



Making the journey to the adventure part of the adventure.



Learning experience



Topic

Mobility and travel



Time in min



Participants

- Know about impacts of unsustainable travel and mobility
- Are able to plan and carry out a trip using sustainable means of transport
- Know about measures to promote sustainable mobility in regards to courses



Suitable for
outdoor sport instructors
(and course participants)



Practical sessions
Theoretical lessons



Outdoor F2F



Materials needed

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Preparation

Mobility is for a lot of outdoor sports the main impact regarding our carbon emissions. The goal of this activity is to reach the destination of the course / training by travelling more sustainably which might include public transport, car sharing or even going by bike. Every participant has to plan and organise this for him or herself.

To prepare the journey, it is recommended to have an (online) training beforehand to increase the participants' awareness on carbon emissions due to travelling and to train sustainable travel planning.

This might include carbon emissions calculation, travel planning tools and inspiring stories from sports ambassadors.

Furthermore, try to support participants by creating a shared excel with travel plans, contacts, messenger groups, digital flipcharts or similar.

Activity instruction

The activity is then to reach the starting point of the course as sustainably as possible, to share experiences and report on the decisions made. To increase the serenity of the activity you can dedicate some parts of the official lesson plan and time for it. Make clear that getting to the sport is an essential part of the sport itself.

Reflection and discussion

Fun and exchanging of good stories should be the main focus of the reflection. However, to get a feeling for the personal impact of our travel decisions, it is also very helpful to calculate the emissions of our journey and compare this for example to air travel or individual car travel.

- What difference can we make by taking others in the car etc.?
- What difference can I make by going with the train instead of flying or by doing part of the journey by land-based travel compared to "only flying"?



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- What difference can we make by choosing a simple, non-luxury accommodation?

If you want, you can award a travel price /trophy for the lowest carbon emissions or the best story.

Note:

Depending on personal situations, budget and home destination, it might not be doable to travel sustainably for some participants. Avoid pointing at single behaviour and focus on the group's progress. However, it still might be helpful to use those examples for collecting barriers to sustainable travel and discussing structural change for example advocating for cheaper public transport.

For instructors you should also discuss and collect ideas on what precautions you can take to allow sustainable travel during courses and overcoming barriers, e.g. choosing the right destination to be reached by public transport, organising big luggage or material collectively, organising local mobility at the destination etc.

Additionally, have a look at the description of activity number 68 for carbon emissions calculation.

An easy carbon emissions planning tool can be downloaded from the SEE recourses.



Potential Variations

- To support participants with their planning and travel it can be helpful to arrange an online meeting before the course and train them on travel planning tools, facilitate exchange of travel plans and contacts within the group.
- Depending on your audience, a form of competition can be motivating.
- Have a look at inspiring travel stories from professional athletes or advocates (see travel videos from [POW – protect our winters](#)). Literature from adventurers of former times can be motivating too.



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Background knowledge

Additional information:

Get inspired by the travel videos of professional athletes on the POW website

<https://protectourwinters.eu/mobility/>

There are a lot of planning tools available but one of the easiest ways of travelling is for sure by sleeping across Europe. Take a look at the "Night Train Network Destinations 2023"

<https://files.wegewerk.com/index.php/s/Mr8WX7WMT5gd66a>



Key words

#mobility and travel



Source

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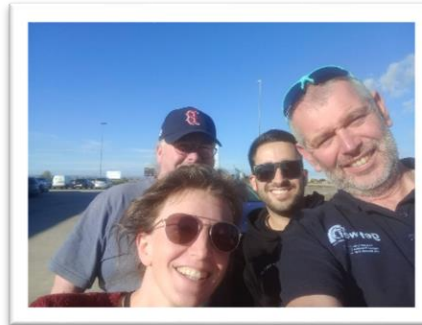
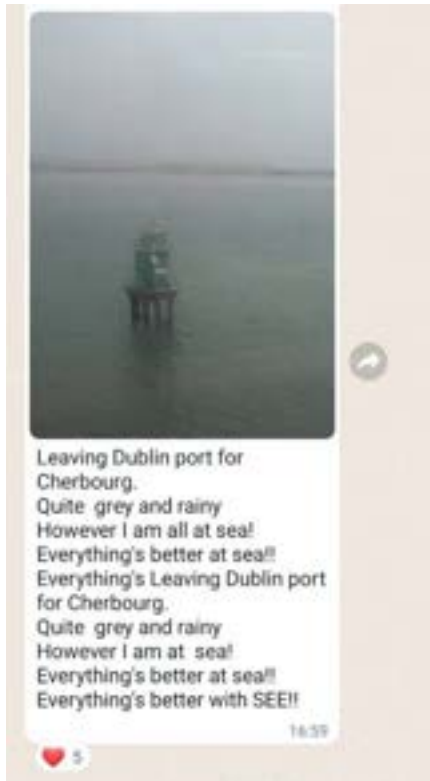


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Materials

Examples from SEE travel experiences



Travelling together and sharing good stories on the way.

