

The Tiny Climate Conscious Travel Handbook



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Dansk ICYE, International Cultural Youth Exchange, is an international non-profit exchange organisation for young people between the ages of 18 -30. We are an independent and non-profit organization founded in 1972. Dansk ICYE is part of the international exchange network ICYE and has national organisations in more than 40 countries in Africa, Europe, Asia, Oceania and North, South and Central America.

Every year we serve as a sending and supporting organization for about 80 and host about 60 volunteers from and to all continents each year on three different exchange programs, including the European Solidarity Corps. Dansk ICYE has the mission to enhance humanity, remove prejudices and create understanding and tolerance between different cultures. We believe that the direct contact between people across cultures, nationalities, languages and religions is the starting point. ICYE is a member of UNESCO and by the UN designated as a "Peace Messenger" The purpose of our work is to promote cultural understanding across borders and traditions.

We believe this can be facilitated through our exchange programmes, i.e. living in a foreign country, and doing local community based voluntary work. This allows the participants to integrate in the hosting culture and to exchange viewpoints and ideas, explore new habits and lifestyles and reinforce values such as solidarity, inclusion, democracy, and friendship. Dansk ICYE's vision is to create an understanding of human values across cultures. This means that we are working to break down cultural barriers between people and thus help to promote solidarity and peace in the world.

13 CLIMATE ACTION



Green Ambassadors was a Dansk ICYE initiative supported by the Danish Youth Council (DUF) and Erasmus+ of 14 of our young members. Over the course of a year (2 weekend in-person workshops and meetings) we came up with a series of resources that can be used to improve how ICYE works to be more climate conscious, and help other young travelers and organizations do the same. Together we created a toolkit of the, The Tiny Climate Conscious Travel Handbook, Cookbook and presentations. To help with making youth organizations greener!

Our core in Danish ICYE is still cultural exchange at local, national and international level. We do not want to tamper with that. But we want to find greener ways to do it all – and hopefully inspire other youth organisations to do the same. Through Erasmus, we have received support for the initiatives to be reviewed by a climate expert who will help us make them even sharper and prioritize between the many initiatives.



Meet the green ambassadors

A brief introduction

Dear reader

Welcome to this tiny climate conscious travel guide for all ages. It's a conversation starter to learn the basics behind what sustainable travel is, and how you can make more conscious decisions of how to travel with the climate in mind. It's part of ICYE's commitment to reshaping international youth exchanges with an environmental lens. Our goal is to raise awareness and contribute to a culture where travel decisions are tied to sustainability considerations. We designed this book for both the ICYE community and for all eco-conscious travellers, so we hope you use this as a starting point for your future travels!

Travelling, especially by air, is a major contributor to greenhouse gas emissions, primarily carbon dioxide (CO₂). In 2019, the aviation industry was responsible for around 2-3% of global CO₂. While this percentage may seem small, it is important to understand that these emissions occur at high altitudes, which can have a more potent warming effect on the atmosphere than emissions at ground level.

Global aviation is a controversial topic as there are many ways to interpret the climate accounts. Globally, aviation accounted for about 1.9% of greenhouse gas emissions in 2018 but

is responsible for approximately 3.5% of global warming. At the same time, these figures hide an extreme global inequality. For example, 90% of global passenger air traffic comes from high- and middle-income countries, while the poorest half of the world's population (4 billion people) has no share in these emissions. According to one estimate, only about 1% of the world's population is responsible for a full 50% of emissions from global air traffic, while 80% of the world's population is presumed never to have flown.

CO₂ Emissions and Altitude: The Global Warming Potential (GWP) of CO₂ itself is not significantly altered by the altitude at which it is released. CO₂'s impact on global warming is primarily due to its long lifespan in the atmosphere and its ability to trap heat, regardless of where it is emitted. However, the other non-CO₂ effects that occur specifically at high altitudes, where planes operate, do add significantly to the overall impact of aviation on climate change.

Non-CO₂ Emissions from Aviation: The issue with aviation and climate change is not solely the CO₂ emissions but also includes a range of other greenhouse gases and effects, such as water vapor, nitrogen oxides (NO_x), sulfur oxides (SO_x), and



To learn more about what steps you can take as a traveller, read on!

particulates. These substances can have different and sometimes more potent effects when released at high altitudes compared to at ground level. For example, NO_x emissions can lead to ozone formation and affect atmospheric chemistry in ways that exacerbate warming.

