



What is sustainable transportation?

For Transport Canada, this means that the transportation system, as well as transportation activities in general, must be viable environmentally, economically and socially.

Urban sprawl has increased our **dependence** on the automobile.

A car is no doubt necessary in the suburbs, but its use can always be **reduced**.

For city-dwellers, there exist several efficient and inexpensive **alternatives** to the automobile.

Here are some of them.

Moving around ecologically: a few things to consider

A commitment from everyone is needed to build a sustainable transportation system.

- Is your personal car really essential? Could you use it both more ecologically and more economically? What would prompt you to **use it** less – or not at all?
- Does your employer or your educational establishment have a **car pooling** program? If not, become involved and take part in setting one up!
- The next time you **move**, plan to live closer to your workplace or choose an area where you have ready access to public transit.
- How much money do you spend annually on your car (fuel, maintenance, registration, driver's permit, etc.)? Calculate the **costs** of your individual transportation by car, visiting the Web site of the Canadian Automobile Association at www.caaquebec.com.

To move into action, we suggest you start with the following challenges:

- In the next month, can you try an **ecological** means of transport?
- In the next year, can you do 20% of your personal and business **journeys** using an ecological means of transport?

For further information, please contact us:

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SUSTAINABLE TRANSPORTATION

Different ways to Get Around



Move into action

The average North American works 37 hours a month to pay the costs generated by the 23 hours a month he or she is at the wheel of a car¹. These numbers are likely to rise because of higher fuel costs and greater road congestion. This is yet another reason to examine the possibility of making more frequent use of one of the ecological forms of transportation presented in this leaflet.

Car pooling

Car pooling offers a practical alternative for getting to work. It brings down the number of cars on the road, thereby reducing the pollution generated by road vehicles. Car pooling also presents economic advantages, allowing passengers to share costs. In some cases, it can even reduce your travel time. Reserved lanes for car pooling exist on some expressways (for example, on portions of Autoroute 15 in the Montreal metropolitan area). So try car pooling! You'll arrive at work under less stress! If everyone practised car pooling just one day a week, there would already be 20% fewer cars on our roads.

Did you know that car pooling with a minivan carrying six to eight passengers will emit on average about 7.5 times less atmospheric pollution than driving a car alone²?

For long-distance travel, there exist agencies that link drivers and passengers headed for the same destination. Passengers simply share some of the costs. A trip between Montreal and Toronto will cost you just \$25.

Public transit

Have you tried public transit recently? Do you really know about access to your workplace by public transit? Public transit offers many environmental advantages over the use of a personal car. It presents a useful alternative to passengers, often helping them avoid road congestion or parking problems. Free park-and-ride lots are located near major transit boarding points in several cities in Quebec. Moreover, using public transit is more economical than buying and maintaining a car. The annual cost of using an automobile is about \$8,000³, while a monthly transit pass costs only about \$50 in a number of cities across Quebec, saving you more than \$7,000 a year!

Did you know that a bus filled with passengers eliminates the equivalent of 40 vehicles on the road, saves 70,000 litres of fuel, and prevents the production of nine tonnes of atmospheric pollutants per year²?

Active transportation (walking, cycling)

These are the most efficient forms of transportation in terms of energy and money! They help you keep in shape and eliminate parking problems. Exercising reduces the risk of premature death, heart disease, obesity, arterial hypertension and other health problems. Practitioners of active transportation arrive at their jobs fresh, alert and ready to work. Try cycling to work! Several large cities have well developed networks of bicycle paths. Which services are located near your home? Take a short walk to go shopping!

If you live too far from your destination to go all the way by active transportation, consider using it to reach a car pooling partner or a public transit boarding point!

Vehicle sharing

Vehicle sharing is an interesting alternative to buying a personal car. If you're using your car only occasionally, vehicle sharing may be for you. A number of vehicle sharing agencies exist in North America, including one in Montreal and one in Quebec City. Subscribers pay annual fees and can reserve a car 24 hours a day. The user has access to all the agency's vehicles, located in several spots across the city. The subscriber pays according to the time of use or the distance travelled. Registration, insurance and maintenance costs are covered by the agency.

In terms of the environment, it has been shown that members of vehicle sharing agencies are likely to reduce their journeys by car and to use other means of transport when possible. It's estimated that members lower their car journeys by half.

In other words, if you don't own an automobile, you'll walk more often to get to the corner store!

There you have it!

These are just a few of the alternatives available to you. Just keep telling yourself that anything besides the individual use of an automobile is a step in the right direction.

1. A.T. Durning, *The Car and the City*, Seattle, 1996
2. Natural Resources Canada, *Auto\$mart Guide*
3. According to the CAA's *Driving Costs 2000 Guide*. Calculations were made for a Chevrolet Cavalier LS 2000 four door sedan (2.2 litres, 4 cylinders) equipped with a manual transmission. An annual driving distance of 18 000 km was assumed.