



How to Reduce Your Carbon Footprint from Transportation

A set of educational resources for parents





Introduction

Dear Parents,

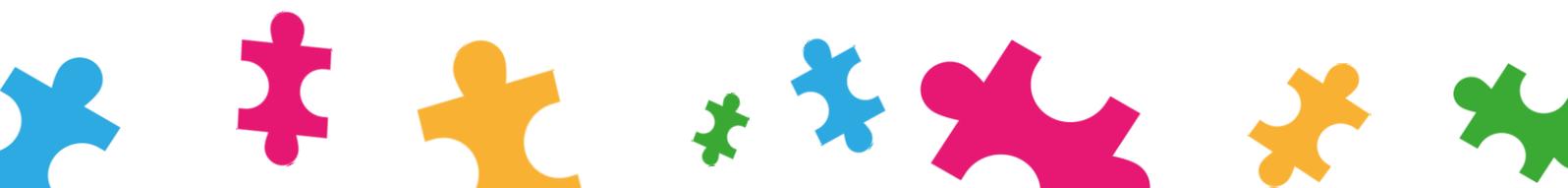
You take care of your children, and you also teach them important skills for life. You are role models for them, and you shape their personality. Your role in their lives is irreplaceable and crucial.

The ecology and future of our planet Earth is a more important topic for young people than it has been in your lives, during your childhood and adolescence. As parents, you should keep up with your children. Planet Earth is the only planet we have for life and is common to all people. We bring you educational tools for parents that include short educational videos, household exercises, and tips for parents in the field of ecology.

The topic of this set of educational resources is How to Reduce Your Carbon Footprint from Transportation. You can learn about this topic. You have a chance to find out what ecological and educational activities you can do with your children and how your family can further reduce the negative impact on our planet Earth.

Educational Video

You can find a video on how to reduce the carbon footprint from transportation at the following link: https://youtu.be/aQrzTrAh_bg





Household Exercise

Topic Addressed (1 of the 12): 5. How to Reduce Your Carbon Footprint from Transportation

Exercise Title Try to reduce your transportation footprint for a week.

Duration of Exercise (in minutes)

1 week

Materials Needed

Introduction

Reduce your transportation footprint for a week. You will reduce greenhouse gas emissions, and what's more, you will improve your health.

Step-by-step instructions

Walk or cycle to the place you need, which is up to 5 kilometres from your home.

Benefits:

HEALTH: lower your blood pressure, lower your body fat, lower your risk of heart disease. It would help your physical and even mental health.

MONEY: One of the great benefits of walking or cycling is that you may be able to save money on transportation. Brand new bikes can be expensive but not nearly as expensive as a car.

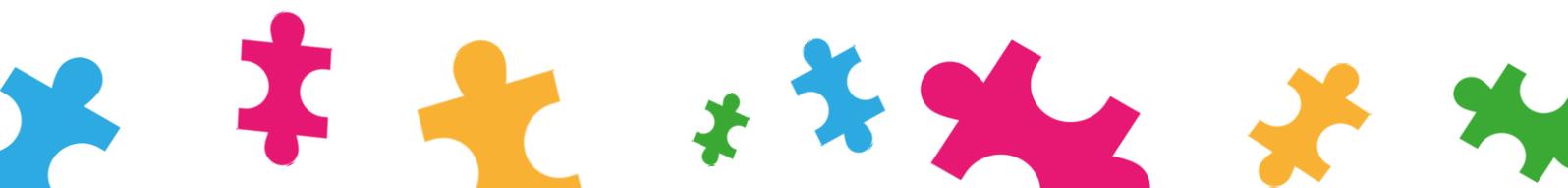
Walking/biking doesn't require insurance, licensing, maintenance etc. Really, the only costs you will incur are your shoes (which you probably already have), a bike, and a helmet.

MIND REFRESHMENT: Walking somewhere can help you go to work or school refreshed, which may help you be more productive and increase your creativity.

DAY	km/mil	tr*	k/m	tr	k/m	tr	k/m	tr	k/m
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

*C – car B – bus S – subway TB – trolleybus TR – tram T – train M – motorcycle BC – bicycle/scooter W – walking Bo – boat Tx – Taxi

At the end of the week, count how many kilometres/miles you walked/bicycled and compare it with kilometres/miles which you could "spend" by any kind of transport which, of course, would cause the greenhouse effect.





