

## Active Travel and Connectivity the Mix Your Mode theme for 2017

By choosing to use sustainable transport such as; walking, cycling, carpooling and catching a train or bus to school, college, work or for leisure, people can make significant savings and lead healthier lifestyles while reducing their carbon footprint.

Mix Your Mode's public awareness campaign runs from the 24<sup>th</sup> – 30<sup>th</sup> April 2017. The campaign is an initiative of the Transport and Mobility Forum that encourages the use of alternative and sustainable modes of transport.

A number of events will take place throughout Mix Your Mode week, including a Seminar, Cycle Safety Training and Sustainable Travel Ambassadors. During the week there will be opportunities through Twitter @TMFCork and Facebook to win Park & Ride Vouchers and LEAP Cards courtesy of Cork City Council and Bus Eireann.

The Seminar will take place on Wednesday 26<sup>th</sup> April from 9.30am -1pm at the Metropole Hotel, Cork. Speakers will address the topic of Active Travel and Connectivity from a Health, Transport Operator, School and Workplace perspective. There will also be workshops on Air Quality, Technology and Travel, Connectivity and Health & Wellbeing at the event. Please register via the website.

Chairperson of the Transport and Mobility Forum, Stephan Koch, encourages all those who can to join the Mix Your Mode movement - *"Cork city and county has a diverse range of good quality and reliable transport services that give commuters many alternative options to travelling solely by car. The Forum is dedicated to helping not just commuters but communities to successfully improve the sustainability of their transport networks."* If you are already mixing your mode to commute we would love to hear from you as you may wish to be an ambassador for sustainable commuting.

In a society dominated by single occupant vehicles, now more than ever, there is a greater emphasis on the importance of mixing our modes of transport to become more competitive as an economy, to reduce our CO2 and to have a healthier environment and lifestyles.

For more information on the Mix Your Mode campaign or to get involved visit [www.transportandmobilityforum.com](http://www.transportandmobilityforum.com),

or follow us on Twitter @tmfCork

**ENDS**

or Press Queries:



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