



Investment in sustainable transport is growing with the addition of 290 new train services, \$100 million invested in bike infrastructure and more and more people travelling by foot.

Sustainable transport users can enjoy saving money by reducing their annual car costs, relaxing during their commute or getting their 30 minutes daily exercise by bike and foot.

There are three key reasons to start using sustainable transport:

- Savings can exceed \$12,000 per year by having one less car or you can [compare the savings](#) based on type of car.
- The convenience and [relaxation](#) of train travel has been helped by the addition to the Victorian timetable of [290 new services](#) during peak hours and a convenient way to [plan your route](#).
- With 30 minutes of daily exercise as the recommended daily dose for good health you can [improve your health](#) by moving around by foot or bike instead of car.

The choice of ways to make your [transport more sustainable](#) include: [car pooling](#), tele-commuting or finding a [greener car](#). Also find the best cycling routes and [useful maps and resources](#) for bicycle transport.

Melbourne businessman [Nick Shugg](#) had a health scare in 2008 and decided to try and spend less time in the car and get more exercise. He now uses train and foot to commute to work and cycling for his local trips. He feels fitter, is more relaxed and has enjoyed the annual savings.

Congratulations on starting to think about the sustainable journey, your health and finances will improve as sustainable transport becomes a way of life. You can visit Sustainability Victoria's [ResourceSmart](#) website for more ideas, call the Help Desk on 1300 174 101 with specific enquiries or sign up as a [buddy household](#) to speak with a local, like-minded

householder.

Contact us on:

<http://www.lowenergy.com.au/greenhouseproject/>

Call the GreenHouse Project Help Desk on 1300 174101

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