In Europe, the average gas emissions * per 1 passenger kilometre (2018) are following:

- Large car (petrol) 283g Large car (diesel) 209g Large car (hybrid) 132 g
- Bus 105g Coach 28g
- Subway 31g
- Tram 35g
- International rail 6g
- Motorcycle (medium) 103g
- Ferry (foot passenger) 19g
- Taxi 212g
- (Compare: Domestic flight 255 g, Long-haul flight in business class 434 g)

* The carbon footprint of travel is measured in grams of carbon dioxide equivalents per passenger kilometre. This includes carbon dioxide, but also other greenhouse gases, and increased warming from aviation emissions at altitude.

Source: <https://ourworldindata.org/travel-carbon-footprint>

Walking around the river/park, don't write into a table.

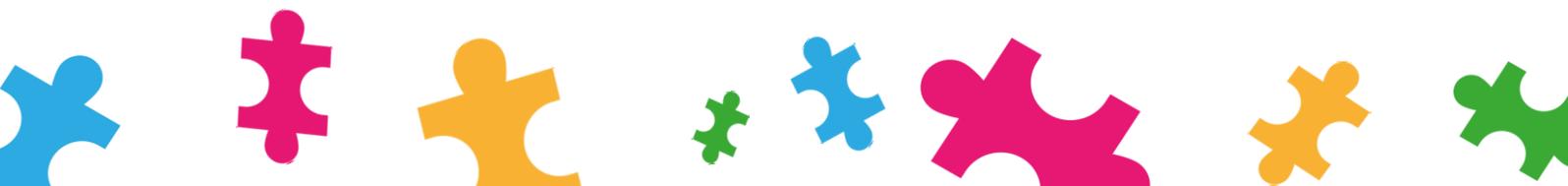
Long-distance commuting to work/school is an exception (you can use any means of transport, trains are the best - speaking about greenhouse effects) And if you need to make a large purchase or carry something heavy, you don't have to walk, of course.

So, what's your carbon footprint from transportation? How was your week when you tried to reduce the carbon footprint from transportation?

Tips for Parents

Tip 1. Bicycle rental system in cities.

Explain to the children how a short-term bicycle rental system works in cities. Download the app and experience how easy and cheap bike rental is in the city.



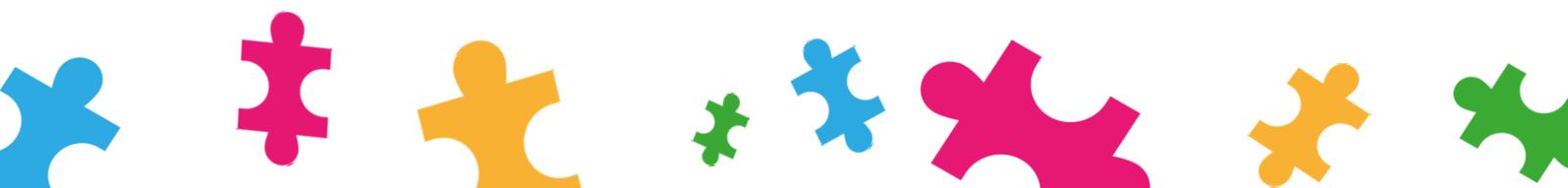


Tip 2. Choose transport according to the carbon footprint.

Different kinds of transportation have different carbon footprints. If you can choose, prefer, for example, electric buses or trains. And if you can ride a bike with your family, do it.

Tip 3. Consider whether you need to own a car.

Consider whether you need to own a car. People use their cars only for a small part of the day. Most cars only stand in garages or parking lots almost all day. Car sharing systems are therefore evolving rapidly. It can be a chance to save nature and your money.



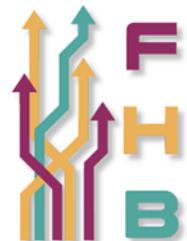


GRETA

Challenge-based Learning in Primary Schools for Climate Change Awareness



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