



# SUSTAINABLE COMMUTING GUIDE

SUPPORTED BY THE RCSI SUSTAINABILITY AND CLIMATE HEALTH COMMITTEE



RCSI LEADING THE WORLD TO BETTER HEALTH



## 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.

SDGS AND ACHIEVING NET CARBON ZERO BY 2050.



## WAIKING

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 on recorded lectures. Your 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 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.



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

## DUBLIN BIKES

DublinBikes, also known as NOW DublinBikes, is a selfservice 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

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

**Understand the hand signals** Its important you let other road users

know your intentions.



## PUBLIC TRANSPORT

Public transport continues to be the most popular form of commuting to RCSI, and will continue to be essential to our sustainable transport

Compared with driving alone taking public transportation reduces CO2 emissions by 45%, decreasing pollutants in the atmosphere and improving air quality. Dublin Public Transport website is designed to fill that gap and provide users with easy access to information about bus, train and tram services in the city. For further information please visit www.

RCSI is conveniently located right in Dublin City centre with many forms of public transport right on our doorstep. Here's how to get to RCSI using public transport:

### **Dublin Bus**

Dublin Bus runs all public bus services in the greater

Dublin area. Buses start from 5am and finish at midnight. Dublin Bus also operates a night-time bus service called Nitelink, which runs from the city centre to the suburbs. Fo further information on bus timetables and fares, please visit dublinbus.ie

### LUAS

LUAS (meaning 'speed') is the Light Rail transport system in Dublin. The LUAS connects suburban parts of Dublin to the city centre with a high capacity and high frequency transport service. The St Stephen's Green stop on this line is located immediately across from RCSI. You will get further information on luas ie

#### DART

The DART (Dublin Area Rapid Transit) is an electrified commuter rail network serving the coastline and city centre of Dublin. The service makes up the core of Dublin's suburban railway network, stretching from Greystones, County Wicklow, in the south

# TICKET SCHEME

north County Dublin. The main DART stations servicing the Dublin city centre are Pearse Station, Tara Street Station and Connolly Station. For timetables see irishrail.ie

The Taxsaver Commuter Ticket Scheme is designed to help reduce the cost for workers using public transport. The Taxsaver scheme is not limited to State-owned public transport and can include private operators (if they are approved transport providers).

The Taxsaver Scheme provides RCSI staff the opportunity to avail of taxfree commuter services from the various transport providers nationwide; e.g. Dublin Bus, Bus Eireann, arnrod Eireann, Luas and Swords Express etc. Employees can save between 31% and 52% of travel costs as a result of tax, PRSI and USC savings by using a TaxSaver ticket. RCSI have engaged with an external provider, Tax Free Commuter, to manage the Taxsaver Scheme for the College. For further information on the scheme please click here

## TFI LEAP CARD

A TFI Leap Card is a prepaid travel card that is the easiest way to pay your fare on public transport around Dublin. A Leap card offers the flexibility to jump on Dublin Bus, Luas, DART and commuter rail services around Dublin when it suits you without having to buy a specific ticket in advance. Fares are usually up to 31% less than cash single tickets. You'll also get other smart discounts like fare capping and the TFI 90 minute Fare (TFI 90) in Dublin. For further information on TFI Leap card and student discounted Leap cards please see www.

## 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





#### RCSI Human Resources

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