



The Art of Sustainable Living: based on the principles of One Planet Living

1. SUSTAINABLE TRANSPORT: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the ninth of the One Planet Living principles and the fourth in the **SUSTAINABLE** group: that's **SUSTAINABLE TRANSPORT**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is that local travel by car and travel by airplane can cause climate change, air and noise pollution, and congestion.

To address this, we must reduce car dependence and the need for daily travel, we must make it easy and attractive for people to walk and cycle, promote car-sharing (including car clubs) and public transport, promote low / zero-carbon vehicles including electric cars and raise awareness of the impacts of air travel and promote the alternatives.

Globally, the transport sector is responsible for nearly a quarter of energy-related greenhouse gas emissions. Vehicle emissions are a significant source of the fine particulate matter and nitrogen oxides, both leading causes of urban air pollution increasing the risk of stroke, heart disease, lung cancer, and chronic and acute respiratory diseases, including asthma.

Microplastics released from car tires and brake systems are a major source of marine plastic pollution – every year, 100,000 metric tonnes of microplastics are shed from tires, transported through the air, and dumped in the ocean.

A response to the increasing environmental impacts of driving has seen communities encouraged to adopt active travel. This involves making journeys in physically active ways including walking, cycling, scooting, etc, and there are multiple benefits. It enhances both our physical and mental health, creates safer communities, reduces energy use, traffic congestion, pollution, and carbon emissions.

Alongside the active travel campaign is the slow travel campaign which attempts to lure us away from flying and invites us to enjoy the slower, more relaxed, and scenic experience of travelling by rail where the focus is on the journey rather than the destination.

The Green Centre's journey began by supporting our volunteers to walk, cycle, bus, and car share to work with us. Meticulous planning went into our pickup and delivery routes so we could minimise carbon emissions. In 2020 I sat on the Brighton and Hove City Council Climate Assembly for Transport gaining valuable insight into sustainable transport initiatives locally and across the UK. In 2021 we were grateful to receive funding from the council to lease an electric van significantly reducing our emissions.

You can find out more about the Green Centre **SUSTAINABLE TRANSPORT** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure. Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

450 words