



RETHINK *your travel*

RE-MODE, REDUCE,

RE-TIME, RE-ROUTE

YOUR TRAVEL TO WORK

One small change can make a big difference to your day, health, work-life balance and finances.

To change the way you travel to work:

- **Re-mode** by walking, cycling, scootering or catching public transport for one part or all of your journey.
- **Reduce** car trips by ride sharing (carpooling), working from home, using video conferencing or combining trips.
- **Re-time** your trips to avoid peak-hour travel.
- **Re-route** by avoiding congested roads to travel faster.

BENEFITS OF RETHINKING YOUR TRAVEL



ACTIVE & HEALTHY LIFESTYLE

WALKING AND CYCLING ARE GREAT EXERCISE



REDUCES TRAFFIC CONGESTION

MORE PEOPLE WALKING, CYCLING AND TAKING PUBLIC TRANSPORT MEANS FEWER CARS ON THE ROAD



A GREENER ENVIRONMENT

WITH FEWER CARS ON THE ROAD, WE CAN REDUCE AIR POLLUTION AND ROAD NOISE



SAVE MONEY

WALKING, CYCLING, SCOOTERING AND PUBLIC TRANSPORT ARE MORE COST EFFECTIVE THAN RUNNING A CAR AND PARKING



RETHINK *your travel*

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WHAT'S THE CITY DOING?

FOR CYCLISTS AND PEDESTRIANS

To help people make the switch, the City of Gold Coast is:

- creating safer cycle routes with separate street space for bikes
- improving cycleway connections and constructing more direct routes
- adding more lighting along pathways and creating secure bike-storage points
- increasing signage and upgrading road quality in bike lanes
- increasing road-user awareness of rules around shared road use
- providing workshops and information to new cyclists to improve skills, confidence and understanding
- providing information on preferred walking routes to help people plan their trip and connect to other modes of transport
- reducing speed limits in busy areas
- improving dedicated pedestrian zones in busy areas
- improving walkways and constructing more shared cycle/pedestrian paths
- improving pedestrian facilities, including traffic signals and pedestrian crossings.

WHAT'S GOVERNMENT DOING?

To help businesses and commuters make the switch, the City of Gold Coast and the Queensland State Government are:

- supporting the Hopo ferry service
- extending the tramline from Broadbeach to Burleigh and beyond
- improving road connections and conditions to extend the network
- increasing the number of buses, trains and trams
- improving facilities at transport junctions (e.g. lighting, secure bike storage points, signage)
- providing information to help commuters better connect with public transport.

PARK 'N' RIDE

Park your bike and ride the tram the rest of the way to work. Public bike sheds are located at Broadbeach, Cypress Avenue, Gold Coast University Hospital, Griffith University, Queen Street and Southport G:link stations.



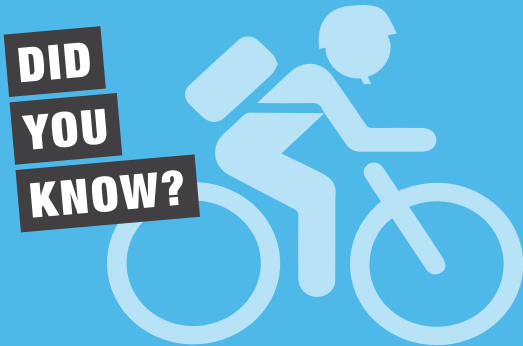
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CITY OF
GOLDCOAST.

CYCLE TO WORK



THERE ARE MORE THAN
2400 KILOMETRES
OF BIKEWAYS AND
PATHWAYS ON THE
GOLD COAST

Improve your health, wellbeing and finances and cycle to work

With more than half the Gold Coast population living within 10 kilometres of their workplace, many can cycle to work. Cycling 30 minutes to and from work burns about 2510 kilojoules and boosts fitness and health. Cycling is an affordable, basic transport option. Selling one family car and cycling to work could save \$7000 a year.

WHY CYCLE?

Cycling improves your health and fitness and can save you money.



SAVE MONEY

ON FUEL, PARKING, TOLLWAY AND VEHICLE MAINTENANCE COSTS



IMPROVE OUR LIVEABILITY, REDUCE

GREENHOUSE GAS EMISSIONS



CYCLING TO WORK CAN IMPROVE

FITNESS AND MENTAL HEALTH



SAVE THE STRESS

WITH NO PARKING HASSLES, ROAD DELAYS OR HEAVY TRAFFIC



SAVE TIME

IT'S OFTEN FASTER TO RIDE THAN DRIVE IN PEAK PERIODS

GOLD COAST CYCLING GUIDE



FREE CYCLING WORKSHOPS



TRANSLINK TRAVEL PLANNER



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CITY OF **GOLDCOAST.**

WALK TO WORK

DID

YOU

KNOW?



25% OF ALL GOLD
COASTERS LIVE WITHIN
5 KILOMETRES
OF THEIR WORKPLACE?

