

COMMUTING

Have you ever heard someone say they love their commute to work? If so, find out how that person is commuting and do what they do! Commuting can be a stressful part of the work day, but it doesn't have to be that way! Learn tips for saving money while commuting on your stipend and making your commute more fun.

FIND YOUR WAY

Commuting options drastically differ in urban, suburban, and rural settings. Start by asking your program how their staff gets to work everyday. They will be your best resource for figuring out the most efficient public transportation routes, biking and walking conditions, or parking options for your site.

DRIVING

For many places, a car is a necessity. If you need to drive, do what you can to cut costs!

- Consider carpooling to split the cost of driving with your ride-mates.
- [Maximize your MPG](#). The longer you sit idling in traffic, the more gas you burn, so test out alternative routes to avoid heavily congested areas.
- Try to minimize A/C Usage. If you are cruising under 60 mph, open your windows to cool down. Speeds over 60mph create excessive wind drag, so it's better to turn on the A/C.
- Find the cheapest gas. Use an [app to find the best gas prices](#), and join rewards programs to accumulate points to use for cents off the gallon later!

PUBLIC TRANSPORTATION

If you are live in a place that has public transportation, utilize it! Look to see what buses, trains, and ride-sharing options are in your area. Even if you have a car, public transportation may save your more money when compared to gas and parking costs. See if you can access a pre-tax transit pass or discounts through your site or local organizations.

BIKING

If you own a bike and you live close to work, you can commute for almost nothing! If not, [buying a bike](#) is a one time cost (plus occasional maintenance) that will save you money in the long run. Get healthy, save some money, and help the environment by cycling to work – just don't forget your helmet and be sure you don't skimp on your bike lock!

WALKING

If your job is within walking distance, skip the car and public transportation and walk to work. It's a great way to get a low impact workout in! 30 minutes of daily walking has incredible health benefits.

LOVE YOUR COMMUTE

Rather than sitting angrily in traffic, [start enjoying your commute](#). Download your favorite music, audio book, or a podcast before you start driving to avoid the temptation of using your smartphone behind the wheel. There isn't much you can do when stuck in traffic or driving, but try to change your mindset and start getting whatever enjoyment you can out of it. It won't really save you money, but it will help save your sanity.