Contrails and Cirrus Cloud Formation: One of the most significant high-altitude impacts of aviation is the formation of contrails and contrail-induced cirrus clouds. These clouds have a warming effect because they trap outgoing infrared radiation from the Earth's surface. The impact of contrails and induced cloudiness is complex and varies depending on factors like atmospheric conditions and the time of day. They are a significant factor in aviation's impact on climate change, often considered to be as important as the CO₂ emissions themselves.

More and more people are choosing to travel near and far for tourism, in fact in 2019, international tourist arrivals surpassed 1.5 billion and is likely to keep rising. The environmental impacts linked with tourism are far reaching and include high energy consumption, resource depletion, and degradation of ecosystems. This rise in global tourism will worsen these impacts and push many already fragile environments to the edge. But it doesn't have to be this way. Choosing to travel in a more climate conscious way can be one way to tackle these challenges.

Happy travelling, ICYE Denmark's Green Ambassadors

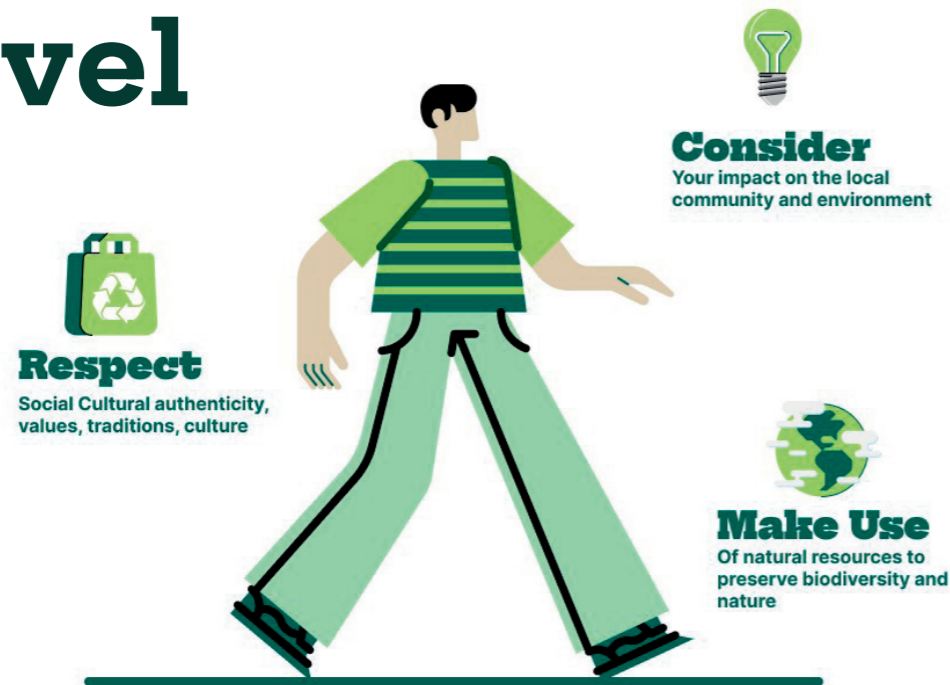
Sources

1. International Air Transport Association (IATA)
2. Transport by Hannah Ritchie and Max Roser in Our World in Data and BBC World News Podcast the Climate Question, Can tourism ever be good for the climate?
3. United Nations World Tourism Organization

“Travelling sustainably doesn't necessarily mean you have to stop travelling, but rather to do so with awareness and responsibility.”



There is no 'One Correct Solution' to travel



Transport is the fastest-growing contributor to energy-related carbon emissions. Depending on your lifestyle and where you live, our daily transportation can emit 12% to 70% of urban air pollution. Sustainable or green transport can be any type of safe travel that is energy-efficient, accessible and affordable. Think of electric cars, trains and boats. Any mode of transport that is sustainable must consider people, planet and our pockets.

Our choices of transportation can depend on many factors. For one, more sustainable modes of transport can tend to be more expensive, and therefore budgets can be a large limiting factor.

Secondly, social factors such as safety, and accessibility can play another factor in our choice of transport. Ultimately travellers need to feel safe while travelling.

Lastly, the environmental factor of transport options can be measured in emissions, pollution and a general will to protect the environment. It is in this way, that there is no specifically correct answer to how to travel more sustainably. Generally speaking, busses and trains can be the best options (especially when they run on renewable or green fuels). Short haul flights, highspeed ferries and private diesel cars tend to have some of the larger impacts (as seen in the figure). Sustainable tourism or 'eco-social tourism' as it is also called, considers local ecology, biodiversity, respect and the well-being of both visitors and host communities.

