

## Greener Travel



### Introduction

We use lots of energy getting from place to place, in cars, planes, buses and trains. When cars burn petrol or diesel they give off carbon dioxide. Carbon dioxide is one of the greenhouse gases which are causing climate change.

Choosing to walk or cycle instead of travelling by car saves energy and is good for your health and better for the environment. Buses and trains use energy but can carry far more people than a car, so public transport is a greener way to travel.

Why not use your One Good Idea campaign to encourage people to make simple changes in the way they travel?

### Did you know?

- Most people can walk 1 km in 10 minutes. How far do you travel to school and how do you get here?
- There are almost 2 million cars on Irish roads.

### What can we do?

- Try walking or cycling more, it's great for your health!
- Don't travel by car for short journeys.
- Check if public transport can get you there rather than taking a lift.
- Car pool or share when going to school or work.

### How can I get other people to change?

You can use your One Good Idea campaign to encourage people to walk, cycle or take the bus. Why not:

- Provide information on public transport in your area e.g. buses, trains, the DART or the Luas.
- Organise cycle training for your school.
- Campaign to provide bicycle parking and lockers for cyclists.
- Organise walking or cycling clubs to travel to school, explain how it's good for the environment.
- Encourage parents and teachers to car pool or share lifts.
- Encourage people to think before they fly. Travelling by plane produces a lot of CO<sub>2</sub>. Think about travelling by boat or train, or taking a holiday in Ireland.



#### **Tips for drivers**

- If you have a few things to do like shopping and the school run, try to do them in one trip instead of taking the car out twice.
- See if you can share the car journey to work or school with someone else and take one car off the road.
- Try to use quieter roads and don't drive during rush hours if possible.
- Driving at high speed (over 80 km and especially over 100 km) uses more fuel and causes more pollution. Try to drive at lower speeds.
- An energy aware driving style can save up to 13% on fuel, is better for the environment and saves money.

#### **Tips on buying a new car**

- Visit the [Electrical Vehicle](#) section of the SEAI website to find out more about EVs
- [SIMI](#) have some information on vehicle labels and eco driving.

#### **Resources for Teachers and Students**

##### **Websites**

- For lots of information and videos on greener travel go to An Taisce [Green-Schools Travel](#)
- The [National Journey Planner](#) service helps people plan journeys anywhere in Ireland, using public transport and/or walking.
- You can also download the [National Journey Planner App](#)

##### **Videos**

This short video gives ideas about simple things we can all do to protect the environment [Teach kids sustainability: What does it mean to be green?](#)

#### **Resources for Teachers only**

##### **Classroom activity**

- Using a map of your local area mark the location of the school, using this as the centre point draw a series of circles with a radius of 1km from the school, 3km, 5km etc. Most people can walk 1km in 10 minutes. Ask pupils to figure out how long it would take to walk to school for people living in each circle. Pupils work in groups to mark where they live on the map and discuss how they travel to school.
- Conduct a survey to see how far people live from work or school. Could more people be walking or cycling? Publicise results and encourage people to make the switch to walking or cycling, even one day a week.



### Lesson Plans

- Use this lesson plan from [Exploring our Energy](#) (5th and 6<sup>th</sup> class) Chapter 1, The energy we all use; Lesson 1 Energy in our school) to promote discussion on how the children travel to school.
- Use the Environmental Protection Agency 'Counting Cars' lesson plan to conduct a [survey on traffic](#).

