



Beat the Rush

- The best ways to get around

Rollerblade, walk, scooter, bike, bus, car... the choices are many when choosing ways to get from one place to another. But, when it comes to the health and well being of the natural environment, some are better than others.

So many choices, so little time!

The most popular way to get from A to B in Canterbury is by using a private motor vehicle such as a car. However, most driving trips are short. One third are less than 2 kilometres long and two thirds are less than six kilometres. These are distances that we could easily walk, bike or bus. And these forms of transport can also keep us fit, save money and reduce air pollution, traffic congestion and the consumption of precious energy sources such as oil and water.

Energy = the ability to do work – e.g. **moving** something

Transport = **moving** from one place to another

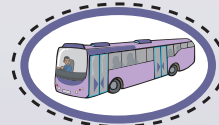
But what can I do?

Play the game to discover all the positive choices that you can make when considering getting from A to B.

You will need:

- Four counters - cut around the pictures on the right and use them!
- Two dice

First to reach the finish, wins!



Walked to the shops - getting fit, looking fine. Move ahead 2 spaces.



You enjoyed a relaxing bus ride to school. Move ahead to the next bus stop.

School students take an average of 10.6 bus trips per week.

START



You get a new Metro card. Move ahead to the next bus stop.

You slept in and missed the bus. Go back 1 space.



First time using a walking school bus! Move ahead 1 space.

Uh oh, it's raining! You get a car ride to school. Go back 2 spaces.

People's dependency on private motor vehicles is adding to an increasingly inactive way of life and many people are no longer getting healthy levels of physical activity.

Well done! You rode your bike to school! Go ahead 1 space.

You carpooled with friends. Move ahead 3 spaces.



Oh no, a parking ticket! Go back 3 spaces.

There are about 16 million trips per year made by bus in Christchurch



FINISH

You catch the new biodiesel bus. Move ahead 1 space.



Running late, caught in a traffic jam. Miss a turn.

Private motor vehicles account for almost 90 percent of total passenger transport energy use. Burning petrol-based fuels releases harmful emissions into the air, which has been found to damage the ozone layer.

Transport uses 42 percent of New Zealand's total energy use.