



**RCSI**

UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES



# SUSTAINABLE COMMUTING GUIDE

SUPPORTED BY THE RCSI SUSTAINABILITY  
AND CLIMATE HEALTH COMMITTEE



RCSI LEADING THE WORLD  
TO BETTER HEALTH



RCSI IS COMMITTED  
TO ADVANCING  
SDGS AND  
ACHIEVING NET  
CARBON ZERO  
BY 2050.

## INTRODUCTION

**RCSI's base in the centre of Dublin – at St Stephens Green – has been here since 1810. The RCSI campus has formed part of the streetscape of Dublin for over 230 years and provides a state-of-the-art educational experience.**

The United Nations' 17 Sustainable Development Goals (SDGs) are a global call to action to promote prosperity while protecting the planet. Given the unique role universities play in creating and sharing knowledge, as a community they are critical contributors to achieving the challenges set out by the SDGs. RCSI recognises that as an educator, we have a responsibility to play a central and transformational role in advancing the SDGs by 2030.

This guide is designed to support our Students and Staff who wish to travel in a more sustainable way and help to reduce our carbon footprint.





## WALKING

One of the obvious benefits of walking to RCSI is you will reduce your carbon footprint while exercising.

A brisk walk is one of the most effective cardiovascular workouts possible. In the long-term, walking to work will do wonders for your heart health, your lung capacity, your stamina, and your energy levels.

Walking to RCSI may take longer than cycling, driving, or using public transport.

But think of all the things you could do with that extra time - Podcasts! Audiobooks! Spotify playlists or even an opportunity to catch up on recorded lectures. Your walk to RCSI could be an opportunity to really indulge in some more you time!

## CYCLING

Cycling has health, financial and environmental benefits! Cycling to RCSI allows you integrate that simple feeling of exhilaration into your daily activities.

Why not observe your surroundings, listen to the birds and wave at passing cyclists as you cycle to campus? Soon enough, you'll find yourself wishing your commute were longer.

## STAFF CYCLE TO WORK SCHEME

RCSI has engaged with an external provider Tax-Free Bicycles, managed by former Tour de France cyclist Laurence Roche to manage the Cycle to Work Scheme for the University.

The Cycle to Work Scheme provides RCSI staff with an opportunity to purchase a tax-free bike for the purpose of traveling to work.

## WHAT IS THE CYCLE TO WORK SCHEME?

IT IS A GOVERNMENT SCHEME DESIGNED TO ENCOURAGE PEOPLE TO BUY BICYCLES AND CYCLE TO WORK.

RCSI staff can purchase bicycles and associated safety equipment up to €1,250 and electric bike the revised exemption limit is €1,500 on our staffs behalf. Staff then repay the value of their bike through payroll deductions from gross salary over a period of up to 12 months. The Cycle to Work scheme is tax efficient which means deductions are made from salary pre-tax. Therefore staff do not pay tax on this income. Staff may avail of the exemption once in any four-year period. For further information on this service please click [here](#).





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## DUBLIN BIKES

DublinBikes, also known as NOW DublinBikes, is a self-service bike rental system open to everyone from fourteen years of age. Stations are distributed throughout the city centre to enable easy access and optimal use for subscribers. Each station has a minimum

of fifteen stands, making it easy to avail of this service. The service is accessible twelve months a year, seven days a week between the hours of 5am, and 12.30am.

For more information on how to access the service visit the official website [here](#).

## CYCLIST SAFETY

Cycling is a great mode of transport; however, when using the roads, you can be vulnerable, so it's important to understand how to keep safe while cycling.

