

# Make a New Year travel resolution

With the New Year often come new resolutions – small changes that can improve your health, wealth and happiness over the coming months.

CHECK out Metro Travel's guide to help you reach your goals in 2016.

## Boost health and fitness

Make a pledge to cycle to work one day (or more) a week. Cycling at a moderate speed burns around 470 calories an hour and improves cardiovascular health.

You don't need to own a bike. Santander Cycles can be hired from



just £2 a day and, with more than 10,000 bikes and 700 docking stations in central and East London, the system is easier than ever to use. Find out how to get started at

[tfl.gov.uk/santandercycles](http://tfl.gov.uk/santandercycles).

Those taking to two wheels can benefit from cycling on safer streets and junctions thanks to TfL's plans to modernise London's roads. Cycle Superhighway 5 – providing segregated cycle routes from Oval to Pimlico – was completed last year and three more superhighways will be completed by the summer.



## Save money

Walking part or all of your commute could save pounds from your bank balance as well as your weight.

Regularly getting off the Tube a stop or two earlier could save you money over the course of the year.

If you don't have the time or energy for long walks, review how you are paying for fares. Pay as you go is cheaper than using cash and, if you make many journeys in a day, the cost of your travel is automatically capped. Contactless payment also limits the total you pay for a week's travel thanks to Monday-to-Sunday capping, and is a great choice for people who work part-time or irregular hours. Visit [tfl.gov.uk/fares](http://tfl.gov.uk/fares).

## Make friends and help the community

Volunteering is a wonderful way to meet new people, enhance your CV and make a real difference to your neighbourhood.

Website [volunteerteam.london.gov.uk](http://volunteerteam.london.gov.uk) contains thousands of opportunities to make a difference. You could help out at large sporting events, create community gardens, mentor young people or befriend an elderly person who lives near you.

People who can't commit a lot of time but would still like to help can try speed volunteering. These roles are usually



one-offs or flexible, and take only a few hours. Browse positions at [speedvolunteer.london.gov.uk](http://speedvolunteer.london.gov.uk).

## Train for a new career

The transport industry is always looking for engineers, with particular shortages in highways, rail and planning.

TfL and its supply chain takes on hundreds of apprentices every year, with some getting the chance to work on vital projects such as upgrading the Tube and modernising London's road network.

Apprentices earn as they learn, while gaining valuable hands-on experience. Some placements also offer the chance to work towards professional qualifications, from BTECs to degrees.

Find out more and apply at [tfl.gov.uk/apprentices](http://tfl.gov.uk/apprentices).

## Be kinder

Being on the receiving end of a kind gesture can make your day.

Help others by offering your seat to someone less able to stand, assisting those who are struggling with buggies or luggage, or just offering a smile.



Read about TfL's campaign to encourage passengers to be more considerate while travelling at [tfl.gov.uk/travelbetterlondon](http://tfl.gov.uk/travelbetterlondon).

For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)

## London travel advice: plan your journey now



[tfl.gov.uk](http://tfl.gov.uk)



24 hour travel information  
**0343 222 1234\***



[tfl.gov.uk/socialmedia](http://tfl.gov.uk/socialmedia)

### London Travelwatch

London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply.  
See [tfl.gov.uk/terms](http://tfl.gov.uk/terms) for details.



Newspapers left on the Tube can jam doors and cause delays to your journey.  
Take your newspaper with you or put it in a recycling bin.