According to NRDC, cars are responsible for about 25% of the greenhouse gases produced in the U.S. and 1/5 of the greenhouse gas total worldwide. They are also a major source of the pollutants that create smog and acid rain, as well as aggravate respiratory conditions.

While its impact varies on a number of factors, air travel is generally considered the most carbon intensive form of transport. According to the Rocky Mountain Institute, aviation emissions have a disproportionately larger effect on climate change because they are released high in the atmosphere. As an Eco-Ambassador, you can help your department to decrease the footprint of its travel with the following tips:

Cleaner Alternatives

**Bike or Walk**

Human-powered transport is the lowest impact way to travel!

- Use Google Maps (maps.google.com) to map a walking route to your destination.
- Bike travel to Tufts is made easier and safer with a number of local bike lanes, numerous bike racks on campus and registration with TUPD. Check out MassBike (www.massbike.org) for more resources.

**Car Share**

- Tufts staff older than 21 can join ZipCar for only $25 per year (50% off the annual rate).
- Hourly charges range from $7-$11 and cover all insurance, maintenance, and gas costs.
- There are four ZipCars available on the Medford campus.

**Take Public Transit**

- Tools like the MBTA Trip Planner (http://mbta.com/rider_tools), the Joey Tracker (http://joey.tufts.edu) Google Maps make it easier to incorporate public transit into your busy schedule.
- Tufts faculty and staff can buy MBTA passes and tickets with pre-tax dollars through the Commuter Benefit Program operated by WageWorks.

**Ride Share**

- MassRIDES (www.commute.org) can help with daily commuting and will even ensure rides home in an emergency.
- GoLoco (www.goloco.org) is great for coordinating shopping trips & special events with friends.
- Consider working with your colleagues to set up an office carpool.

**Don’t Forget!**

- If you can avoid traveling for business by using phone, video and/or web conferencing, do it.
- Talk to your boss about telecommuting. If you can’t do it frequently, try for bi-weekly or once a month.

Can’t Get Around It?

- Keep your car well maintained and the tires inflated properly in order to increase fuel efficiency.
- Avoid idling – it needlessly releases carbon dioxide (CO2), nitrogen oxides (NOx) and carbon monoxide (CO) into the atmosphere and wastes an expensive, non-renewable resource.
- Prioritize fuel efficiency when purchasing your next car and consider a hybrid.
- Consider using the train for short business trips.
- Use www.terrapass.com, www.carbonfund.org or another organization to offset your flight, car trip or train ride.
For More Information:
- Tufts OOS Transport page: [http://sustainability.tufts.edu/Transportation.htm](http://sustainability.tufts.edu/Transportation.htm)
- Livable Streets Alliance: [http://livablestreets.info](http://livablestreets.info)

Commuting
- [AAA Driving Costs](http://www.aaa.com) - the real costs of owning and using a car
- [Park and Ride locations in Mass](http://massbike.org/park-and-ride/) - found a carpool buddy, but just need a place to leave a car? (Mall parking lots work well too!)
- [Commuting Options in Mass](http://massbike.org/commuting-options/) - boat, bus, you can find it all on this site
- [GoLoco](http://goloco.com) - The Ride Revolution - find rides to work, play and travel (Facebook application)
- [eRideShare.com](http://erideshare.com) - find a carpooling partner
- [MBTA](http://mbta.com) - use the Trip Planner to plan your commute

Buying a Car?
- [Hybrid Car Center](http://www.hybridcars.com) - learn about Hybrid vehicles
- Find the [fuel economy of your car](http://www.epa.gov/energy/fueleconomy) (or future car)
- [Consider your car](http://www.eia.gov) - general information on owning and using a car from the US Department of Energy
- [Best Workplaces for Commuters](http://www.commuters.org) – help your friends and family find a good job

Just trying to get around?
- [PlanetTran](http://www.planetransystems.com) - Hybrid Taxis
- [ZipCar](http://www.zipcar.com) - rent a car by the hour
- [Amtrak](http://www.amtrak.com) - it's a beautiful ride to NYC on the train...

Workplace Initiatives
- Host MassRides at your office (contact Brad.Winnett@state.ma.us)
- Host events during Bay State Bike Week - [http://massbike.org/bsbw/](http://massbike.org/bsbw/) - make it an “alternative commute to work week” with a raffle.
- Pass out information on bus routes and schedules that pass by your office
- Have folks calculate the real costs of owning and using a car [AAA Driving Costs](http://www.aaa.com)
- Suggest folks take the train to places less than 250 miles away (NYC, RI, CT, Portland) instead of flying
- Encourage commuting-buddies – where people take the bus/train together
- Set up an office Google Earth map that shows where everyone lives (with first names and street names or towns only) so it’s easier for folks to find people who live near them.