

CLEAN AIR WEEK

Simple Steps to Clean Air

CAW!

#CleanAirWeek



Using sustainable travel can greatly contribute to cleaner air by reducing emissions of pollutants and greenhouse gases. Here are some simple ways to use sustainable travel to improve air quality:



Walking to school is a **zero-emission** option that eliminates the use of vehicles, reducing air pollutants like carbon dioxide, nitrogen oxides, and particulate matter. It's also a great way to promote physical health.



Riding a bike is another eco-friendly mode of transportation. Like walking, it produces no emissions and can help reduce traffic congestion, which is a major source of air pollution.



Buses and trains produce fewer emissions per person compared to individual cars. Taking public transport can reduce traffic congestion and overall air pollution.



Sharing a ride with classmates or neighbours reduces the number of cars on the road, lowering overall emissions. Fewer vehicles mean fewer pollutants released into the air.



A "walking bus" involves a group of children walking to school together, supervised by adults. It's a safe, organised way to encourage walking, reducing the need for individual cars.



Electric bikes are a convenient, eco-friendly alternative to cars for short commutes, reducing emissions and traffic congestion.



Many town and cities offer bike-sharing services, allowing people to rent bicycles for short trips. This reduces the need for cars and cuts down on air pollution.

By adopting these sustainable transport options, students can actively contribute to cleaner air and a healthier environment around their schools and communities.

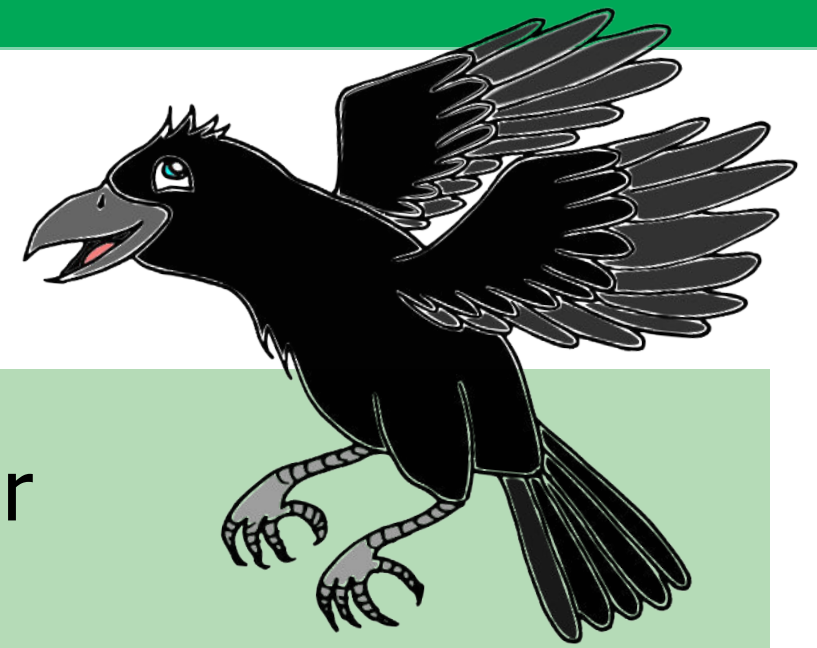
SEACHTAIN UM AER GLAN

Céimeanna Simplí chun Aer Glan a bhaint amach



CAW!

#CleanAirWeek



Cuidíonn an úsáid de mhodhanna taistil inbhuanaithe go mór le haer glan chomh maith le hastú truailleán agus gás ceaptha teasa a ísliú. Seo a leanas céimeanna simplí chun modhanna taistil inbhuanaithe a chur i bhfeidhm chun caighdeán aeir a fheabhsú.



Is modh **saor ó astaíochtaí** é chun súil chun na scoile. Dibríonn sé úsáid na bhfeithicilí, ag ísliú truailiú san aer e.g. dé-ocsaíd charbóin, ocsaíd nítrigine agus ábhar cáithnínach. Is bealach iontach é chun dea-shláinte choirp a chur ar aghaidh!



Is modh eile taistil í rothaíocht. Ar nós a bheith ag súil, ní chuireann sé le haon astaíochtaí agus cabhraíonn sé le hísliú méid na tráchta, atá mar fhoinsé suntasach truailiú aeir!



Táirgeann an bus agus an traen níos lú astuithe in aghaidh an duine i gcomparáid le gluaisteáin. Is féidir brú tráchta agus truailiú aeir a laghdú má ghlactar leis an gcóras iompair poiblí.



Laghdaítear líon na ngluaisteán ar an mbóthar trí turas a roinnt le do chairde ón scoil nó le comharsana, rud a laghdaíonn astaíochtaí. Ciallaíonn níos lú feithiclí laghdú ar thruailiú a scaoiltear isteach san aer.



Is é atá i gceist le “bus siúil” ná grúpa leanaí ag siúl chun na scoile le chéile (faoi mhaoirseacht daoine fásta). Is bealach sábháilte, dea-eagraithe é chun an modh siúil a spreagadh, rud a laghdaíonn an gá ann le gluaisteán.



Is rogha áisiúil agus éiceabhách iad rothair leictreacha seachas comaitéireachta gearra a dhéanamh i ngluaisteán. Laghdaítear astaíochtaí agus brú tráchta.



Cuireann go leor bailte agus cathracha seirbhísí roinnte-rothar ar fáil. Ligeann sé do dhaoine rothair a fháil ar cíos do thuras ghearr. Laghdaítear an gá ann le gluaisteán agus bíodh dea-thionchar ar thruailiú aeir.

Má ghlactar leis na roghanna iompair inbhuanaithe seo, is gníomhaí le haer níos gloine iad na mic léinn ag cothú le timpeallacht níos sláintiúla thart ar an scoil agus an pobal