



Welcome to Living Smart *Week 5*

# Travel Smart and Peak Oil



# Course Outline

Wk 1: April 30	<i>Intro to Living Smart</i>
Wk 2: May 7	<i>Power Smart</i>
Wk 3: May 14	<i>Waste Smart</i>
Wk 4: May 21	<i>Gardening for Food</i>
<b>Wk 5: May 28</b>	<b>Travel Smart &amp; Peak Oil</b> ←
Wk 6: Jun 4	Healthy You
Wk 7: Jun 11	Gardening for Biodiversity
Wk 8: Jun 18	Water Smart
Wk 9: Jun 25	Healthy Home/Office
Wk 10: Jul 2	Beyond Living Smart
Field Trip ?	Community Smart - Painted Fish <small>slide 2</small>



# Today's Program

11:00-11:10	Start-up, review goal achievement
11:10-11:25	Smart Travel
11:25-11:50	Australia Pumping Empty
11:50-12:00	Goal Setting + Pedometer challenge
12:00-12:30	Lunch



# What Have You Done Since Last Week?

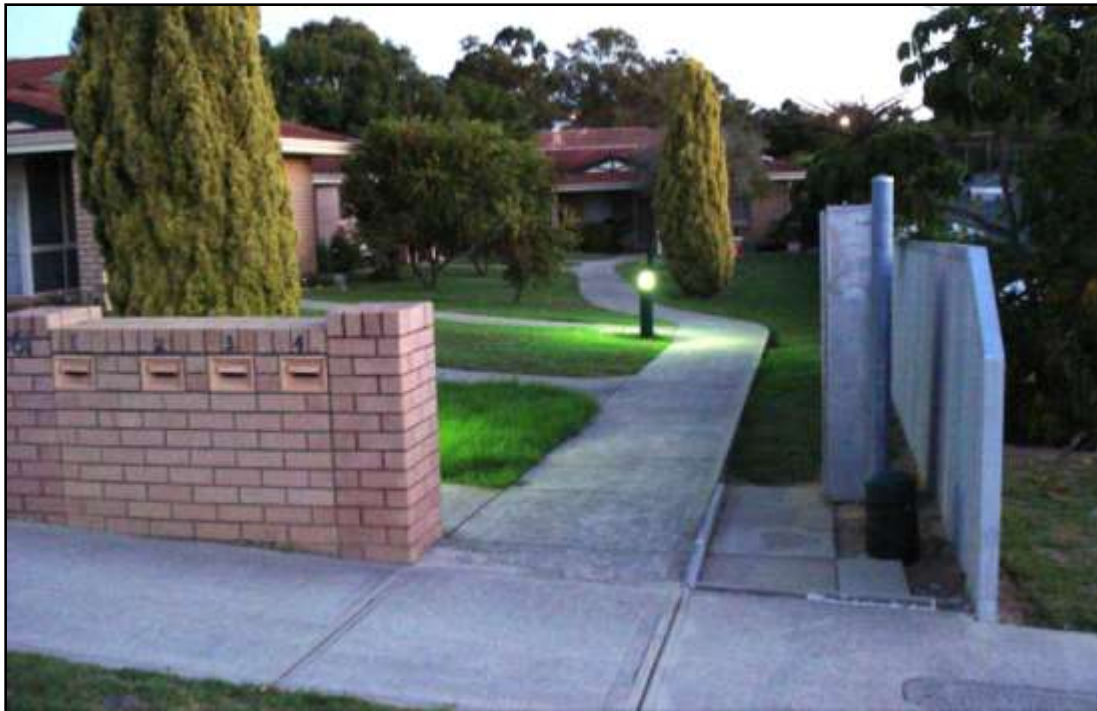
- In Table Teams:
  - Discuss what you have done since last week;
  - Select the person/household that has achieved the most;
  - Prepare to report back to main group;
- Time: 5 minutes



# Cars, cars, cars







# And cars are parked for 97% of their lives





# Alternatives to the car



# Find someone who...



# Google Transit

<http://www.google.com/transit>

- Directions by car...

