

6 WAYS TO TRAVEL MORE SUSTAINABLY

gea



Get on your bike

Those who **switch just one trip per day from car driving to cycling** reduce their CO2 footprint by about 0.5 tonnes over a year (Dr Brand, University of Oxford).



Put on your walking shoes

Walking for 30 minutes on most days of the week, not only reduces mortality rate by at least 10% (WHO, 2022) but reduces CO2 emissions by 82kg a year, as well as it **reduces noise pollution** which is usually caused by motorized vehicles.



Go e-biking

Switching from a daily car journey to an **e-bike** can **save an average 249g of CO2 for every 1km traveled** (Treck, 2021). If you do not have an e-bike of your own, look for e-bike sharing options in your area or advocate for an affordable sharing system.

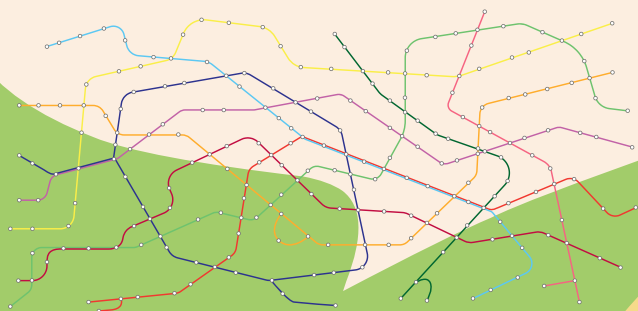


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☐ Catch a bus

Replacing car journeys with public transport can help reduce CO2 emissions by more than 40% (net zero nation). **Reduced number of cars on the road means better air quality** and better health and wellbeing of all communities .



☐ Opt for Carpooling

Share rides in passenger vehicles through ride-sharing or similar practices can reduce emissions by 9.6 to 11.07 gigatons of carbon dioxide **while saving you money** (Project Drawdown).



☐ More trains, less airplanes

A shift from air to rail travel can play a **crucial role in helping the EU meet its objective** of reducing greenhouse gas emissions from transport by 90% by 2050 compared with 1990 (EEA, 2024).



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