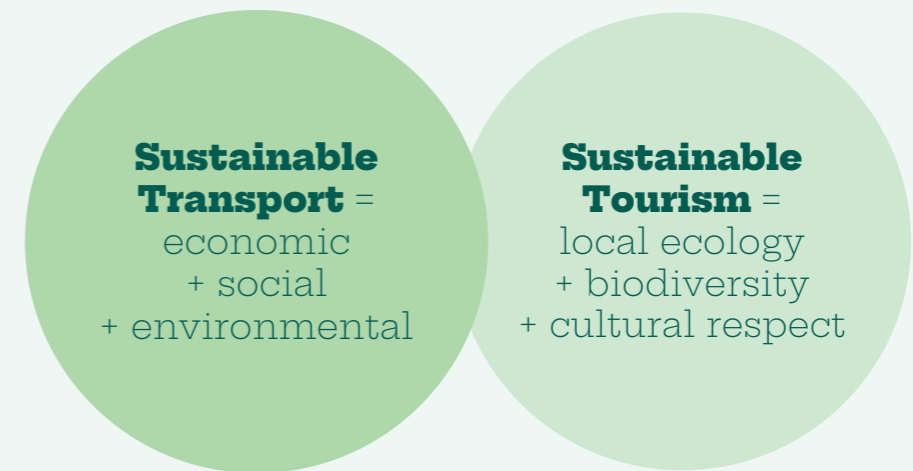
It requires you as a traveller to:

1) Do your best to use natural resources wisely to protect natural habitats, biodiversity and heritage.

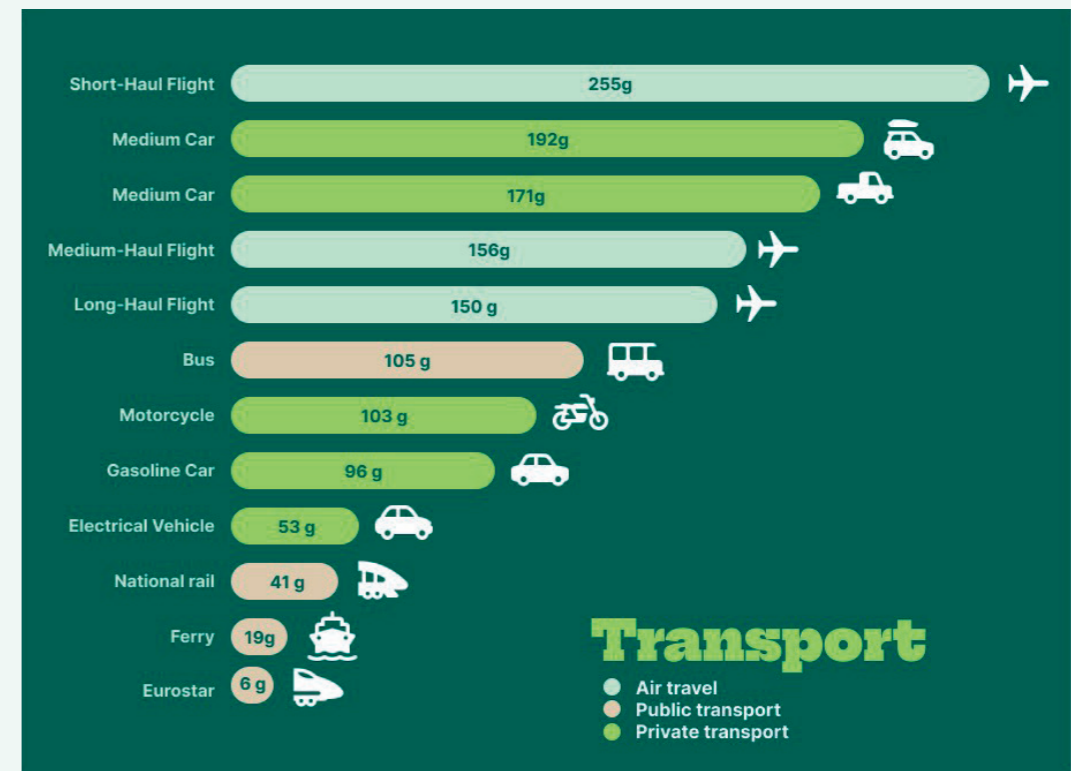
2) Respect the social norms, traditions and cultures of the communities you visit and create a sense of intercultural understanding.