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**Driving directions to Joondalup WA, Australia**  
35.0 km – about 45 mins

1. Head northeast on Stirling Hwy toward Station St 2.6 km
2. Turn left at Leura Ave 0.2 km
3. At the roundabout, take the 2nd exit onto Gugerri St 1.3 km
4. Continue on Railway Rd 3.9 km
5. Continue on Roberts Rd 0.2 km
6. Turn left at Centro Ave 0.2 km
7. At the roundabout, take the 2nd exit onto Harborne St 1.1 km
8. Turn right at Grantham St 0.1 km
9. Continue on Lake Monger Dr 1.5 km
10. Take the ramp onto Mitchell Fwy 22.3 km
11. Take the exit toward Hodges Dr 0.1 km
12. Turn right at Hodges Dr 0.6 km
13. Continue on Grand Blvd 0.7 km
14. Turn right at Collier Pass 5 m

Joondalup WA

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- By public transport...

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cottesloe

- Cottesloe, WA, Australia
- 1 Florence St, Cottesloe, WA 6011, Australia
- 15 Hamersley St, Cottesloe, WA 6011, Australia
- Curtin Ave, Cottesloe, WA 6011, Australia

Also available: [By car](#)

Alternate routes: -

Suggested trips with upcoming departures:

- 1:02pm - 2:09pm (1 hour 7 mins)
- 1:08pm - 2:24pm (1 hour 15 mins)
- 1:17pm - 2:24pm (1 hour 7 mins)

[Get reverse directions](#)

**Transit directions to Joondalup WA, Australia**

Cottesloe WA, Australia

Showing Trip 1 Travel time: about 1 hour 7 mins

[Walk](#) to Cottesloe Stn  
About 4 mins

[Show details](#)

**Train - FRE - Fremantle Line To Perth Stn**  
Direction: To Perth Stn  
Service run by Transperth:

1:06pm	Depart Cottesloe Stn (Stop ID: 99111)
13 mins	
1:25pm	Arrive Perth Stn (Stop ID: 99079)

**Train - JOO - Joondalup Line To Clarkson Stn**  
Direction: To Clarkson Stn  
14 mins to make transfer:

1:35pm	Depart Perth Underground Stn (Stop ID: 99079)
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Living smart

# Google Transit

<http://www.google.com/transit>

- Or even walking.....

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Get Directions: My Maps

Also available:  By car  Public Transit

Walking directions are in beta.  
Use caution – This route may be missing sidewalks or pedestrian paths.

**Walking directions to Joondalup WA, Australia**  
32.8 km – about 6 hours 53 mins

1. Head southwest on Stirling Hwy toward Clapham Ln 0.2 km
2. Turn right at Jarrad St 0.2 km
3. Turn right at Curtin Ave 1.8 km
4. Continue on W Coast Hwy 3.1 km
5. Slight left to stay on W Coast Hwy 16.1 km
6. Continue on Marmion Ave 14.1 km
7. Turn right at Hodges Dr 2.6 km
8. Continue on Grand Blvd 0.7 km
9. Turn left at Collier Pass 9 m

