

But what's in it for me?

- Save Time** – By planning your car use more efficiently, you may find that you spend less time stuck in traffic and more time enjoying the things you like doing!
- Save Money** – By changing your travel patterns or arranging to car share you will find that your travel costs can reduce.
- Health Benefits** – We all need physical activity to stay in good health. Even brisk walking can improve cardiovascular fitness and can easily fit into our daily lives. Exercise can help contribute to weight loss, reduce stress, improve sleep patterns and much more!

And finally...

Information about alternatives and your options for making a contribution to reducing congestion and pollution through opting to walk, cycle, travel by bus or train and through car sharing can be found below:

Traveline Cymru – A one-stop shop for bus, coach and rail journeys planning and timetable information. Visit www.traveline-cymru.info, or contact 0871 200 22 33.

Car Sharing – Cardiff Council's journey share scheme is open to member organisations and enables individuals to match up with others to travel to work, either by car, walking, cycling, bus, train or taxi. Visit www.carshare2cardiff.com, or e-mail carshareenquires@cardiff.gov.uk.

Sewta also offers a car share database for public use available at www.sewtacarshare.com.

Travel Planning – Cardiff Council actively encourages organisations to produce Travel Plans to widen travel options for staff and to promote greener, cleaner travel choices. For more information visit www.cardiff.gov.uk/travelplans, or e-mail travelplans@cardiff.gov.uk.

Cycling – for information on cycling in Cardiff, please visit www.cardiff.gov.uk/cycling, or contact the Council's Cycling Officer on 029 2087 3351.

All wood/pulp used in this leaflet was sourced from sustainable producers and responsibly managed forests that create minimal environmental impact. Please recycle this leaflet.



But I have to use the car!!

Common problems and their solutions...



Leaving your car at home just one day a week could help to cut congestion and pollution in our city by 20%

How we travel has an effect on us all. Transport causes congestion and pollution and contributes to global warming.

We all know that we really should do something to help to slow down climate change, wish that our roads weren't quite so busy and would like to breathe clean air. But somehow life just seems too complicated!

Below are some of the reasons we often use for avoiding making the effort, and some solutions that show we can... Even if it is just once a week!

But what about the school run...?

Many of Cardiff's schools are involved in developing Travel Plans which promote alternative travel choices for their staff, their pupils and their parents and carers. For example:

- Breakfast and after school clubs can ease the pressure for you at either end of the day.
- Sharing your school run with another parent may allow you to take the opportunity of using another method of travelling to work.
- Walking and cycling with our children helps them to stay healthy and can teach them that 'active transport' is a natural choice. The air inside a car during the rush hour is more polluted than the air outside!
- Accompanying your children on journeys on foot and by bike will help them to learn the valuable skills they need and give you peace of mind that they know how to stay safe. Your school may also have a Walking Bus scheme or cycle parking.

But I have to travel for work...

Many of us need our vehicles for work related travel, but it is possible for many of us to organise our work to allow us to leave our car at home once a week. Cardiff Council provides pool cars and pool bikes for employees to use as an alternative to their own vehicles.

But there's no public transport where I live...

There are often alternatives to driving the full distance to work. For example:

- Many train stations offer Park and Rail facilities, with free and secure parking.
- There are also options to car share with colleagues who live nearby and who have the same work patterns. Ask your manager if they can allow you the flexibility to coordinate your shifts

with another employee so that you can car share, even just once a week. Take advantage of our car share scheme by joining www.carshare2cardiff.com which may also be available via your staff intranet.

But cycling is really unsafe...

In reality, the statistics show cyclists have fewer traffic collisions than cars. Cardiff has a growing cycle network, some of which is off road and runs through pleasant park land. Cardiff Council has cycling pages on its website and a cycle map to help cyclists to plan the best routes for their journeys. It's easy to stay clear of the busy roads! Explore www.cardiff.gov.uk/cycling to find out more.

...and I'll look a mess when I get to work if I do!

It is possible to cycle many routes and journeys without getting hot and sweaty, just take it easy! If you have a more involved route, some of our sites now provide facilities for employees to shower and change, and lockers for storing cycling gear. If they don't provide facilities already, it may be worth making some enquiries about whether they are planned.

But public transport is much more expensive than using my car...

The true costs of running a car per mile can be high, when road tax, insurance, servicing, parts and general wear and tear as well as fuel are taken into account! The fewer miles you drive the cheaper your car insurance gets. You can assess the true costs of your car by visiting www.carplus.org.uk.

But public transport is unreliable and uncomfortable...

It may be worth considering when it was that you last took a bus or train. For many of us it is longer than we think! Public transport is now more comfortable and accessible and most bus stops have shelters and seats. Bus stops in Cardiff usually have Real Time Information displays which will keep you up to date on the progress of your transport and the fare structure is now simple and straight forward. Plan your journey at www.traveline-cymru.info.

But I have things to do in lunch hours and on the way home...

Consider re-arranging your extra trips just once a week. Combining trips or swapping/sharing duties with another family member or friend may help you to complete all the chores and still leave the car at home once a week!