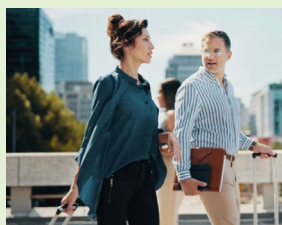


Simple ways to travel more sustainably

NET-ZERO
2050
choice

SMALL CHANGES. LOWER EMISSIONS. HEALTHIER JOURNEYS.

How we travel impacts upon our environment. Choosing lower-carbon options can reduce emissions and support healthier communities.



WALK

Walking supports wellbeing and reduces transport emissions.



CYCLE

Cycling can reduce congestion, costs, and emissions.

Ditch the car where you can

- **Bus or train:** Public transport can reduce fuel use, emissions and parking pressures. You could plan your journey at <https://www.translink.co.uk/>

Small changes can make a difference

- **Swap one journey:** replace a short car trip with walking, cycling or public transport.
- **Plan ahead:** combine errands and avoid repeated short journeys.
- **Share where possible:** car-share when active or public transport is not practical.

When driving is essential

Where driving is necessary, efficient driving can reduce fuel use, costs and emissions:

- Drive smoothly and avoid harsh acceleration or braking.
- Use automatic stop/start where fitted and avoid unnecessary idling.
- Check tyre pressures and remove unnecessary weight.
- Plan routes, combine journeys, and follow the speed limit.

Considering a lower-carbon vehicle?

Consider whether a lower-carbon vehicle suits your journeys, charging access and budget. Should you wish to purchase an electric vehicle, and charge this at your home, you must seek permission from Choice beforehand. Home charging is not always possible and may not be approved.

Why not set yourself a challenge?

Choose one journey this week and make it more sustainable. Every practical change helps to reduce our impact upon the environment.