

January extended track closures - impacts all lines

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# Benefits of public transport

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Not only is catching public transport beneficial to your overall health and wellbeing, it also has positive effects on the environment.

- **Health**

Walking to and from public transport is a great way to incorporate some extra physical activity into your routine.

Catching public transport may also improve your mental health. It's less stressful than driving, and you can read, listen to music or unwind on your daily commute.

- **Money-saving**

Catching public transport may be up to four times cheaper than travelling in your car. It can also reduce the cost of buying, maintaining and running additional vehicles.

- **Environmental**

Bus, train, ferry and tram travel reduces the reliance on fossil fuel supplies, making public transport at least twice as energy efficient as private cars.

One full bus can take more than 50 cars off the road—1 full train can take more than 600 cars off the road.

Help yourself and the environment — [catch one of our services](#) to and from your next destination.



## Related links

- [Travel tips](#)

## Was this page helpful?

☐ Yes ☐ No

## Get in touch

We are available to answer your questions and help you with travelling on public transport across Queensland.

Call us on [13 12 30](#), 24 hours a day | [Feedback form](#) | [More options](#)

## Information in your language

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