



THINK BEFORE TRAVELLING...

When coming to watch a play at Arcola Theatre, just think about carpooling with your friends and family! Or come by bus or train! The theatre is well served by public transit. Or take the opportunity for some exercise: walk or come by bike! Many of the Arcola staff use these alternative means of transport!

- Use public transit over driving yourself. In this way you reduce carbon emissions.
- Walk or bike as much as possible. Again, it helps to reduce emissions, but the regular exercise will help keep you fit, and you'll save money on gym memberships!
- Enrol in a car-sharing service: they are typically low-cost, so you'll save money on insurance, fuel, the cost of a car, and the hassles that come with owning one! It is very easy to sign up and there are loads of different agencies to choose from. The background checks they conduct on you and others using the service mean that it is very safe.

Here there are some examples www.citycarclub.co.uk and/or www.citycarclub.co.uk

- If you choose to use a car, try to use it as little as possible. Organise your trips with family members, friends or neighbours so you can ride-share and minimise carbon emissions. If you're buying a new car, consider a hybrid: these cars combine traditional internal-combustion engines with a battery-powered electric motor, making them much more environmentally friendly.

To find out more: www.treehugger.com/files/2007/08/green-basics-hybrid-car.php

- When going on holidays or travelling for work try to consider alternatives to flying. Airplane travel is responsible for a staggering amount of carbon: a return flight from London to New York for one person has the same environmental impact as one year of motoring for an average car in the UK! Opt for trains or buses, especially if you're travelling within the UK. When you organise your holidays, think about local natural attractions and cultural destinations before flying thousands of miles, and check for eco-friendly holiday options!

Take a look at www.responsibletravel.com/Copy/Copy900437.htm or www.greentraveller.co.uk.

- If you want to calculate your carbon footprint, try it to the <http://footprint.wwf.org.uk> or <http://actonco2.direct.gov.uk/index.html>.

Your Carbon Footprint is a measure of the impact your activities have on the environment in terms of the amount of greenhouse gases you produce. It is measured in units of carbon dioxide.