



Co-funded by
the European Union

Within the project:



Prepared by:

*Fundacja „Fundusz Inicjatyw”
 (“Initiative Fund” Foundation)
Prometeo*

Activity No. 3

VET SUSTAINABILITY KIT

Active transport & mobility



Free publication

Disclaimer:

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union

Area's name: 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					
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.*

Useful information

Scientific facts



1. It is estimated that 22% of global carbon dioxide (CO₂) emissions are related to the transport sector, and this impact will increase as cities grow and more city dwellers use carbon-fuelled means of transport.
2. For 25% of people using ridesharing services, having a private car is no longer relevant.
3. For electric scooters, it was found that the number of users increased by around 77% between February and May 2019.
4. Urban areas account for 23% of carbon dioxide emissions from transport.
5. According to data from the European Environment Agency, in 2017 only 0.5% of the EU's total greenhouse gas emissions came from the rail sector.
6. Transport is responsible for 1/3 of the world's CO₂ emissions resulting from human activities, which has a significant impact on climate change.
7. Comparing driving alone to travelling by public transport, using public transport reduces CO₂ emissions by 45%, which leads to a reduction in atmospheric pollution and improved air quality.
8. Transport is at the heart of many economic and social development challenges, accounting for approximately 64% of global oil consumption, 27% of total energy use and 23% of global energy-related carbon dioxide emissions.





13. Using the principles of eco-driving, the driver has the opportunity to reduce fuel consumption by about 30%, reduce the mechanical wear of car components; cares for the natural environment by reducing CO₂ and noise emissions, and reduces the risk of a collision or an accident.
14. According to the Central Statistical Office in Poland (Pol.: Główny Urząd Statystyczny, GUS), in 2020 public transport carried 2.3 billion passengers, which accounted for 42% of all passenger transport in the country.
15. The EU emits 3,717 million tonnes of carbon dioxide annually. Transport is responsible for 23.7% of carbon dioxide emissions into the atmosphere. 71.8% of carbon dioxide in transport is emitted by road transport
9. Carbon dioxide emissions from intra-European flights alone have increased by 28% since 2013, while other sectors have reduced their emissions.
10. About 82% of emissions come from personal vehicles. Buses and trains account for only 6%, making them much more environmentally-friendly than cars and trucks.
11. More than 90% of all road transport is based on oil. This figure is almost equal to the total world oil consumption, which is 60%.
12. Greenhouse gas emissions from hybrid cars are extremely low; can be 26%-90% lower compared to standard cars.





INDIVIDUALS:

- One of the easiest ways to reduce gas emissions from transport is to use public transport. Travelling by bus, tram or subway is often faster and cheaper than by car, and eliminates problems with parking or standing in traffic jams. (<https://www.cbre.pl/insights/articles/ekologiczne-srodki-transportu>)
- Carpooling is the joint travel of several people in one car. This is a way to reduce the number of vehicles on the road, and thus reduce exhaust emissions, noise and traffic jams. Carpooling also allows you to save on fuel, parking and ticket costs. Carpooling can be organised both for short commuting to work or school, as well as for longer intercity routes. (<https://www.cbre.pl/insights/articles/ekologiczne-srodki-transportu>)
- Using a bicycle as a means of transport for commuting is another great idea for eco-friendly transportation. Cycling instead of driving makes a huge contribution to clearing the atmosphere of greenhouse gases. (<https://www.conserve-energy-future.com/modes-and-benefits-of-green-transportation.php>)
- In addition to electric cars, individual means of transport, such as segways, bicycles, skateboards and scooters, are also entering the market. If you can commute to work using such vehicles, give up the car or bus! You will take care not only of the air in your city, but also of your fitness. (<https://goodie.pl/blog/9-sposobow-jak-zyc-bardziej-ekologicznie/7231>)
- Travelling by train is also more eco-friendly than flying by plane. According to official data, trains pollute the environment much less (<https://turystyka.wp.pl/samolot-czy-pociag-sprawdzamy-czym-lepiej-podrozowac-po-polsce-6792783771798368a>)





ORGANISATIONS:

- Facilities for those travelling by bicycle also appear more and more often in office buildings, including bicycle changing rooms, separate entrances to the parking lot, showers and lockers for cyclists – they are slowly becoming standard. Many building owners also take care of fans of two wheels among the tenant community by organising free repair inspections and awards for choosing ecological means of transport. (<https://www.cbre.pl/insights/articles/ekologiczne-srodki-transportu>)
- It is worth promoting among your employees commuting to work using ecological means of transport and providing facilities, e.g. in the form of parking lots for bicycles or a convenient location with access to public transport, so that employees consciously choose the best, ecological means of transport. (<https://www.cbre.pl/insights/articles/ekologiczne-srodki-transportu>)
- Ecological fleet in the company – If your employees have to travel by company cars on a daily basis, it is worth learning a bit about ecological solutions in the area of the company fleet. Choosing the right vehicles or training your team in ecological driving will certainly reduce the production of the carbon footprint that results from your company's activities. (<https://ekologiczni.com.pl/ekologiczny-transport-w-firmie/>)
- Deal with as many business matters as possible online – without unnecessary paperwork and the need to move around the city. (<https://www.mbank.pl/mbank-news/strefa-przedsiębiorcy/biznesowe-podpowiedzi/jak-byc-eko-w-biznesie.html>)
- Carpooling – ecological transport with friends from work. A great option for employees for whom ecological urban transport is not an option is carpooling. It's an English term that simply means "fill the car." In practice, it means that several people from one company travel in one car. Taking at least one friend from work along the way already makes a difference. (<https://stojo.pl/ekologiczny-transport-w-firmie-jak-to-zaplanowac>)



EDUCATIONAL TOOLS

Transport Charades (5-7 mins)

Description: "Transport Charades" is a dynamic form of promoting active modes of transport and mobility by engaging the participants in interactive puns related to walking, cycling and the use of public transport or mobility alternatives. This game not only provides entertainment, but also emphasizes the importance of healthy and ecological means of transport.

