



# INGENIUM

## European University

### The INGENIUM SDG / EGD and Global Partnership Agenda

### INGENIUM sustainable travel instructions

*WP7 INGENIUM for Sustainable Development*

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## INGENIUM SUSTAINABLE TRAVEL INSTRUCTIONS

Transportation can constitute a significant amount of universities' carbon footprint. Especially, if you consider both travels related to work and studies as well as the ways people travel to and from campus. In order to reduce the amount of emissions caused by travelling, universities should encourage sustainable mobility. For example, walking, wheeling, and cycling are the simplest forms of sustainable mobility. One possibility is to reduce the overall need to travel by enabling remote work and virtual mobility.

Universities can also promote sustainable mobility by establishing policies and instructions to be applied during work and study related travels. These sustainable travel instructions are to be applied to all INGENIUM related travels within the alliance. It is not always possible to choose the most sustainable transportation mode, but it is important to consider all options and aspects that have an impact on the overall sustainability of the trip. For example, if you cannot avoid flying, at least choose a hotel with a green label and use only public transportation at the destination.

### General Guidelines – What you should consider before travelling

There are a lot of things to consider before travelling that have an impact on the overall sustainability and carbon footprint of the trip. The first step is to carefully assess the need for travelling. The organizer of the event should be contacted to find out if it could be possible to organize the event in a hybrid form to avoid travelling. Travelling should be avoided especially in situations, in which there is only one short meeting scheduled.

If travelling is necessary, it is reasonable to try to schedule more than one meeting at once if the original event or meeting is rather short. By scheduling more meetings, it is possible to avoid making separate trips. It is also important to carefully consider how many people need to travel. Often several people join a trip that could be handled by one person alone.

During the travel preparations, there are small steps that can be considered to make the trip more sustainable. For example, you should choose e-tickets instead of printed tickets. You should also aim to pack lightly and travel with only carry-on luggage. This reduces the weight of the plane or vehicle, resulting in lower fuel consumption and greenhouse gas emissions.

### Instructions for long-distance travelling

When planning a long-distance travel, it is important to consider the possibility to travel more slowly, i.e. with a train or a ferry and remote working during the travel. Overall, trains and ferries should be preferred when travelling long distances, if rail or ferry routes are available.

For shorter distances, even car travel is more ecological than air travel. The environmental impact of car travel becomes even less, if you choose a fuel-efficient vehicle, e.g., a hybrid or an electric car. It is reasonable to rent such a car if you do not own one. Carpooling is one way to increase the sustainability of travelling as car travel becomes more ecological the more passengers you have.

If flying is the only option, it is recommended to get a direct flight. Takeoffs and landings are responsible for most carbon emission during air travel. You should also check if the airline has any carbon offset programs or other environmental initiatives. Many carriers offer the opportunity to compensate for your travel's greenhouse gas emissions as you purchase your ticket.

## Local and short-distance travelling

When travelling locally, walking, wheeling, and cycling are the best forms of sustainable mobility when travelling short distances. Many cities have bicycles and electric scooters that can be rented while visiting the city. Another good option is to use public transportation, such as buses, trams, subways and local trains. If it is necessary to rent a car to get around at destination, it is sustainable to choose electric or hybrid vehicles. You should avoid using taxis, especially if you are the only passenger.

## Instructions for sustainable accommodation

There are several issues that can be considered while choosing the accommodation during overnight travels that have an impact on the sustainability of the trip. Firstly, it is reasonable to book a hotel near the meeting location to avoid excess travelling. When choosing a hotel, prefer hotels that aim for sustainability e.g. by using renewable energy or compensating emissions. There are some certificates and green labels that establish that the hotel follows sustainable practices.

While at the hotel, you can adjust the thermostat to save energy. You should also hang the “Do not Disturb” sign on the door. This will prevent the hotel from wasting resources by changing sheets and towels daily and wasting electricity by vacuuming. Refusing the daily housekeeping also reduces the chemical load as no chemicals will be used to clean your room. Sometimes hotel rooms do not have recycling bins. If this is the case, you can ask for one to be delivered to your room or recycle your waste elsewhere later. You should also avoid taking the complimentary pens and pads, if you do not need them.

## INGENIUM local public transportation databank

*Information on local public transportation in all INGENIUM university locations as well as information on national railway networks, ferry lines etc. to be added soon.*

## Carbon footprint of travel during an INGENIUM event

*Calculating the emissions of travelling during one INGENIUM event (10 Days of INGENIUM at Xamk, Finland) to be added later*