Joondalup WA, Australia

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your

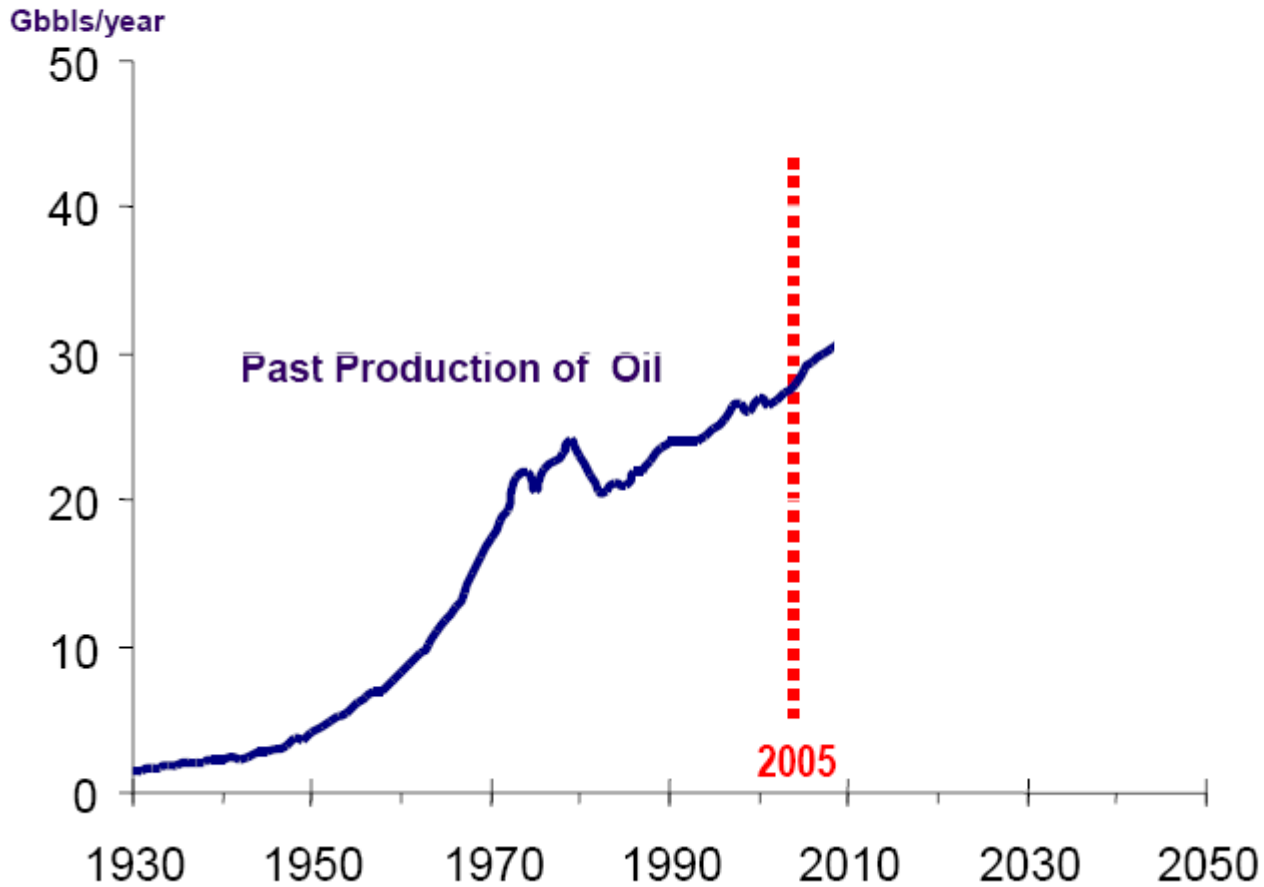


Living smart

# Peak Oil

## Global Oil Solutions

- Filling the gap -



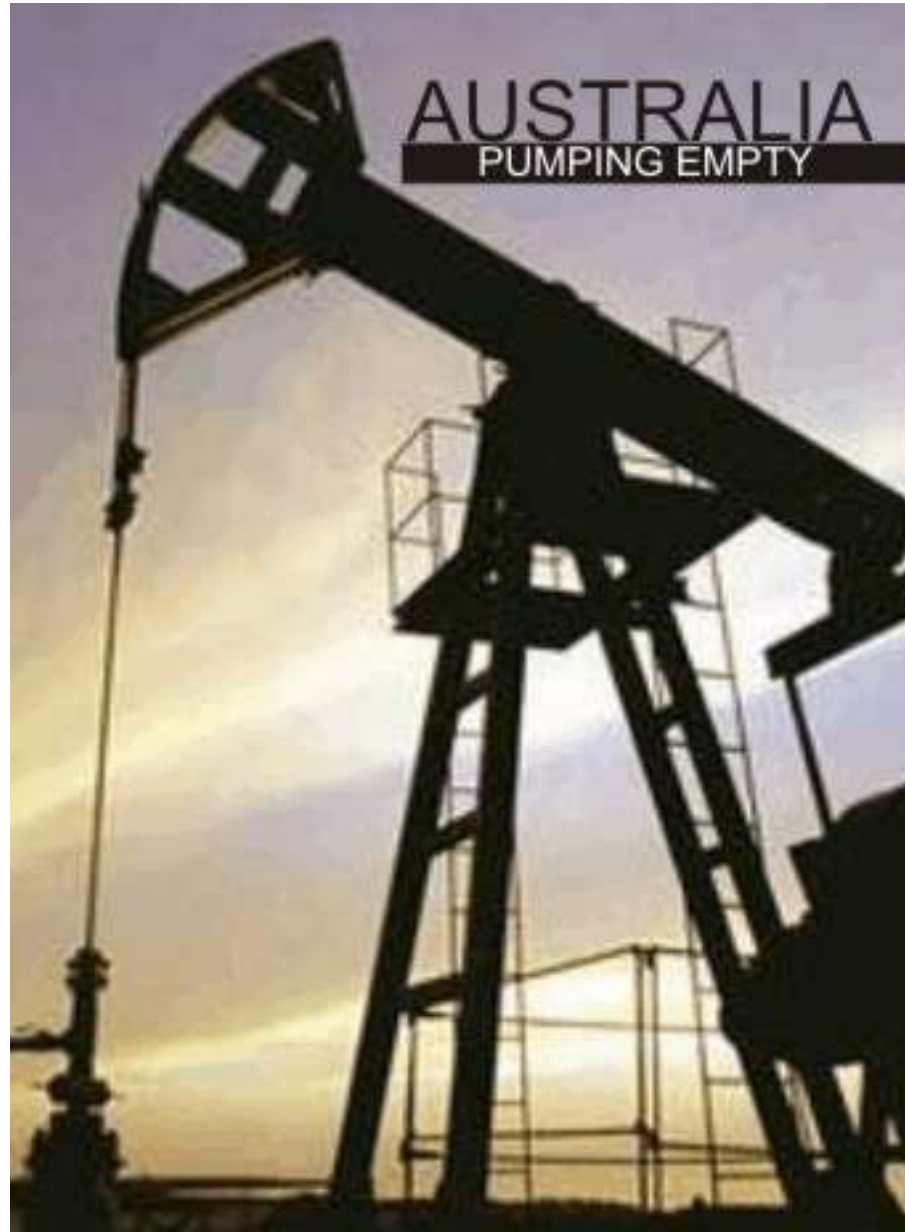
Ian Dunlop 2008



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- Blue – one thing I can do at home
- Green – one thing C of F can do/ I can do at work
- Yellow – one thing the government can do
- Purple – one other thing



## Next week –

- Topic: Healthy you
- Pedometer challenge (thanks City of Subiaco!)



# Goal Setting



Living  
Smart

	<p>My overall goal and steps to achieve this are:</p> <p>goal: _____</p> <p>step 1: _____ <input type="checkbox"/></p> <p>step 2: _____ <input type="checkbox"/></p> <p>step 3: _____ <input type="checkbox"/></p> <p>Why I want to achieve my goal:</p> <p>_____</p> <p>I will achieve my goal by:</p> <p>_____</p> <p><i>"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."</i> Topic: _____ goethe</p>	<p>My overall goal and steps to achieve this are:</p> <p>goal: _____</p> <p>step 1: _____</p> <p>step 2: _____</p> <p>step 3: _____</p> <p>Why I want to achieve my goal:</p> <p>_____</p> <p>I will achieve my goal by:</p> <p>_____</p> <p><i>"they always say time changes things, but you actually change them yourself."</i> Topic: _____</p>
<p><b>Smart Journey</b></p> <p>Throughout the journey, you will achieve some of the goals you set as a result of attending the course. More goal setting sheets are available if you need them.</p>	<p>My overall goal and steps to achieve this are:</p> <p>goal: _____</p> <p>step 1: _____ <input type="checkbox"/></p> <p>step 2: _____ <input type="checkbox"/></p> <p>step 3: _____ <input type="checkbox"/></p> <p>Why I want to achieve my goal:</p> <p>_____</p> <p>I will achieve my goal by:</p> <p>_____</p> <p><i>"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."</i> Topic: _____ goethe</p>	<p>My overall goal and steps to achieve this are:</p> <p>goal: _____</p> <p>step 1: _____</p> <p>step 2: _____</p> <p>step 3: _____</p> <p>Why I want to achieve my goal:</p> <p>_____</p> <p>I will achieve my goal by:</p> <p>_____</p> <p><i>"be the change we wish to see in the world"</i> Topic: _____</p>
<p>We wish to see in the world:</p> <p>_____</p> <p>M. K. Gandhi</p>	<p>_____</p>	<p>_____</p>