

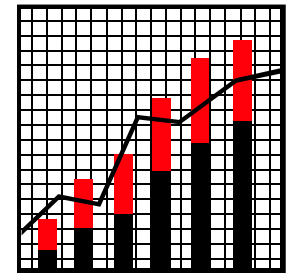


## Sustaining Dunbar

### Travel Advice Factsheet 1 - How to save money and reduce CO<sub>2</sub>

#### Facts and Figures

Transport is one of the biggest contributors to climate change, accounting for a quarter of the overall total greenhouse gas emissions and specifically road transport causes 70% of these emissions. These figures are rising; the number of cars licensed in Scotland has increased by 30% in the last 15 years alone.



Another important reason to make changes to our travel is health; most men and women are failing to achieve the minimum recommended level of physical activity (30 minutes, 5 times a week) and as a nation we are getting larger; walking and cycling are ideal ways to improve or maintain fitness and have been proven to reduce both physical and mental health problems. Finally, rising fuel prices are making many people think about their car use; walking and cycling are free and ideal for those shorter journeys around town. Car sharing and car clubs are also good for the environment and good for your pocket.

#### What You Can Do

Small changes such as doing more than one thing on a car journey or swapping one short car journey a week for walking or cycling should be possible for everyone in the short term without affecting lives too much. You may be able plan a day where you visit the doctor, dentist and hairdresser all in one day, or drop the recycling off on your way to the weekly shop at the supermarket. You could also spend more quality time with your child and get fitter by walking or cycling with them to school instead of driving.



Eco-driving techniques such as keeping your tyres inflated to the correct pressure and driving smoothly without excessive braking and acceleration can make a big difference to costs and emissions. In the longer term you can build towards larger changes; making more use of the local shopping and recreation opportunities, working from home and walking and cycling on most short journeys.

#### What We Can Do

Sustaining Dunbar has loads of travel information on cycling, walking, buses and trains, eco-driving and even projects to help your work with your neighbours to make your street a safer and more attractive place to live, walk and cycle in. We will help and support you just as much as you need as you make changes to the way you travel.

#### Household Canny Challenge



Sustaining Dunbar's Household Canny Challenge project helps householders to improve their household energy efficiency, grow more of their own food, reduce food waste through composting, and make their streets safer for walking and cycling and to make it easier to use public transport. For more information look on our website, [www.sustainingdunbar.org](http://www.sustainingdunbar.org), or contact Sue on 01368 866920.

## How Much Could I Save?

The Energy Saving Trust<sup>1</sup> calculates that by leaving the car at home and using another way to travel you could save the following:-

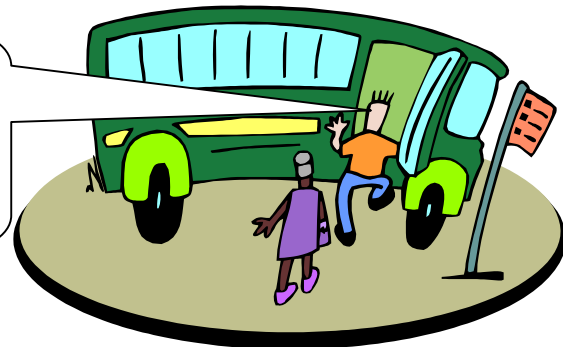
Swapping a 2 mile car journey for walking just once a week can save you around £40 and 30kg CO<sub>2</sub> per year.



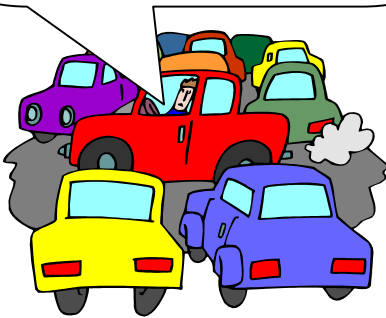
Swapping one 2 to 5 mile car journey for cycling every week will save you around £70 and 60kg CO<sub>2</sub> per year.



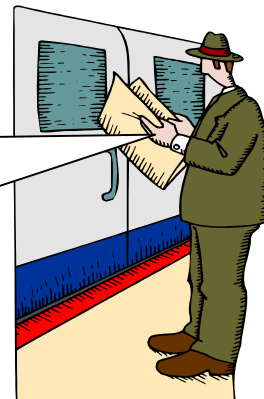
Swapping one 5 to 10 mile car journey for the bus each week will save you around 50kg CO<sub>2</sub> per year.



Car-sharing a journey between 10 and 25 miles once a week rather than driving alone can save you around £180 and 150kg CO<sub>2</sub> per year.



Swapping one 25+ mile car journey for the train every week can save you around 320kg CO<sub>2</sub> per year.



Using Carbon Independent<sup>2</sup> data, it is also calculated that by holidaying by car in the UK rather than Southern Europe<sup>3</sup>, you could save 900-1000kg CO<sub>2</sub> per return trip. You will obviously save more if you travel by train or bus, and much more if you have a staycation.



<sup>1</sup> Energy Saving Trust website [www.energysavingtrust.org.uk/Travel/Travel-Energy-Check](http://www.energysavingtrust.org.uk/Travel/Travel-Energy-Check)

<sup>2</sup> [www.carbonindependent.org](http://www.carbonindependent.org)

<sup>3</sup> Assuming 5 hours flying (2.5 there and 2.5 back) v. 600 mile return journey by car