



"Improving Public Health by Greening the NHS"



**18+ Student?  
Save 30%  
on your travel**



If you are a student enrolled in an eligible full-time or part-time course you may be eligible for a 30% discount 18+ Student Oyster Card.

By taking public transport to work, you could save money on fuel, potentially reduce your car insurance, prevent wear and tear on your car, avoid parking fees and free yourself from stressful traffic jams. With the rising cost of petrol, there are more and more staff looking for ways to save money.



Depending on where you live, taking public transport to work might actually be cheaper than driving. The information in this Green Message will help you to find out how to get discounted Oyster Card and others ways of saving money by using Adult Oyster Card.

## Am I eligible for an Oyster Card?

If you are:

- Aged 18 or over
- Enrolled with a participating education establishment registered on the TfL scheme, or on mandatory work placement in London
- Enrolled in an eligible full-time or part-time course
- Living at a London address during term time

## How much do I save?

### YOU save against Adult Oyster Card (sample)

Zones	7 Day	Monthly	Annual
<b>Zones 1 - 2</b>	£9.20	£35.30	£368
<b>Zones 1 - 4</b>	£13.10	£50.00	£524
<b>Zones 1 - 6</b>	£15.70	£64.20	£658
<b>Bus &amp; Tram</b>	£5.90	£22.60	£236

## How can I apply?

You can apply online by visiting TfL website: <http://www.tfl.gov.uk/tickets/14312.aspx>

### You will need:

- A colour digital photo to upload
- Your Enrolment ID from your education establishment
- Your course start and end dates
- A credit or debit card to pay the £10 fee
- An active email address

## More on Adult Oyster Card

Using an Oyster Card can save you a bundle on train and bus fares. You can get an Oyster card from ticket offices at National Rail stations, London Overground stations and Tube stations. You can also order an Oyster Card online to be delivered by post. Check on:

<https://oyster.tfl.gov.uk/oyster/link/0005.do>



## Which buses stop at Queen's and King George?

Queen's	King George
175	173
365	362
128	387
193	396
496	
498 & 499	66
898 (community bus)	



103 and 174 serves Oldchurch Road which is not far from Queen's hospital.

## Shuttle Bus for Staff working between sites

Instead of using your car to travel between sites, why not make use of the Staff Shuttle bus? You can download the shuttle bus timetable [here](#). **Please note:** the shuttle bus is only for staff travelling across sites whilst on duty i.e. to attend meetings; the shuttle bus should not be used for travelling to and from work. If you are a resident of, live local to or just park at King George and work at Queen's then you should travel to and from work via Public Transport, likewise if you work at King George and are travelling from Queen's. Staff not on duty are not insured to travel on the shuttle bus.

## Liftshare - another way to save money!

Consider sharing lifts with your colleagues. Ask around your department whether there is anyone travelling in roughly the same direction as you – you might be able to share lifts. Even if you share one day a week, the high cost of fuel means you could save a significant amount of money. If you'd like help finding colleagues across the Trust who drive a similar route to you, register your journey with <http://www.bhrut.liftshare.com>.

## Did you know?

The average worker in the UK spends **5 weeks** commuting every year! If you drive, you have to concentrate on the road, but if you take public transport, you can at least make use of the time spent commuting reading, listening to the radio, watching TV and movies on your smart phone, and even catching up on your emails.

## Sustainability Team's message

- **Please share** this message with your colleagues and help raise awareness.
- **Tell us if there is a problem!** – If you have an issue relating to **heating, cooling, lighting, water, or waste** please tell us about it. We may be able to sort it out for you. Email us: [sustainability.BHRUT@bhrhospitals.nhs.uk](mailto:sustainability.BHRUT@bhrhospitals.nhs.uk)
- **All ideas are welcome** - if you know a green tip, green image, heard/experienced a green story which could be published, please let us know by emailing: [sustainability.BHRUT@bhrhospitals.nhs.uk](mailto:sustainability.BHRUT@bhrhospitals.nhs.uk)
- **Why not become a Green Champion?** - It is an opportunity to learn about the sustainability and help the Trust and your colleagues become more sustainable. For more information contact: [sustainability.BHRUT@bhrhospitals.nhs.uk](mailto:sustainability.BHRUT@bhrhospitals.nhs.uk) Tel. Ext. (79) 6213