

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 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.

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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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