***Come and speak to Translink about how you can use the bus or train to get to and from work***

*Translink are coming to various sites across Belfast Trust during January to help you with any queries you may have about using the bus and train. Team Translink will visit on the below dates between 11am and 2pm:*

* ***10th January Royal Hospitals - Spoons canteen***
* ***17th January Belfast City Hospital – D Floor***
* ***24th January Mater Hospital - Atrium***
* ***31st January Musgrave Park Hospital – main canteen***

*January is a good time to start a new resolution, so why not try the bus or train to get to and from work?*

*Top 10 reasons to use public transport:*

1. *Stress less - enjoy listening to music, reading a book or catching up on news*
2. *Go green - using the bus and train means less pollution and it's better for the environment*
3. *Fast track - take advantage of bus lanes or by pass the traffic onboard the train*
4. *Stay active - why not walk or cycle to your bus or train?*
5. *Free Wi-Fi - enjoy free Wi-Fi on our trains and many of our buses*
6. *Convenience - jump on board and let Translink do the driving*
7. *Keep road safe - choosing public transport reduces traffic and congestion on the roads*
8. *Arrive on time - use the Journey Planner app with real time passenger updates to help you plan your journey*
9. *Catch some zzz's - catch up on some sleep, relax and enjoy some 'me' time*
10. *Get social - meet up with friends and let Translink be your 'designated driver'.*

*For more information visit* [*The Loop Travelling to Work*](https://bhsct.sharepoint.com/sites/nue/SitePages/Travelling-to-work.aspx) *or* [*www.translink.co.uk*](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.translink.co.uk%2F&data=05%7C01%7CJenna.Corry%40translink.co.uk%7C0884905b3eb54934d21608dacba714dd%7Cd8a49730608f463fbf3b3befdd4b347f%7C0%7C0%7C638046215759037152%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6gz%2BryyP2pHULrXPZZa0vAlGI%2FbsSHZvI73%2BXQRdYfE%3D&reserved=0)