



Start Small. Think Big.

FAQs

What is Swap One?

Swap One is a local initiative which is encouraging commuters in our region to swap one high-carbon trip per week for a low-carbon alternative. Participants can record their swaps in our app to track their carbon savings and be automatically entered into our fortnightly and monthly prize draws.

Why should I take part?

Transport makes up around 60% of Nelson's emissions. If each of us swaps just one car commute per week for a low-carbon option – such as biking, walking, scootering, or taking the eBus – we could collectively cut commuting emissions by around 20%!

Every swap reduces emissions, congestion, and pollution, and medical studies show that active commuters live longer, healthier lives. What's not to like?

How do I sign up?

Head to swapone.nz. It's free and quick to set up your profile. Choose your employer as part of the signup process to be part of your organisation's team.

How do I record a swap?

You'll be sent a weekly email with a link to the Swap One web app. You can also log into app.swapone.nz at any time to record how many trips you swapped that week.

What counts as a "swap"?

Replacing a car trip with a lower-carbon option – such as walking, biking, taking the bus, carpooling, using an electric vehicle, or working from home – counts as a "swap". A return trip (e.g. to and from work) counts as two trips, or two "swaps". Personal trips (e.g.



**MISSION
ZERO**



sign up
swapone.nz



shopping, leisure) also count. Just estimate how many regular commute-to-work trips they're roughly equivalent to.

What if I'm not sure how to commute another way?

Attend a Commute Clinic or use the swapone.nz website for Nelson-specific travel advice. Local experts can help plan a bus, bike, or walking route that works for you.

What if I can't make a swap every week?

That's fine, no judgement! Just log what you did (including "zero" weeks) and choose a reason why you didn't swap. Information on barriers helps the Swap One team learn how to improve local transport options. You can also challenge yourself to swap two trips in a subsequent week.

What if I live too far to walk or bike?

Try swapping part of your trip (e.g. park & ride) with a low-carbon swap, try the ebus, or you could even focus on non-commute trips like shopping. Every little bit counts!

What if I already commute low-carbon?

Great work! You can still join us as a Swap One Champion - share your story, post it online, record your swaps, and inspire others. Find out more at swapone.nz

Do I get rewarded for logging my swaps?

Yes. Every time you log, you're entered into fortnightly and monthly prize draws.

What kind of prizes can I win?

We have a range of prizes and are seeking more from sponsors (contact us if you would like to sponsor prizes!). Prizes include gear for biking and walking, vouchers and local experiences provided by Swap One's partner businesses (details will be updated on the website).

How will I know if I've won a prize?

Swap One or individual businesses will advise participants if they have won a prize and



how to collect it. Prize winners will also be announced on the Swap One website and in the web app dashboard that appears after you log your weekly swaps.

What is a Commute Clinic?

A Commute Clinic is an advice session designed to help people explore practical, low-carbon alternatives to driving in a fossil-fuelled car for their everyday journeys.

What happens at a Commute Clinic?

Local experts will meet with you and other members of your team to look at current commuting patterns and suggest the best low-carbon alternatives. They'll help identify practical options, overcome barriers, and share tips for making active commuting work in everyday life.

These sessions give individuals tailored advice to build confidence and find solutions that suit their needs. They're also a great way to keep momentum high, motivate your team, and showcase your organisation's active support for low-carbon commuting.



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