

TRAVEL: Eco-Travel

In our everyday lives we all travel, but some forms of travel are more eco-friendly than others, such as walking, cycling or travelling on public transport. If we have to travel by car we should be aware of how we use it to make it more 'eco-friendly'.

Walking is a fantastic environmentally friendly and healthy way to travel - plus it's free! There are many schemes across the country that encourage walking, making it fun and easy to do. Some of these include Walking Bus, Walk4Life and Safe Routes to School. All of these encourage walking as a healthy and fun mode of transport but all emphasise the importance of keeping safe near traffic. Remember to keep safe when you are out and to be street aware! Look for safer places to cross the road, looking and listening carefully when crossing and make sure you keep alert and are not distracted by talking to friends or on mobiles.

Cycling can be one of the most environmentally friendly, cheap and healthy ways to get about, and compared to the manufacture of cars, motorbikes, and other vehicles, they use far less energy and fewer raw materials to build. In the UK, 75% of people live within two miles of a cycle route and there are 12,000 miles of National Cycle Networks. Find your own cycle route using Bike It and Safe Routes to School, but don't forget your helmet and reflective clothing at night.

Public Transport links together many places and can be used for both local and longer distance travel. The most common modes of public transport found in the UK are buses and trains, but there are many different forms of transport found worldwide. One example is trams, which are seen as eco-friendly as they produce low amounts of atmospheric and noise pollution, take up minimal road space, and are able to carry a large number of people. Boats are also seen as an eco-friendly mode of public transport (e.g. the Thames London Clipper boat and vaporetto boats in Venice, Italy).

Cars are generally not regarded as the most eco-friendly method of travel, although there are simple ways this can be helped:

- **Car sharing:** This is when a car owner takes passengers (friends, colleagues, etc) rather than travelling by themselves. This is usually easy to organise on regular runs such as journeys to school or work.
- **Lift Sharing:** This is when car drivers log their planned journeys onto a website, so passengers can find someone going the way that they plan to travel, and can share the car. But again make sure you find out about the person lift sharing and never accept lifts from strangers.
- **Car Clubs:** Allow you to book time to use a car as and when you need it, by either having a membership or pay-as-you-go.

Cars that offer more eco-friendly method of travel include electric (fuelled by electricity) and hybrid (fuelled by electricity and petrol).



Did you know?

- A bike hire scheme was introduced in London in 2010, which plans to encourage an extra 40,000 bicycle journeys in the city.
- The emissions from travelling by train and coach are six to eight times lower than travelling by car.