

Saving energy when you travel

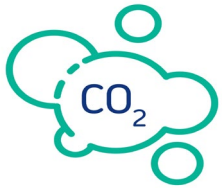


*Most people can walk 1
km in 10 minutes*

Think about it...

Here are some questions to get your class thinking about the energy you use each day when you travel...

1. *When you go to school, to the shops, to visit friends, to take part in sports or other hobbies - how do you get there?*
2. *What types of energy do you use when you walk, cycle or travel by car or bus?*
3. *Which ways of travelling are better for the environment?*



When cars burn petrol or diesel, they give off carbon dioxide. Carbon dioxide is one of the greenhouse gases which are causing climate change. You can save energy by choosing to walk or cycle, instead of travelling by car. Walking and cycling are good for your health and better for the environment. Most people can walk 1 km in 10 minutes. Buses and trains use energy but can carry far more people than a car, so public transport is also a greener way to travel.



What action can you take?

- You can walk, cycle or take the bus and encourage others to do it too - it's great for your health!
- 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 carpool or share lifts.
- Encourage people to think before they travel by plane, as travelling by plane produces a lot of carbon dioxide. Why not travel by boat or train, or take a holiday in Ireland?

Tips for Drivers



- Electric vehicles are better for the environment and cheaper to run. Visit the Electrical Vehicle section of the SEAI website to find out more <https://www.seai.ie/blog/electric-car-reviews-2018/index.xml>
- 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.
- 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 fuel, is better for the environment and saves money.

Find out more



Resources for Teachers and Students	
<i>Websites</i>	<ul style="list-style-type: none"> • For lots of information and videos on greener travel go to An Taisce Green-Schools Travel • The National Journey Planner helps people to plan journeys using public transport. You can also download the National Journey Planner App.
Resources for Teachers only	
<i>Classroom activities</i>	<ul style="list-style-type: none"> • Mark the location of your school on a map. Using the school as a centre point, draw a series of circles marking the distance from the school (1 km, 3 km, 5 km). Most people can walk 1 km in 10 minutes. Ask pupils to figure out how long it would take to walk to school for people living in each circle. Working in groups, pupils 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.
<i>Lesson plans</i>	<ul style="list-style-type: none"> • Explore teaching resources available from SEAI, which include videos, lesson plans and interactive whiteboard resources. • Conduct a survey on traffic using this Environmental Protection Agency lesson plan.