

TRAINING FICHE

05. HOW TO BECOME A MORE RESPONSIBLE CONSUMER OF MOBILITY

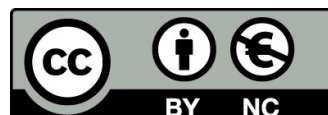
Area	Mobility
Level	BASIC
Topic	<div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> 5. Tips and recommendations for a RC </div>
Module	<div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> How to become a more responsible consumer of Mobility </div>
Keywords	Sustainable mobility – daily life – emissions – responsible consumption – climate change
Citizens as the core agents of change on Mobility	The significance of transportation in sustainable development was first highlighted during the United Nations Earth Summit in 1992, and it was

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(500-1000 characters including spaces)

emphasized in the summit's conclusion document, Agenda 21.

During its nineteenth Special Session in 1997, the UN General Assembly conducted a five-year review of Agenda 21 implementation, noting that, over the next twenty years, transportation would be expected to be the major driving force behind a growing global demand for energy.

Furthermore, the significance of transportation was once again recognized in the final document of the 2002 World Summit on Sustainable Development - the Johannesburg Plan of Implementation (JPOI).

The worldwide focus on transportation has been consistent in recent years. At the 2012 United Nations Conference on Sustainable Development (Rio +20), world leaders unanimously agreed that transportation and mobility are critical to sustainable development. Sustainable transportation may boost economic growth while also improving accessibility. Sustainable transportation improves economic integration while protecting the environment. promoting social fairness, health, city resilience, urban-rural connectivity, and rural production.

Tips and recommendations

To do / Not to do

(2000-3000 characters including spaces)

Sustainable transport is incorporated into various SDGs and targets in the 2030 Agenda for Sustainable Development, including those connected to food security, health, energy, economic growth, infrastructure, and cities and human settlements.

Many new forms of transportation have emerged in recent years, alongside classic cycles, skates, and skateboards. Electric scooters, hover boards, Segways, electric cycles, and other forms of personal mobility vehicles are examples of

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sustainable transportation (PMV). In most circumstances, these means of transportation are still an ecologically favorable option.

Each of us can help to improve the quality of the air we breathe by taking personal responsibility for choosing moral behaviour and deliberate actions targeted at reducing atmospheric pollution. In order to do this, we provide a number of "good practises" on how each of us may take meaningful action on mobility to support the preservation of the environment in which we live below.

Mobility: soft and shared

- Prioritise the use of bicycles and public transport, especially for short journeys and in city centres.
- Give preference to car sharing and bike sharing, also in self-organised forms, to reduce the number of vehicles on the road and increase the number of passengers using the same means.
- Use available public transport.
- Share your car with others doing the same route as you (carpooling).

Eco-drive and controls

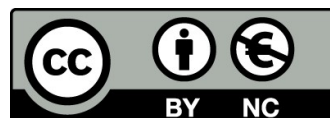
- Keep a moderate speed on the motorway: travelling at 110 km/h instead of 130 km/h reduces fuel consumption by up to 30%.
- Keep a steady pace in the city, avoiding hard braking and acceleration. Use high gears as soon as conditions allow, limit driving with the engine at high revs.
- When starting the car, do not press the accelerator to 'warm up' the engine. In the

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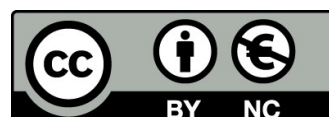
	<p>event of tailbacks or prolonged stops, switch off the engine.</p> <ul style="list-style-type: none"> • Check the car regularly: worn components can significantly increase fuel consumption. • Check your tyre pressure once a month: 0.5 bar below the car manufacturer's recommended value increases fuel consumption by up to 3%. • Give preference to energy saver tyres, which reduce consumption by up to 3 % in the city and up to 5 % on out-of-town trips. • Eliminates unnecessary weight from the car. <p>Vehicles and motorbikes</p> <ul style="list-style-type: none"> • When buying a new or used car, give preference to Euro 6 (or at least Euro 5) class vehicles, which are more recent and therefore less polluting, given that diesel fuels are more polluting than other fuels. • For older commercial vehicles, if replacement is not possible, it installs type-approved particulate filters that reduce particulate emissions. • Electric vehicles have no tailpipe emissions and newer models have a high range. • When buying a new or used motorbike or moped, favour those with a four-stroke engine (higher performance and less polluting) over two-strokes; also favour the most recent class available on the market.
Language	English
Partner	IHF
Further references	https://seyccat.org/what-steps-are-we-taking-towards-responsible-consumption-and-production/

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