

Distribution of newly established transport interchange centres throughout the Northern Subregion



Under the European Funds for Sustainable Mobility priority, 15 new transport interchange facilities are planned to be constructed in the Northern Subregion of the Silesian Voivodeship, including bus stops, 'park&ride' and 'bike&ride' car parks, together with accompanying infrastructure. The investment includes solutions aimed at equal opportunities and preventing discrimination in access to transport infrastructure and services, including for people with disabilities, as well as safety measures, particularly for non-motorised road users, and ensuring publicly accessible, clear and up-to-date information in foreign languages.



This folder was created for a campaign promoting sustainable urban mobility and was co-financed by the European Union under the European Funds for Silesia 2021–2027 programme.

The campaign promoting the use of low-emission public transport is implemented by the Association of Municipalities and Counties of the Northern Subregion of the Silesian Voivodeship.

The campaign is publicly accessible, purely informational and educational. It is solely and exclusively intended to raise general public awareness of the use of low-emission public transport and non-motorised travel. It does not constitute a marketing campaign and does not in any way 'advertise' a specific entity or entities.



Travel together breathe healthy

LEAVE YOUR CAR. CHOOSE THE BUS, TRAM
OR TRAIN.





TRAVEL TOGETHER



You save time.

Avoid traffic jams and gain time for yourself.



You save money.

You pay less than for fuel and parking spaces.



You travel without stress.

You read, relax or work. You decide how to use your time.



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DID YOU KNOW?



Transport accounts for one quarter of total carbon dioxide emissions in the EU. Nearly 72% of these emissions come from road transport, which is the second-largest source of air pollution in Poland.



Breathing polluted air causes serious illnesses and even premature death. In Poland alone, nearly 50,000 people die prematurely every year.



Air pollution from transport causes acid rain, photochemical smog and the greenhouse effect, which raises the Earth's temperature.

Excessive road traffic negatively affects our health.

Air pollution (smog): Car exhaust fumes, including PM2.5 and PM10 particulate matter and nitrogen oxides, damage the respiratory system. They increase the risk of asthma, lung disease, heart attacks, strokes and cancer.

Traffic noise: After air pollution, it is the second most important environmental factor damaging health in Europe. Constant noise increases levels of stress hormones such as cortisol, raises blood pressure and causes sleep disorders.

Impact on mental health: Constant noise and frustration in traffic jams contribute to anxiety, depression, reduced concentration and lower overall wellbeing.

Reduced physical activity: Heavy traffic discourages walking and cycling, increasing the proportion of people leading sedentary lifestyles.