HERE ARE SOME USEFUL TIPS:

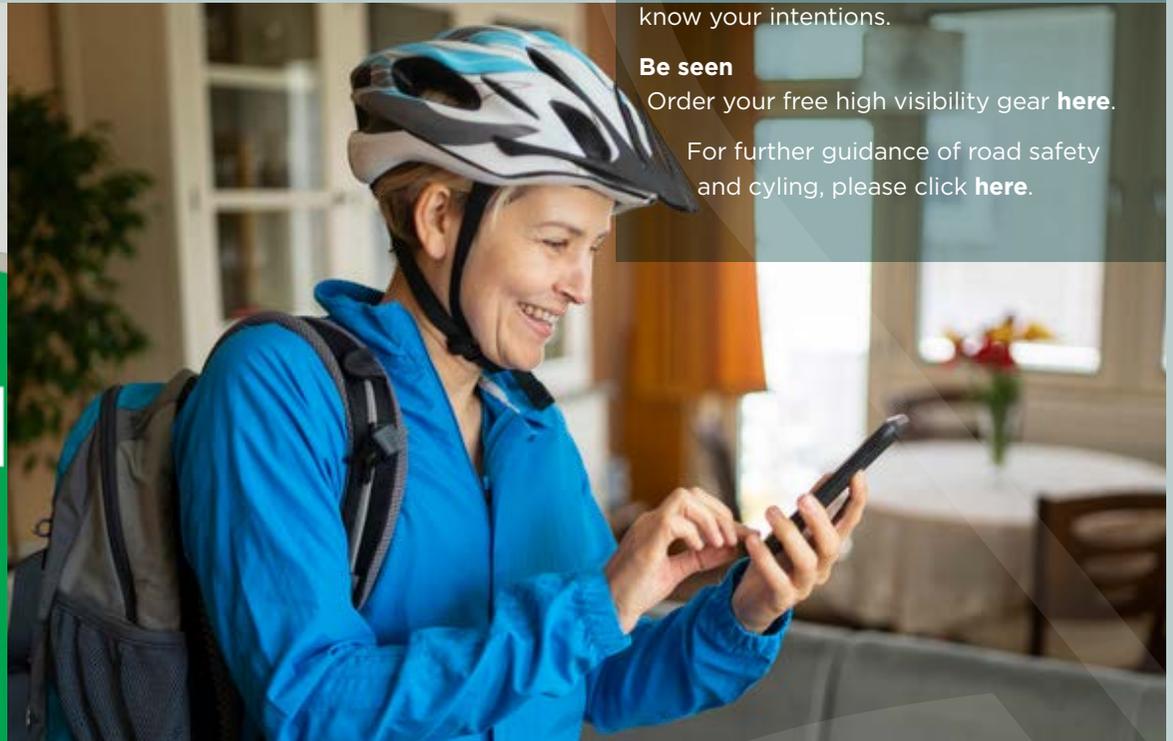
**Keep your bike roadworthy** Perform regular safety checks on your bicycle equipment

**Wear a bicycle helmet** Check out the RSA cycle safety booklet for advice on choosing and fitting a helmet.

**Understand the hand signals** It's important you let other road users know your intentions.

**Be seen** Order your free high visibility gear [here](#).

For further guidance of road safety and cycling, please click [here](#).





## CAR PARKING

As a city centre campus RCSI does not have car parking facilities, so when you are planning your visit, please consider using public transport. We fully appreciate that for some of our staff and students the commute by car is their only viable option to travel to campus.

Should you decide to travel by car, parking is available in the city, however it is limited and very expensive. Discounted parking is available to students and staff at Q Park, located behind 123 St Stephen's Green.

Further information on how to avail of Q Park discount is available [here](#).

## CAR SHARING

If travelling by car is unavoidable, you are strongly encouraged to car pool where possible. Share a Car or taxi and cut your carbon footprint in half!

Large numbers of employees and students alike travel from campus to other

RCSI locations or similar destinations. It is likely that people will easily find like-minded motorists who are prepared to carshare/taxi share on a regular or occasional basis.

For more information see [www.carsharing.ie](http://www.carsharing.ie)



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AND CUT YOUR CARBON  
FOOTPRINT IN HALF!

