



Hainault Business Park Limited

WIN a £25 Oyster Card by Entering Our Monthly Green Quiz

If you work on Hainault Business Park you could win a **£25 oyster card** (funded by London Borough Redbridge) by entering this month's Quiz.

Oyster cards are the cheapest way to pay for single or multiple journeys on Tubes, buses, DLR and trams in London. Oyster cards are reusable - just top them up with cash or renew your Travelcard/Bus Pass when needed.

Read the following to find the answers to the quiz.

Sustainable Travel

Transport is the fastest growing source of greenhouse gas emissions in the UK, and commuter and business travel constitute nearly 40% of all miles driven by car. Measures to reduce vehicle use can be important for any business seeking to make its operations more sustainable.

A workplace travel plan can help. By managing work related travel and promoting sustainable alternatives through a travel plan, a company can demonstrate corporate responsibility, cut costs, improve staff retention and can reduce commuter car travel by 10 – 30%.

A work place travel plan is a package of measures produced by employers to encourage staff to use alternatives to single-occupancy cars. This could include promoting flexible-working practices and video conferencing and encouraging more efficient journeys through the introduction of car sharing schemes, cycling facilities, bus services or restricted car parking.

Making Travel Plans is an effective business management tool which can be used to generate cost savings, giving companies a competitive advantage. Making alternative travel arrangements other than driving a car can help the environment, save you money and improve your health. Travel Plan measures can include increased walking and cycling provisions, car sharing schemes a reduction in business expenditure on fuel and time spent travelling.

Did you know?

Cycling and Walking can halve your risk of coronary heart disease and reduce stress.

Just over a fifth of all trips in London are less than 1km and for trips 500 metres and under, 20% are taken by car. Many of these journeys could be walked improving health and air quality.

While catalytic converters over long journeys reduce exhaust emissions that can pollute the air over a few kms they have little effect on emissions.

It is estimated that congestion costs industry around £5 Billion a year with car travel still increasing costs are set to rise. Did you know the M1 was only designed to carry 12,000 cars a day, today it carries an average of 88,000.



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Car sharing can save money and reduce the amount of traffic on our roads. If everyone who drives a car on their own to work every day were to catch a lift with someone just once a week the commuting car journeys would reduce by 25%!

The UK has the worst congestion and longest commuting time in the EU.

The UK's traffic situation has led to significant social, economic and environmental costs:

- Traffic jams cost the economy £5 billion every year in lost productivity
- There are 38 million empty seats on the road every day
- The average speed of traffic in London is 9 mph
- 29% of children travel to school by car
- 90% of London air pollution is caused by road traffic

The average commuter drives 19 miles a day. Car-sharing with one other person can save money, and up to 640 kg of carbon dioxide emission per year.

Now go to the Travel Quiz and try to Win an Oyster Card. Only one entry per employee, the closing date for this month Quiz is June 30th. Winners will be informed directly by early July and posted on the employees Green Benefit Page.

[Click here go to the Travel Quiz](#)