

# FILL UP WITH FRESH AIR



Commuting by walking or biking is low-cost, low-stress and low emissions.

Reducing car use makes a real difference for climate change

Find out more at [genless.govt.nz](https://genless.govt.nz) or follow us  

# TAKE THE SCENIC ROUTE TO WORK



Walkers feel the most relaxed during their commute to work



Cyclists feel the most excited



Car drivers are the most stressed

Reducing car use makes a real difference for climate change

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# CHOOSE A CLIMATE-FRIENDLY COMMUTE



Make Fridays fuel-free!  
Switch out your car  
commute, and bus,  
bike or walk instead.

Reducing car use makes a real  
difference for climate change

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# HELP THE PLANET BY CHANGING HOW YOU GET **FROM A TO B**



Kiwis spend 146 million hours getting to work each year, most of that in cars, alone.

Reducing car use makes a real difference for climate change

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# HOW DOES YOUR **COMMUTE** COMPARE?

**72%**



of people  
**DRIVE  
TO WORK**

The average  
commute is



**10.7**  
KILOMETRES

Most people



**DRIVE  
TO WORK  
ALONE**

Car use makes  
up around



**21%**  
of a person's  
household emissions

Even one day each week travelling  
by bike or on public transport makes  
a real difference for the climate.

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