



AREA 5: ACTIVE TRANSPORT & MOBILITY

Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For individuals						
1.	When choosing a car, I take into account its level of emissions					
2.	Even for short local trips, I plan the fastest route					
3.	I choose local products that did not have to be transported far					
4.	If possible, I choose to travel by train instead of taking a plane					
5.	When possible, I use public e-services instead of going to the office/clinic etc.					
6.	If I can, I use a bicycle as a means of transport					
7.	I choose public transport over the car					
8.	I use carpooling (sharing a car with others) - if it is possible on my route					
9.	When I plan my trips, I take into account their impact on the environment					
10.	I try to plan and combine my activities, shopping, etc. in such a way that I can meet several needs during one trip					
11.	I am considering alternative means of transport, such as walking or rollerblading, to reduce the negative impact on the environment					
12.	I am considering green transport options such as electric vehicles or hydrogen cars					
13.	I consciously avoid unnecessary trips, preferring local solutions or remote meetings to reduce fuel consumption					
14.	I prefer travelling by train or other public transport rather than using individual cars					
15.	I promote ecological methods of transport by engaging in social activities or supporting organisations fighting environmental pollution					



Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For organisations						
1.	Where possible, the institution organises an online meeting instead of a face-to-face meeting that requires travel					
2.	The organisation takes specific measures to reduce exhaust emissions related to the use of company cars					
3.	The organisation engages in carpooling or car sharing programs as a means of reducing the number of vehicles on the road					
4.	The organisation engages in partnerships with local communities, public institutions or non-governmental organisations to promote sustainable mobility					
5.	The organisation promotes active transport and sustainable mobility among its employees					

Self-assessment instruction for individuals:

For each answer "always" and "often" you get 1 point.

Number of points: *from 15 to 12 - You are doing great and supporting the sustainable development of our planet - keep going.*

Number of points: *from 11 to 8 - It is noticeable that you are working for the sustainable development of our planet - continue like this and think about what else you could do.*

Number of points: *from 7 to 4 - You take some steps for the sustainable development of the planet, but it would be worth expanding your activities. Think about what changes you could make.*

Number of points: *from 3 to 0 - This is rather the beginning of your path for the sustainable development of our planet. Don't be discouraged and think about what you could do. Even the little things make a big difference if a lot of people do them.*