating museums, and cherry blossom-filled parks were unforgettable highlights of my time there.</p>