

## Travel to

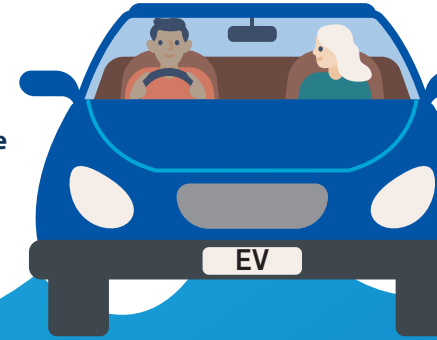
# Planning your journey

Plan your commute to work using this map. Depending on your method of travel, please make sure you follow the appropriate signage to stay safe.

# How far do you travel to work?

Approximately 60% of commuter trips are less than five miles - the perfect distance for cycling!

By changing the mode of travel you use to commute to work just ONE day a week, e.g. cycling instead of driving, you are already **20% more sustainable** for your work journey!



## Air Aware

Air pollution is a serious risk to us all and the areas in which we live and work.

**DID YOU KNOW?** An idling car will emit around 150 balloons worth of pollution every minute!

### Air Pollution:

- Is the single biggest environmental risk and the fourth biggest risk to public health
- Accounts for around 500 premature deaths a year in Staffordshire
- Affects concentration and causes headaches
- Is linked to other diseases such as cancer and heart disease



## Active Travel

Commuting actively to and from work - walking, cycling or scooting - is the perfect way to fit exercise safely into your daily routine.

It is the least polluting and most sustainable way of getting to your workplace while also helping to combat climate change.

- Reduces air pollution in urban areas
- Helps you to stay fit and healthy both mentally and physically
- It's free! Think of how much money you can save by leaving the car at home

## How to prepare for your commute:

Whether you are planning to walk, cycle, scoot or use public transport, it is important to be prepared. Here are some top tips to help you plan your commute.

- Plan and practice your route and, where available, use cycle paths
- Be safe and be seen by wearing bright and reflective clothing and always be considerate to other users when sharing roads or paths
- Regularly maintain your bike or scooter and always secure it safely



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## Modeshift STARS

Modeshift STARS is the Centre of Excellence for the delivery of Effective Travel Plans.

The STARS Business scheme offers National Accreditation to organisations that have shown excellence in supporting cycling, walking and other forms of sustainable and active travel.

