

# PUBLIC TRANSPORT TO WORK



## DID YOU KNOW?

Canberra's households paid an average of \$17,478.65 in car running costs in 2019\*.

Public transport may be a cheaper option.

Taking public transport rather than driving can be a healthier, cheaper, relaxing and sometimes quicker option.

Public transport commuters average 35 minutes of physical activity per day, compared to

car drivers who only average 10 minutes a day.

A combination of public transport and walking, cycling or scooting are great options if you live a little further away from work, but still want to leave the car at home. Park and Ride facilities also provide an opportunity to drive part of the way and use public transport to complete your journey.



## WHY TAKE PUBLIC TRANSPORT?



**SAVE MONEY**  
ON FUEL, PARKING,  
AND VEHICLE  
MAINTENANCE COSTS



**IMPROVES HEALTH**  
BY MAKING YOU  
MORE ACTIVE



**SAVE TIME, SAVE STRESS**  
NO PARKING HASSLES,  
ROAD DELAYS OR TRAFFIC  
CONGESTION



**IMPROVE FITNESS**  
INCREASE HEALTH AND  
WELLBEING THROUGH  
EXERCISE