## Leave the car at home – choose public transport instead





**Less stress and hassle:** let someone else do the driving so you can enjoy a less stressful journey – and you don't have to worry about finding a parking space!

**Turn your journey into time well spent:** Use your time to read a good book, listen to your favourite podcast or daydream while staring out of the window.

**Beat the traffic:** Bus lanes, frequent Tubes and quick trains speed up your journey so you can get from A to B faster.

**Do your bit to reduce air pollution:** Fewer cars on the road means better air quality for everyone, which is good for our health and for the planet.

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Visit **air-aware.co.uk** to find out more about air pollution in your area.



