The flowers are blooming, the sun is shining and spring has arrived at UQ. Now is the best time to enjoy the beautiful weather, and what better way to do that then by getting out of our cars and travelling in a sustainable fashion? We are calling on all Green Offices to participate in the Green Office Sustainable Transport Competition.

**When?** From Monday 29th October – Friday 2nd November, we want as many staff members as possible to travel sustainably at UQ.

**How?** Walking, cycling, rollerblading, public transport, carpooling... be creative! For those who commute from very far distances, one option might be to drive part way, and walk the rest. Travel methods for business meetings also count. The key is sustainability, and if you happen to get exercise and fresh air at the same time, then all the better!

**Keep in mind...** Changing the way you travel can save on carbon emissions.

- **Plane:** Flying 730km (Brisbane to Sydney) can emit **249.21kg of CO$_2$-e**
- **Car:** Travelling 20km (Brisbane airport to UQ) can emit **4.76kg of CO$_2$-e**
- **Ferry:** Travelling 10km (City to UQ) can emit **2.43kg of CO$_2$-e**
- **Train:** Travelling 80km (Brisbane to Gold Coast) can emit **2.11kg of CO$_2$-e**
- **Bus:** Travelling 20km (Brisbane airport to UQ) can emit **1.71kg of CO$_2$-e**

**Details:** Keep a record of distance travelled each day (this can be obtained through Google Maps ‘get directions’ function), the method used, and number of participants. Once the week has concluded, send your results to greenoffice@pf.uq.edu.au by 8th November. The results will then be calculated by UQ Sustainability to see which office has had the greatest reduction in carbon emissions.

**Prizes:** The office with the lowest carbon emissions will win a Fair Trade hamper, and an individual prize of a UQ Sport subscription will be awarded to the person who travels the furthest in the most sustainable way. Winners will be announced mid-November.

Get excited, dust off those running shoes, and be prepared for an exciting commute to work. If your office would like to participate, please email us at greenoffice@pf.uq.edu.au to register. Good luck and happy commuting!