



# Making a difference *one train journey at a time*

By switching from car to train, you could save enough carbon to power your phone for up to eight years.

[nationalrail.co.uk/greener](https://nationalrail.co.uk/greener)

The average train journey is 37.3km, emitting 1.32kg CO<sub>2</sub>e per passenger per journey. Making this journey by the average car emits 4.14kg CO<sub>2</sub>e per passenger (based on the average of all cars on the road of various types and engines, and average occupancy). This saves 2.82kg CO<sub>2</sub>e which is equivalent to the emissions in the energy needed to power your average smartphone (Android and iPhone) for up to 8 years.