Materials: No additional materials are needed to run this game. It is enough to divide the participants into groups.

Duration: The duration of the game has been shortened to 7 minutes, which allows for its effective use during educational activities.

Instructions: The participants are divided into small groups. Each group takes turns choosing one means of transport or mobility solution and presents it with gestures, facial expressions and body movements, without using words.

The other groups are tasked with guessing which particular means of transport is presented at a certain time. The group with the most correct answers is declared the winner.

This activity provides both fun and learning, highlighting the benefits of active transportation.

How do I travel? (10-15 mins)

Description: *The purpose of the tool is to assess how the participants travel – which means of transport they use most often. Are they ecological means of transport? What can they change about their ways of moving and travelling to make them more environmentally-friendly?*

Materials: *Worksheet/questionnaire with a table for evaluating ways to move/transport with listed means of transport and ways of moving, e.g. walking/on foot, car, public transport (bus, trolleybus, tram, subway), bicycle, scooter, skateboard, plane, train, other (what kind?) and columns "How often / for what purpose?" + "What can I change?"*

Duration: *10-15 minutes*

Instructions: *The participants reflect on their travel and transportation habits. They fill in the worksheet, entering in the table how often, what means of transport and for what purpose they use. If they notice that, for example, they always and everywhere drive a car, they have to think about what they can change in their approach to be more eco-friendly (e.g. cycling to work once a week).*

The participants may use any available resources/help, e.g. the Internet. They can also add their suggestions for the means of transport they use or would like to start using (that have not been included - hence the "other" column).

This activity allows the participants to reflect on their everyday choices in relation to mobility and transport in the context of caring for more ecological, sustainable and environmentally-friendly solutions.

Dynamic Ecological Disco (10-15 mins)

Description: *The Dynamic Ecological Disco is an activity that combines movement and music in an attractive way, with the aim of highlighting the key importance of sustainable transport. This professionally designed learning activity provides an interactive form of learning by engaging the participants in dynamic activities.*

Materials: *To perform this activity, you will need: a music player and a prepared playlist or a song for the exercise.*

Duration: *The activity usually lasts from 10 to 15 minutes, which allows for its smooth integration as part of lessons or other educational programs.*

Instructions: *After starting the activity, play dynamic and inspiring music. The participants will have the opportunity to dance and move around the room freely, to the rhythm of the music.*

At some point, the trainer will stop the music and give you a specific means of sustainable transport, such as cycling, walking or carpooling.

The participants will have to quickly stop in a position representing the chosen means of transport. Anyone who fails to do so in time is out of the game. The process is repeated until only one participant remains at the end.

This activity allows the participants to reflect on their everyday choices in relation to mobility and transport in the context of caring for more ecological, sustainable and environmentally-friendly solutions.



External Digital Tools

Green Car Reports (<https://www.greencarreports.com/>):

Green Car Reports is a website that provides news, reviews and information on green vehicles including electric, hybrid and alternative fuel vehicles. It deals with topics such as emissions, fuel efficiency and progress in sustainable transport.

Transit (<https://transitapp.com/>):

Transit is a mobile app that provides real-time information on public transport options, including buses, trains and bike-to-hire systems. It offers features such as route planning, live arrival times and turn-by-turn navigation for eco-friendly travel.

Walk Score (<https://www.walkscore.com/>):

Walk Score is a website that assesses the ability to walk in neighbourhoods and cities. Provides a walkability rating for specific addresses, along with information on nearby amenities, public transport options and cycling facilities, encouraging walking and other forms of active transport.





Bike Citizens (<https://www.bikecitizens.net/>):

Bike Citizens is a mobile application and platform that promotes the bicycle as a sustainable means of transport. It offers features such as route planning, bike-friendly navigation and community engagement, encouraging individuals to choose a bicycle for daily commuting and recreational activities.

SLoCaT Knowledge Portal (<https://www.slocat.net/>):

SLoCaT Knowledge Portal is a platform that provides resources, publications and data related to sustainable, low-carbon transport. It covers topics such as sustainable mobility planning, public transport, active transport and policy frameworks, offering valuable insights for researchers, practitioners and policy makers.

Green NCAP (<https://www.greenncap.com/>):

An initiative promoting the development of cars that are energy efficient and cause as little damage to the environment as possible. Its aim is to improve the quality of the air we breathe, minimize the consumption of resources used in passenger transport and reduce global warming.

Green NCAP offers Life Cycle Assessment, i.e. the assessment of the vehicle's life cycle. It is a method of estimating the overall environmental impact of a vehicle throughout its life cycle. Rate how your car performs



Co-funded by
the European Union



Attribution-NonCommercial-ShareAlike
(CC BY-NC-SA)

This license lets others remix, adapt, and build upon your work non-commercially, as long as they credit you and license their new creations under the identical terms.

Free publication



Co-funded by
the European Union

Disclaimer:

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.