

# ACTIVE MORE OFTEN

Let's consider active travel together! As a TUD student I have came up with a way to connect with staff and students to consider a more sustainable way to get to college.

Active travel is a way to complete journeys in physical active ways. Each of the days below have benefits that staff and students can avail of when they participate in some form of active travel.

In the app you can track and share your walk/cycle with fellow TUD students and gain benefits at college.

## MOTIVATION MONDAY

Start your week off on the right foot and get a free coffee for participating.



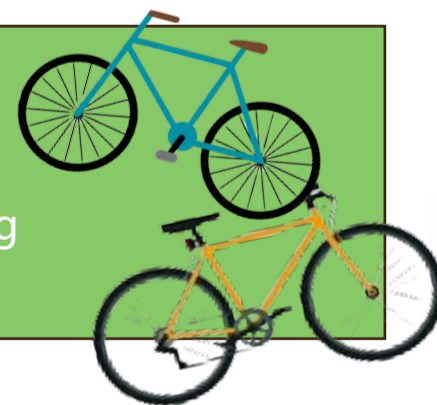
## WALK ON WEDNESDAY

Walk on Wednesday's and catch up with fellow students at our midweek meet-up from 8:30am



## FEEL-GOOD-FRIDAY

Put your money towards the weekend and save by walking or cycling to college!



For any queries email us at [active@tudublin.ie](mailto:active@tudublin.ie)

All information and schedules can be found on the App.

To get involved, download the app by scanning the QR code below.

