



Developed by the European Environment Agency  
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- On very hot days use public transport rather than your car.  
Car exhaust emissions react with sunlight and heat to cause polluting gases such as tropospheric ozone. This is the main ingredient of poor air quality and photo-chemical smog, which can cause breathing difficulties. To find out the level of ozone pollution across Europe, go to EEA's Live Ozone Map.
- Going on a longer trip? Choose wisely.  
An average new car generates 160 g/km of CO<sub>2</sub> equivalent per passenger, a plane 100 - 250 g/km, a bus 40 - 80 g/km, and a train 40 - 160g/km. If going by car, take as many passengers onboard as possible as it will reduce the CO<sub>2</sub> emissions per person.
- Travel responsibly!  
Fly only for distances greater than 700 km. Otherwise take the train. A transatlantic flight produces almost half as much CO<sub>2</sub> as an average person produces over a period of one year while meeting all his or her other needs, such as lighting, heating and car travel!
- Buying a new car?  
Why not buy one of the new generation vehicles? A hybrid car consumes between 20 % and 30 % less fuel and generates far less CO<sub>2</sub> than a classical vehicle. So why not pollute less and save money – all at once?

During cold winter days, don't warm up your car's engine while idle. It's safe to start the journey with a cold engine, and you will save on fuel.

Off for the weekend with the family?  
To avoid traffic jams and the related stress, not to mention polluting, why not consider other transportation alternatives? After all, trains are more comfortable!

Looking for more information?

Check :

<http://www.eea.europa.eu>

<http://www.mobilityweek.eu>

# Are you an eco-traveller?

**Tips from the  
EUROPEAN ENVIRONMENT  
AGENCY (EEA)  
and European Mobility Week**





## Transport's contribution to global warming continues to increase

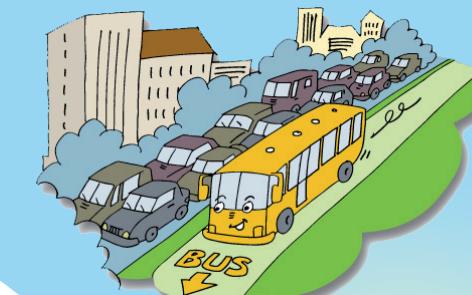
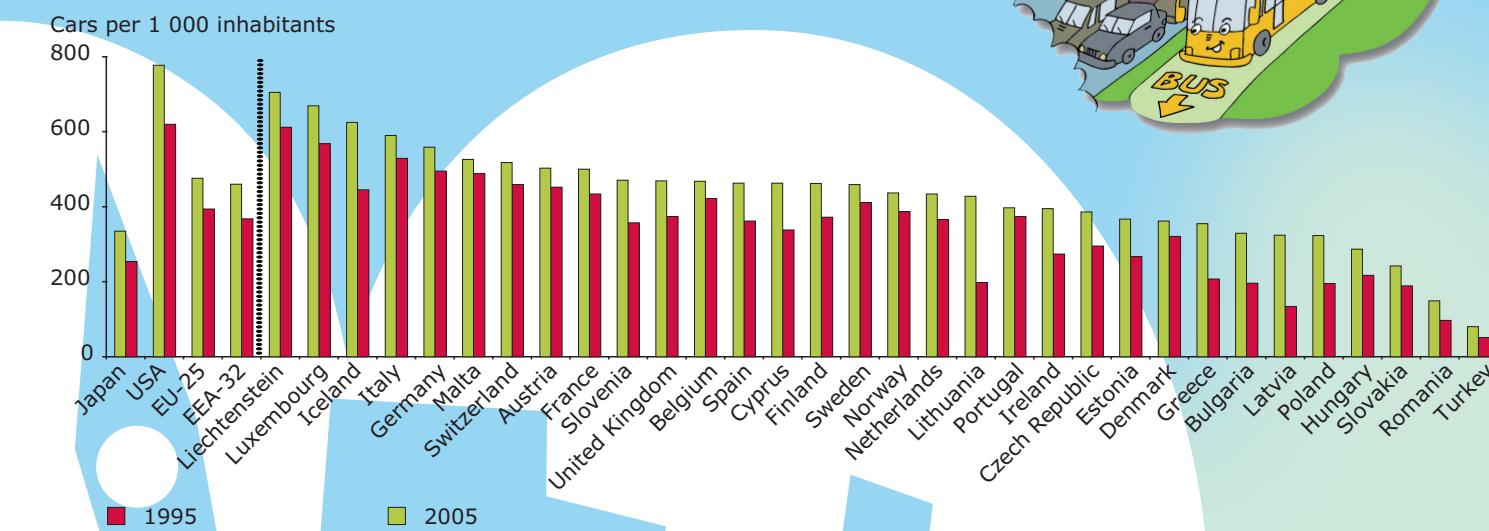
Greenhouse gas emissions – which cause global warming - in the transport sector continue to increase steadily. Emissions from transport grew by 27% between 1990 and 2005 in the 32 member countries of the EEA. This figure is even higher when international air travel and maritime transport is included.

Passenger car use grew by 18% between 1995 and 2004 and was responsible for 74% of all passenger transport. Increased car usage and a reduced number of passengers per car have also led to higher emissions. This undermines the gains from higher energy efficiency levels in vehicles.

To enable the EU to meet future overall greenhouse gas emission reduction targets by 2020, the transport sector must improve its environmental performance. Had the transport sector emissions followed the same reduction trend as in society as a whole, total EU-27 greenhouse gas emissions during the period 1990-2005 would have fallen by 14% instead of 7.9%.



## Car Free or Car Dependent – how does your country compare?



## Why does this matter? What can you do to make a difference?

Get out of your car to get in shape and be friendly to the environment at the same time!

Journeys of less than 3 km may take less time if you walk, use a bike or even take the bus. If taking your kids along, try using a skateboard, skipping rope, rollerblades or buggy boards!

Remember how much fun it was when you were a kid.

Keep on the move!  
Instead of taking the car: walk, cycle, take the bus or use the underground. You will not only keep fit but also help reduce traffic, air pollution, noise and accidents.

Got an errand to run?  
Cars often pollute more on short trips when the motor is cold, so try to walk or cycle instead.

### Car pool!

If you live far away from school and really need to use your car, instead of driving your kids to and from school each day, start a car pooling initiative with the other parents and share the responsibility. It will save you time, petrol and help the environment.

### Keep car tyres properly inflated.

This will reduce wear and tear on them and increase their longevity, thereby saving money. It also saves precious raw material: it takes 27 litres of crude oil to produce a new tire. Under-inflated tyres also increase fuel consumption by up to 10%. Check your tyres at least once a month. It just takes a few minutes.

### Slow down!

When driving your car, drive steadily and anticipate what is coming up. Avoid rapid accelerations and breaking as much as possible. This will decrease your car's fuel consumption.

### Bicycles

Bicycles produce neither greenhouse gases nor pollution and are therefore the least polluting mode of transport.

### Use bicycle couriers!

If you run a business and need to deliver mail and parcels regularly around town, use a bicycle courier service if one is available. Bicycles bypass traffic; are quick; and you will contribute to the improvement of urban air quality in your area.