**Explore the Gold Coast by foot, or by
walking to work**

With close to 300 sunny days per year, 52 kilometres of beaches and a relatively flat landscape, the Gold Coast provides an ideal environment for walking.

Just 30 minutes of exercise a day can improve your health and help with weight management. Just walk some of the way to work then catch public transport, you'll burn kilojoules and boost your fitness.

CITY OF
GOLDCOAST.

WHY WALK?

Walking all or part of the way to work will keep you fit, healthy and reduce stress.



SAVE MONEY

ON FUEL, PARKING, TOLLWAY AND VEHICLE MAINTENANCE COSTS



GREENS OUR ENVIRONMENT

REDUCING AIR POLLUTION AND ROAD NOISE



IMPROVES HEALTH

REDUCING THE RISK OF HEART DISEASE, DIABETES AND STROKE



SAVE THE STRESS

WITH NO PARKING HASSLES, ROAD DELAYS OR HEAVY TRAFFIC



IMPROVES FITNESS

INCREASING YOUR HEALTH AND WELLBEING THROUGH EXERCISE

GOLD COAST
WALKING
MAPS



GOOGLE
MAPS



TRANSLINK
TRAVEL
PLANNER



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PUBLIC TRANSPORT TO WORK

DID

YOU

KNOW?



A MEDIUM SIZED
CAR COSTS ABOUT
\$10,000 PER YEAR TO RUN,
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 or cycling are great options if you live a little further away from work, but still want to leave the car at home.

WHY USE

PUBLIC TRANSPORT?

When combined with walking or cycling.



SAVE MONEY

ON FUEL, PARKING, TOLLWAY AND VEHICLE MAINTENANCE COSTS



GREENS OUR ENVIRONMENT

REDUCING AIR POLLUTION AND ROAD NOISE



IMPROVES HEALTH

BY MAKING YOU ACTIVE



SAVE THE STRESS

WITH NO PARKING HASSLES, ROAD DELAYS OR HEAVY TRAFFIC

USE A

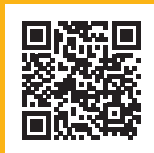
GO CARD

Tap on and off at the start and end of each trip. Go card fares are 30 per cent cheaper than cash fares with an additional 20 per cent discount during off-peak times. Travel for half price after you make more than eight journeys in a seven-day period.

TRANSLINK
TRAVEL
PLANNER



HOPO
FERRY
SERVICE



GET A
GO CARD



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CITY OF
GOLDCOAST.

CARPOOL TO WORK

DID

YOU

KNOW?



SHARING THE DRIVE
WITH A COLLEAGUE
CAN SAVE YOU
AROUND **\$50 A WEEK**

Carpool to help keep the Gold Coast moving

Carpooling is a practical way for staff travelling to and from the same area to reduce their own transport costs and ease demand on the roads.

Save money on daily costs including fuel, maintenance and parking fees, while getting to know your colleagues better.

WHY RIDESHARE?

Consider ridesharing/carpooling with your colleagues to save time, money and stress.



SAVE MONEY

ON FUEL, PARKING, TOLLWAY AND VEHICLE MAINTENANCE COSTS



IMPROVE OUR LIVEABILITY, REDUCE GREENHOUSE GAS EMISSIONS



IMPROVES MENTAL HEALTH THROUGH SOCIAL CONNECTION



SAVE THE STRESS

WITH NO PARKING HASSLES, ROAD DELAYS OR HEAVY TRAFFIC



FREE UP PARKING

FOR OTHERS IN THE CITY/WORKPLACE



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CITY OF
GOLDCOAST.

WORK FROM HOME

DID

YOU

KNOW?



68% OF BUSINESSES
CLAIM THAT FLEXIBLE
WORKING ARRANGEMENTS
HAVE GENERATED
MORE INCOME.

Sometimes the best way to travel to work is to not travel at all. Try working from home and scheduling online meetings.

Flexible work practices include working from home or other locations, flexible work hours, a compressed working week and job sharing.

You can re-time your travel by changing your start and finish times, or work a compressed week with more hours over fewer days to avoid peak-hour travel delays. Working from co-working spaces, clients' offices or other locations closer to home can also reduce your need to travel.

WHY FLEXIBLE WORK PRACTICES?



IMPROVED WELLBEING AND
**WORK-LIFE
BALANCE**
THROUGH REDUCED TRAVEL



LESS CARS ON THE ROAD
MEANS A REDUCTION IN
GREENHOUSE GAS EMISSIONS
**AND A MORE
LIVEABLE CITY**



LESS STRESS
LEADS TO LESS ILLNESS AND
A HAPPIER, HEALTHIER YOU



IMPROVED FOCUS
WHEN WORKING FROM HOME WITH
LESS INTERRUPTIONS LEADS TO
GREATER PRODUCTIVITY



MORE TIME
FOR FAMILY AS WELL AS SPORTS
AND LEISURE ACTIVITIES



SAVE MONEY
ON TRAVEL AND PARKING COSTS



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