



Theoretical exercise to train future instructors on ecological planning, mobility and creating attractive outdoor sport offers.



Learning experience



Topic

Mobility and travel

Carbon emissions



90 – 120 min



Participants

- know about the footprint of different means of transport and accommodation
  - know how to measure the carbon footprint of a trip/course
- are able to plan an outdoor sports programme oriented on ecological criteria (and have a collection of mobility and planning tools ready)
- are able to choose a destination wisely for ecological criteria while creating an attractive offer
  - are able to "sell" their offer (to an audience with "ecological expectations")



Suitable for  
outdoor sport instructors



Practical sessions  
Theoretical lessons



Indoor F2F  
Digital



Materials needed

CO<sub>2</sub> calculator (Excel provided as SEE resource)



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## Preparation

Depending on group size, you can make sub-groups of 2-4 persons.  
Each group should have access to the excel sheet for calculating carbon emissions.

Download the template at

[https://docs.google.com/spreadsheets/d/1NUYjaxxYR-3n4ZFMfbOfUbfqDzhuqeeW/edit?usp=drive\\_link&oid=102836879377422292582&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1NUYjaxxYR-3n4ZFMfbOfUbfqDzhuqeeW/edit?usp=drive_link&oid=102836879377422292582&rtpof=true&sd=true)

## Activity instruction

Step one: Give your participants the task to plan a weekend activity for potential customers (or club members etc.).

- Plan the programme in detail including logistics, activities, natural highlights, educational content etc.
- Calculate the carbon emissions per head for travel and accommodation with the help of a carbon emissions table

Step two: the groups present their programme to the audience and get judged by 3 criteria:

1. CO<sub>2</sub> footprint,
2. Social and environmental content
3. Attractiveness.

1-5 points can be given for each criteria from each group and by the educator.

Whereas the 2nd and 3rd criteria are more subjective, the 1st criteria can be compared directly (with the programme with lowest emissions getting 5 points, the second lowest 4 etc.).

The group with the most points wins.



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## Reflection and discussion

A reflection phase should include aspects of different means of transport, accommodation and respecting carbon emissions, attractiveness of ecological offers, choosing the “right” destination as well as expectations of potential customers.

At the end of the exercise, the group is asked to collect mobility and planning platforms (like bahn-zum-berg.at; rome2rio.com or checkmybus) to make travelling with public transport easier as well as good initiatives for a more sustainable outdoor sport (e.g. sustainable destinations like alpine pearls). The collection of tools and ideas is written down or shared with a common media with the whole group for later use.



## Potential variations

- To make it easier you can calculate the emissions for your last (or actual) trip or course.
- To make it easier you can also reduce it to a CO2 challenge – plan an offer with the least possible CO2 footprint
- Plan two offers per person for different destinations, one as an ecological offer and another where environmental planning is no issue – calculate the carbon emissions
- Plan two offers for the same destination and calculate the emissions for best case ecological travel and for worst case scenario
- Carbon offsetting options can be included as additional topic



### Key words

#CO2 footprint  
#mobility  
#planning and preparing  
#carbon offsetting



### Source

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### Presented by

Barbara Eigenschenk  
(TUM) and  
Mike McClure (SNI)