# CARBON IMPACT SHEET

Co-funded by the Erasmus+ Programme of the European Union

A very clear way to showcase our carbon footprint of travel and accommodation on courses, meetings or events.

Learning experience

Topics

Mobility and travel

Carbon emissions

Min. 30 min

LEARNING OUTCOMES

Participants

- Have a higher awareness of impacts of travel and accommodation
- Are able to calculate their carbon footprint of an event or activity
- Are able to reduce and/or mitigate impacts

Suitable for
outdoor sport instructors

Theoretical sessions

Indoor F2F
Digital

Materials needed

Carbon calculation excel sheet
(Excel provided as SEE resource)

More activities under see-project.eu

# CARBON IMPACT SHEET

Co-funded by the Erasmus+ Programme of the European Union

A very clear way to showcase our carbon footprint of travel and accommodation on courses, meetings or events.

## Preparation

Download the template for carbon calculations at https://docs.google.com/spreadsheets/d/1NUYjaxxYR-3n4ZFMfb0fUbfqDzhuqeeW/edit?usp=drive_link&ouid=102836879377422292582&rtpof=true&sd=true

Ideally have participants prepped in advance by asking their starting point for their journey and the route and modes of transport taken.

Put names and organization into the data sheet (no 2) in advance as this will speed things up.

You can collate the data on travels in advance which means the session can be kept shorter and makes it easier for everyone to see the results OR

You can add the data live with the delegates at the time. (This will take much longer).

## Activity instruction

1. Download a copy of the excel to your own computer or drive.
2. Provide participants with a link to this copy or send it to them by email. Another option can be to put it on the screen.
3. All of the sources for finding information are on sheet 1 and once a journey distance has been calculated it can be added into the excel sheet.

   So for example you want to calculate a flight from Lisbon to Brussels.

   Go to https://www.airportdistancecalculator.com/ and put in the starting airport (Lisbon Portela Airport (LIS) – Lisbon) and the destination airport (National Airport (BRU) – Brussels) and click on calculate flight distance. Note that the excel needs the distances in km and so the one way distance is 1718km. If it is a return trip then the total distance is 3436km. Put this in the distance KM column against the person taking the flight and the excel will automatically calculate the carbon impact and cost to offset.

# CARBON IMPACT SHEET

A very clear way to showcase our carbon footprint of travel and accommodation on courses, meetings or events.

4. Go through each of the sources to find distances (sheet 1 – "info") and perhaps set up an example air, rail or ferry journey to showcase how to use the excel (see example above).
5. Once all data has been inputted you can filter by clicking on the organisation at the top of the data sheet to showcase any individual organisation's impact.
6. Then if you go to the "Results" sheet – you can see the data represented graphically. The ring graph only represents travel but shows very clearly distances and carbon impact. This becomes very interesting if the distance travelled by train is similar to that by flight as the carbon impact of flying can be seen to be significantly higher.

## Reflection and discussion

- Encourage the participants to explore the data and then think about ways that they could reduce the carbon footprint of their journeys in future.
- Have a discussion on how to make the journey to the adventure an adventure in itself!
- Encourage creative thinking about venues and modes of transport for the next activity / meeting / training course.
- Have a competition for the next event for who can travel the furthest on the lowest carbon impact!!

## Potential variations

Can also be developed to measure additional impacts such as electric trains / e vehicles etc.

## Background knowledge

Get familiar with the excel before using it with students / participants.

**Additional information can be found at:**

https://ourworldindata.org/travel-carbon-footprint

https://www.atmosfair.de/en/

Co-funded by the Erasmus+ Programme of the European Union

# CARBON IMPACT SHEET

A very clear way to showcase our carbon footprint of travel and accommodation on courses, meetings or events.

Key words

#carbon impact
#mobility and travel

Source

See sources
in the excel sheet

Presented by

Mike McClure,
Jordi Segui and
Jean Esselström