



Take home task

This session's take home tasks focus on helping you re-evaluate your travel options and choices, creating an action plan to help you develop healthier, lower carbon ways to get around.

PLAN YOUR PERFECT LOW CARBON HOLIDAY

The travel we undertake for holidaying can contribute more to our household's carbon footprint than all the other travel we undertake in the year. Understandably, no one wants to compromise on their holiday choice, so this exercise is all about helping you think about what makes up your ideal holiday and looking at lower carbon alternatives.

1. First, think about what are the elements that make up your perfect holiday

Holiday type	I'm looking for a holiday that offers.... Circle all that apply – and add some of your own!
Summer	Sunshine relaxation excitement sport nature water culture music food friends family learn a skill luxury the simple life others.....
Winter	Sunshine snow excitement sport relaxation nature water culture music food friends family learn a skill others.....
Mini break	Sunshine snow excitement sport relaxation nature water culture music food friends family learn a skill others.....

2. In the past you might have flown or gone to other continents for a holiday to match these requirements – but often alternatives are nearer to home. What is the nearest location you can think of that would match your perfect holiday criteria? Using your knowledge of lower carbon travel what strategies could you try to reduce your travel carbon footprint to get there.

Holiday type	Nearest destination	Ideas for lower carbon travel options
Summer		
Winter		
Mini break		

GREENER DRIVING

This activity is just for car users...

Buying your next car

Since 1990 the CO2 emissions from cars has not reduced at all. This is because the small improvements in efficiency have been offset by larger vehicle size. Do you really need a car so much bigger than your childhood? Your next buying decision is one of the biggest you will make for your day to day emissions:

- What type of car will you consider? Diesel - Petrol - Electric car - No car
- Will you buy a better efficiency car (improved miles per gallon, or kWh)?

Take the greener driving test

If you have to use the car – there are still ways you can cut the emissions of your vehicle. First, measure how many miles you can get out of half a tank of petrol by filling your car up with fuel, making a note of the odometer (mileage) reading. Drive as normal until you reach roughly the half way point on your petrol gauge (or until the fuel warning light goes on if you want to try a longer trial). Then fill the car up again and write down the number of litres used for these miles driven.

Next, read the tips below and repeat the exercise. How many more miles per litre/gallon did you achieve?

	Original driving style	Greener driving style
Original odometer (mileage) reading [A]		
Reading at half/empty tank point [B]		
Miles travelled [C = B-A]		
Litres of fuel used [D]		
Miles per litre [C / D] <i>(You can divide by 4.55 for miles per gallon)</i>	miles/litre: mpg:	

The Environmental Transport Association offers the following suggestions:

Car Preparation

Weight – reduce weight, and fuel consumption, by simply removing unnecessary items from your car that do not need to be there for a particular journey. **Remove roof racks** – the wind resistance significantly increases fuel consumption. **Tyre pressure** – ensure that you have the correct pressure. Every 6psi the tyre is under-inflated the fuel consumption increases by 1%. **Maintain your car** – check that your engine is properly tuned as this improves performance and limits fuel consumption. **Refuelling** – avoid overfilling the tank. Spilled fuel evaporates releasing harmful emissions.

Journey planning

Consider planning as many jobs as possible in one trip. Aim to get as much as you can out of the journey. Five jobs in one trip is better for the environment than five trips! **Do not use the car for short journeys**, if your journey is less than half a mile then walk or cycle. **Avoid congested areas** and so reduce travel time. **Don't travel in the rush hour** unless you absolutely have to. **Time shift your journey**, a twenty minute delay could make all the difference to time in the car. **Journey sharing** the school-run, for example, with a roster of parents reduces congestion and fuel – or **car sharing** with a colleague is the simplest way to half the carbon

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footprint of a journey & reduce traffic.

During the Journey

Where possible drive with the windows up to reduce drag. **Try not to be in a hurry.** Stressed driving can be erratic and is uneconomical. **Air conditioning should be limited** as it uses more fuel. **Switch off the engine** if you think you will stationary for more than a minute. **Keep your speed down** as driving at 50-60 mph means your emissions will be lowest. Driving over 70mph will rapidly increase your emissions. It can cost you up to 25% more in fuel to drive at 70mph compared to 50mph. **Avoid unnecessary revving, idling, harsh acceleration / braking** can use up to 30% more fuel and can cause increased wear and tear. Compete on efficiency, not speed – and enjoy a relaxed, safer way of driving.

Do you really need to make that journey?

Remember how much nicer it is to drive in the summer holidays when fewer people are out and about in their cars? Well it could be like that all the time if we planned our car journeys and left the car at home for shorter journeys. The following exercise is designed to help you spot where it might be possible to reduce your car mileage.

1. Keep a car travel diary

For fortnight make a note of every journey you make by car using the travel diary form overleaf.

2. Journey planner

Use the table below to group the journeys together based on their purpose, then for each type of journey, think of strategies you could use to try to number of miles you travel to complete that activity. Ideas you could consider include lift sharing, switching to public transport, working from home, walking or cycling, grouping journeys together or using home delivery. Decide which you want to undertake and do another fortnight's travel diary using these strategies and see what difference it makes.

Journey type e.g. commuting, school run, shopping, seeing friends, activities	Total miles	Ideas for reducing travel footprint

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Ideas to consider to help reduce your travel footprint include:

- don't travel (work at home, home delivery, change job)
- greener driving including share a journey
- find an alternative (nearer) destination (holiday in Europe not the US)
- travel less often (go once for longer)
- use a more efficient form of transport

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Fortnight Travel Diary for **Start date**.....

Date	Journey type	Number of occupants	Total miles	Total journeys*	Purpose

* if the same journey is undertaken a number of times in the fortnight use this column to keep a tally of the number of times the journey is undertaken rather than having to put in multiple entries.

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