



This month our focus is:

# Travel and Transport

# What are the issues?

Motorised transport of all types is heavily fossil-fuel dependent.

Transport accounts for a fifth of all global CO<sub>2</sub> emissions, contributing to the greenhouse effect that causes global warming.

Typical petrol or diesel car exhausts also contribute to air pollution, which is a risk to public health.

Reducing car use and/or driving more efficiently will reduce these emissions.

Walking or cycling where possible is good for your bodily and mental health, as well as the environment.

Public transport, where practical, is also a much greener option than use of a private vehicle, and can be cheaper.

# What can I do?

If you need to drive, consider ways to drive more efficiently, such as avoiding sudden braking or accelerating, removing wind resistance or extra weight, combining small trips into fewer journeys, turning off the engine instead of idling, and keeping your car well-maintained.

Consider which journeys you can make in a more environmentally-friendly way, such as switching to public transport, cycling, or walking, or ways in which you can cut down on travel altogether.

If you are buying a new vehicle, research the benefits and practicality of switching to a hybrid or electric vehicle, or invest in a cargo bike or other alternative to driving.

Participate in campaigns encouraging city planning in ways that make walking and cycling easier for everyday journeys.

# Where can I learn more?

These posters will be available at [standrewsn19.org/ecochurch](https://standrewsn19.org/ecochurch)

<https://www.walkingforhealth.org.uk/>

<http://www.sustrans.co.uk/>

<https://www.livingstreets.org.uk/>

<https://www.nextgreencar.com/>

<https://energysavingtrust.org.uk/advice/ecodriving/>

<https://energysavingtrust.org.uk/advice/active-travel/>

<https://energysavingtrust.org.uk/advice/shared-travel-options/>

<https://www.rac.co.uk/drive/advice/emissions/11-ways-to-reduce-your-car-emissions/>

