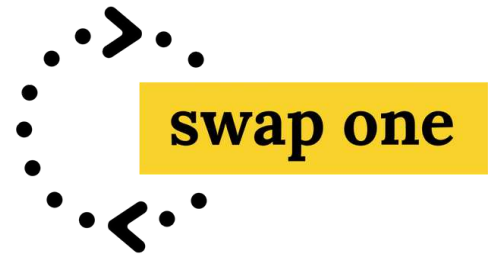


swap one



What is Swap One?

Swap One is a regional initiative based in Nelson Tasman that encourages individuals, organisations and businesses to take simple, practical climate action by **swapping just one high-carbon commute per week** for a low-carbon alternative.

Start Small. Think Big. Swap One.

Transport makes up around 60% of Nelson's climate-warming emissions, much of this from people commuting to work and school. This daily traffic not only contributes to emissions, but also clogs our roads, wastes fuel through idling, and adds to noise and air pollution.

Even **swapping one petrol or diesel commute per week helps cut emissions** and ease congestion across our region.

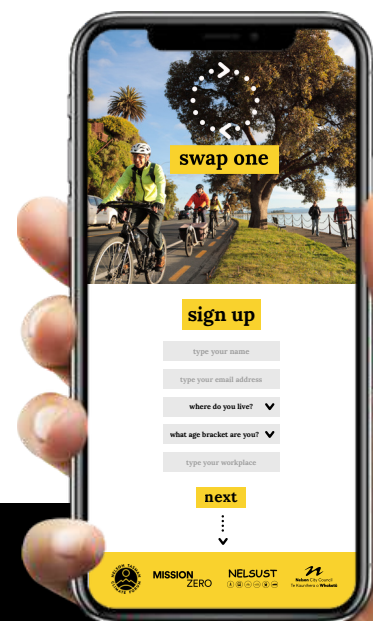
Why should your business join Swap One?

Swap One provides tailored resources for workplaces and is a great way to **support healthier staff, reduce workplace emissions and show leadership in sustainability.**

Businesses can invite employees to take part and track their collective progress, celebrating milestones as a team.

Why should your staff join Swap One?

- **Swap One is a region-wide movement** that supports small, everyday changes. By joining in, your staff become part of a growing shift toward healthier, low-emission living.
- Every low-carbon trip helps **reduce pollution and traffic**, and brings us **closer to Nelson's target** of cutting emissions by 8.3% each year – **in line with global efforts** to limit warming to 1.5°C.
- **Your staff will feel better and live healthier.** Walking, biking or taking the bus provides exercise and reduces stress, improving wellbeing.
- To support their swaps, the **Swap One web app** offers rewards and recognition – from practical prizes to celebrate your efforts, to encouragement to keep going.

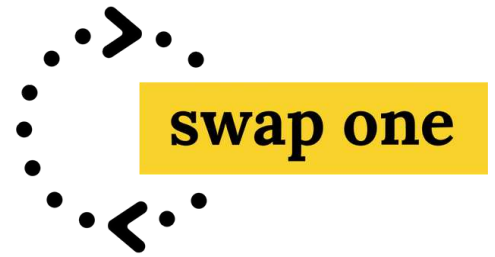


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swap one



How does Swap One work?

Getting started is easy.

Each individual simply signs up at swapone.nz to create a profile and start logging their low-carbon swaps.

Local businesses can register their teams and track collective progress. Once a business is signed up, it will appear in the drop-down list on the participant sign-up page, making it easy for staff to connect and contribute.

Each week, participants receive a friendly email reminder to log any swapped low-carbon commutes on the **Swap One web app** - whether that's walking or running, cycling or e-biking, taking Nelson's eBus, scooting, skating, ridesharing or even working from home.

By recording swaps through the **Swap One web app**, individuals are automatically entered into fortnightly and monthly prize draws – a great way to stay motivated and celebrate their efforts.

Are your staff already choosing low-carbon ways to get around?

That's great! They can still take part in **Swap One** by tracking other low-carbon trips – like running errands, shopping, or visiting friends. Every journey counts, not just the commute.

Keen to find out more?

Just get in touch!



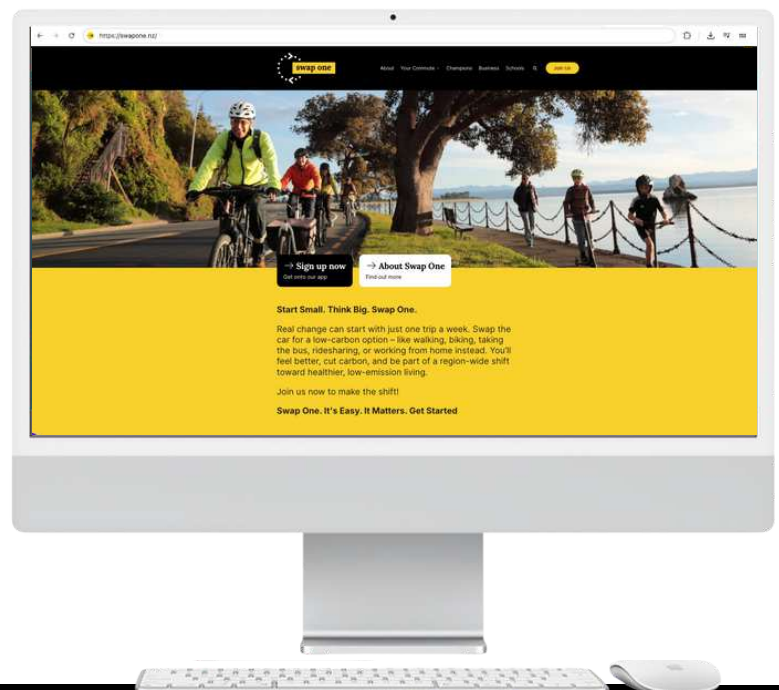
info@swapone.nz



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