

Find out more about

K-Savers

K-Savers is a transport education project that aims to reduce car dependency by introducing people to the benefits of turning car trips into opportunities to improve fitness, and create more leisure time. It also looks at how we can change the way that others use our spaces, if we look at how we use them!

Marrickville Transport Action Group

MTAG is a group of residents dedicated to finding creative and community-friendly solutions to transport issues affecting people in the Marrickville Council area. The K-Savers Community Workshop project is part of MTAG's efforts to work with the community on problems posed by congestion, air and noise pollution, and the impact of busy roads on community networks.

See www.marrickvilletag.org for more information

Citizens For Sustainability Grants

Do you have an idea for a great community-based environmental project but need some help getting it started? If your project contributes to ecological sustainability then you could be eligible for one of Marrickville Council's Citizens for Sustainability Grants. See www.marrickville.nsw.gov.au for more information.

Mental Speed Bumps and Place Making

Want to know more about taming traffic and creating more liveable communities? See www.lesstraffic.com



Trip Tracker

The K-Savers Project is funded by a grant from Marrickville Council



K-Savers Trip Tracker

The aim of the K-Savers Trip Tracker is to help you find out how to make the most out of the time you spend travelling every day.

The aim of the game? It's up to you! The goal of K-Savers is to reduce the number of kilometers our community travels by private car, for health and environmental reasons. Your goal might be to save money by reducing your transport costs by riding to work or taking the train or bus more often. Other people might want to change for health reasons or just because they are sick of spending so much time in traffic.

The K-Savers Trip Tracker will help you identify the kind of changes that you would like to make, identify some realistic goals and then help you meet them.

Good Luck!
K-Savers Team

DID YOU KNOW?

By reducing VKT by 5km per week you will save:

- 582kg of CO₂ per year.
- \$1476 dollars a year on vehicle running costs.
- Cars with catalytic converters to reduce pollution are only effective after the car has been operating for several minutes. This makes your driveway or street a dangerous place to breathe!
- Every km you walk or cycle burns the equivalent of 0.5 mars bars.

The K-Savers Trip Tracker "Trip Off"

1. At the end of every week put your weekly totals in the boxes below - all bike and foot trips are Active, all bus, train, ferry, lightrail or taxi trips are Public, and any trip by private car is Private.
2. Add all the points together to get your grand total and then compare them with friends, family and neighbours.

My Totals

Week	Points		VKT	Time
	Active	Public	Private	
0				
1				
2				
3				
4				
Subtotal				
Points				=

You can have a trip tracking trip off with your school or social groups too!

K-Savers has produced a chart that allows everyone in your family, school or social group to compete with each other. Each chart runs for thirty days. Talk to the K-Savers team for more information.

Trip Tracker Blogspace

Tell us about your experience of each new week in the journey towards lower VKT.

Week 1

Your normal routine. What do you think you'll do differently?

Week 2

Time to introduce your first change – how did you go?

Week 3

What are the easiest of the changes that you've made?

Week 4

What are the hardest of the changes you want to make?

Week 5

The last week of the challenge – what do you think now?

Making This Action Personal!

Fill in these details *before* you start using the Trip Tracker. You will find it useful to look back and see how far you've come (or how far you've got to go!).

My Goals: check one or more, and add more if you need to!

save money on petrol and parking

spend less time sitting in traffic

spend less time looking for parks

improve my fitness level

meet new people

reduce greenhouse emissions

reduce air pollution

Other: _____

Other: _____

Other: _____

My Car:

Make: _____ Type: _____ Weight _____

My Travel:

Are you required to drive for work? _____

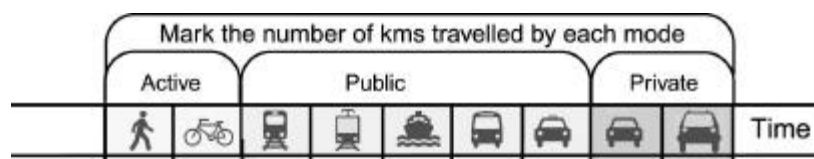
I work/study in _____

I shop for groceries at _____

I socialise in the following areas:

Using The Trip Tracker

The Trip Tracker helps to identify the 'trips' that you take regularly during the week. Once you've identified your pattern, you can start to make changes that will help you reach your goals. There is no goal too small and every step is worth taking!



From left: Walking, Cycling, Trains, Light Rail, Ferry, Bus, Taxi, Car, 4WD

What does it all mean?

There are five trip tracking record sheets in the centre of this booklet. Simply start in the middle and make an entry every time you travel (unless you travel for work). The icons should be fairly familiar to you – but we've had to come up with our own for a 4WD vehicle (it's the big vehicle on the far right).

Week 1 – This is your travel pattern now.

Fill it out this week so you have a record of where you started. If you drive as part of your work (ie a sales representative or courier) don't mark your work-specific trips in the tracker.

Week 2 – This is your first opportunity to make a change.

Using your research into trips the alternatives, change one of your trips for the better. It could be a shorter car trip, a shared car trip or you can make it a totally different trip by a different form of transport.

Week 3 –Your second opportunity to make a change.

How did you go? If you didn't do so well, see if you can manage it this week. Check out our list of trip changers on page 5.

And so on.... Take out each week's sheet when you've finished tallying up your points, and record the summary on the table at page 7. Send your record sheets to the K-Savers team (address on back).

Trip Changers

Here is a list of ways that you can change the way you travel and reduce your VKT.

1. Make a list of all the things you might need the car for on any given day, and do them on the same trip.
2. Ask other people in your household if there is anything they need that you could pick up on your own trip.
3. Go to www.131500.com and check out all the great tools that are available for planning a trip by public transport.
4. Download the local bus timetables for your area.
5. Find out how close the nearest bus stop is to your home and workplace.
6. Find out how close the nearest train station is to your home and workplace.
7. ...
8. ...
9. ...
- 10....
- 11....
- 12....
- 13....