



“Efficient Transport for Climate Resilience”

Or: How to save money and time, reduce stress and get fit, AND be good to the environment at once?

Efficient Transport #1: Why is this Important?

- Car emissions pollute air and the atmosphere
 - Air pollution is particularly harmful to children.
- Most journeys could be walked
 - The shorter journeys by car are most damaging to the environment
- Having a car is expensive
 - The cost of insurances, MOTs etc. will get you plenty of bus/train tickets!
- Better for your health
 - Get fresh air and exercise

Efficient Transport #2: How to reduce your car use

- Always plan your day ahead: what do you need to do, and when?
 - E.g. Children to and from school, food shopping, lunch, dentist appointment, dinner, visit to a friend etc.
- Combine tasks!
 - E.g. go food shopping after taken children to school, go visit a friend after dentist and then go pick up children
 - Saves hassle and stress...

Efficient Transport #3: Plan Your Route

- Do you know the shortest way to your destination? It could be shorter to walk than to drive!
- Get a map and figure out the shortest (and safest) way from A to B
- Don't get on the car before you know exactly where you are going!

Efficient Transport #4: Walk!

- Walking has such feel-good qualities: fresh air, exercise, time for yourself.
- Save money! All you need is a good pair of shoes.
- Take a friend - catch up on gossip on the way...
- Take it easy! You can go at your own pace, you will get there.

Efficient Transport #5: Use Public Transport

- Glasgow has a great public transport network, and it's much cheaper than driving everywhere
- Taking the train or bus usually also saves time, and is safer especially when it gets dark.
- Less money spent on travel will leave more money for the family – food, hobbies...
- Great way of seeing more of the city with family – get on the bus!

Efficient Transport #6: Share the Car!

- Get connected: who else needs to go where you are going? Driving together makes sense! (And is more fun, too.)
- Giving a lift to neighbour's kids will probably mean that your children will get a lift one day too. Saves your and your neighbour's time!
- Splitting the costs in petrol or taking turns to drive saves the environment and your money!

Efficient Transport #7: Drive Smart

- Do you know how to drive efficiently? Fuel-efficient driving saves your car and petrol:
 - Plan your route
 - Drive at a reasonable speed, no speeding!
 - Avoid accelerating or braking suddenly
 - Check your tyre pressure (or get someone do it for you) – better grip results in less fuel
 - Don't let the engine run if it doesn't need to!
 - Only drive if it's really necessary...
 - Get your car MOT'd regularly!