“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 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!