3) Do your best to contribute to sustainable economies and livelihoods by favouring local businesses.

You can also challenge yourself to stay longer in one place instead of moving around to multiple destinations over a short time, because slow travel can reduce your carbon footprint and allows for a more immersive experience. Impacts can also be reduced by booking local accommodation, tour-guides and experiences to boost local economies. In this same line of thought, you can also be selective in the things that you chose to do – by opting for responsible tourism operators. These changes can require a little extra research but can make big differences.



Using an **ecosocial** tourist approach encourages **environmentally responsible** and **socially conscious** adventures.



Source: UK Department for Business, Energy & Industrial Strategy via Our World in Data Flight labels have been adjusted to be more relevant to an international audience, from the original UK-based source.



Why is sustainable transport so important?

So, why should we be more conscious of our carbon footprint when travelling internationally?

The answer lies in our collective responsibility to combat climate change and protect the planet for future generations. The effects of climate change, such as rising temperatures, extreme weather events, and sea-level rise, are already being felt across the globe. Science is clear: human activities, including travel, are significant contributors to these negative impacts. Unfortunately, trends are pointing in the wrong direction. We need to fly less, but we fly more and more. Therefore, considering how you can lower the carbon footprint of your travels is an important contribution you can make! Just look how many planets we need to sustain our current way of life (see image).

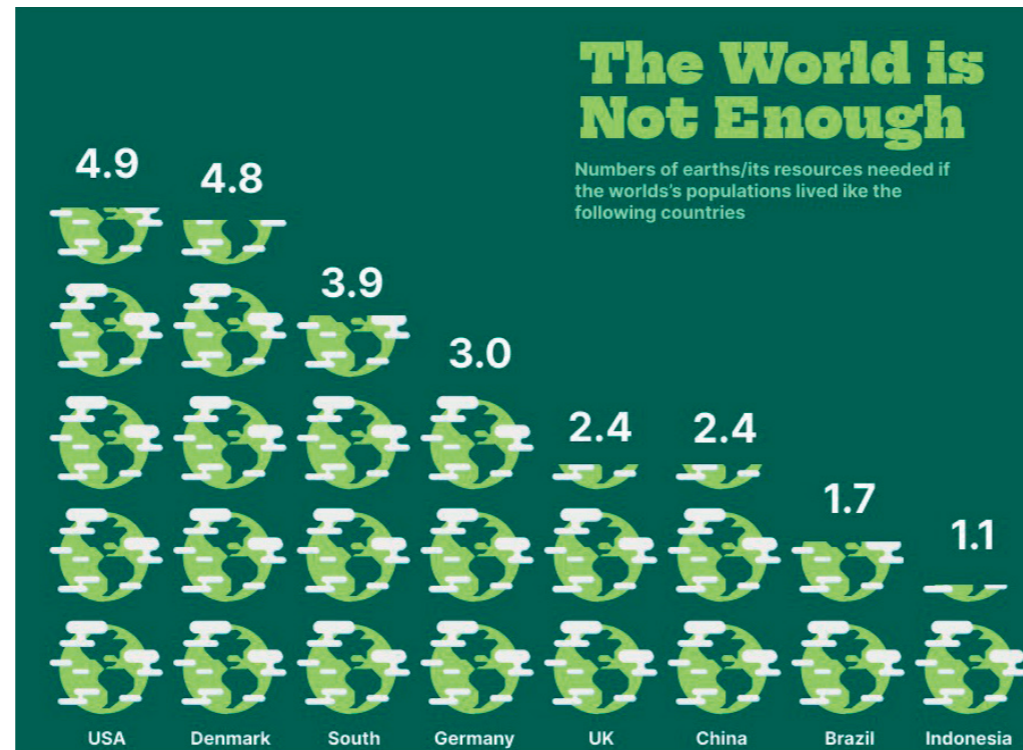
By adopting sustainable travel practices, we can reduce the environmental harm caused by our journeys and contribute to the global effort to limit global warming to well

below 2°C, as outlined in the 2019 Paris Agreement.

Our choices as travellers play a key role in encouraging industries and organisations to be more environmentally conscious. By supporting sustainable travel options, we can drive positive change within the tourism sector, making it more responsible and eco-conscious. A lot of small changes can make BIG change

Travelling has led to the promotion of innovations, ideas and solutions that continue to shape the world we live in which is why we're so excited to reimagine travel for people and the planet through this pocket sized travel guide:

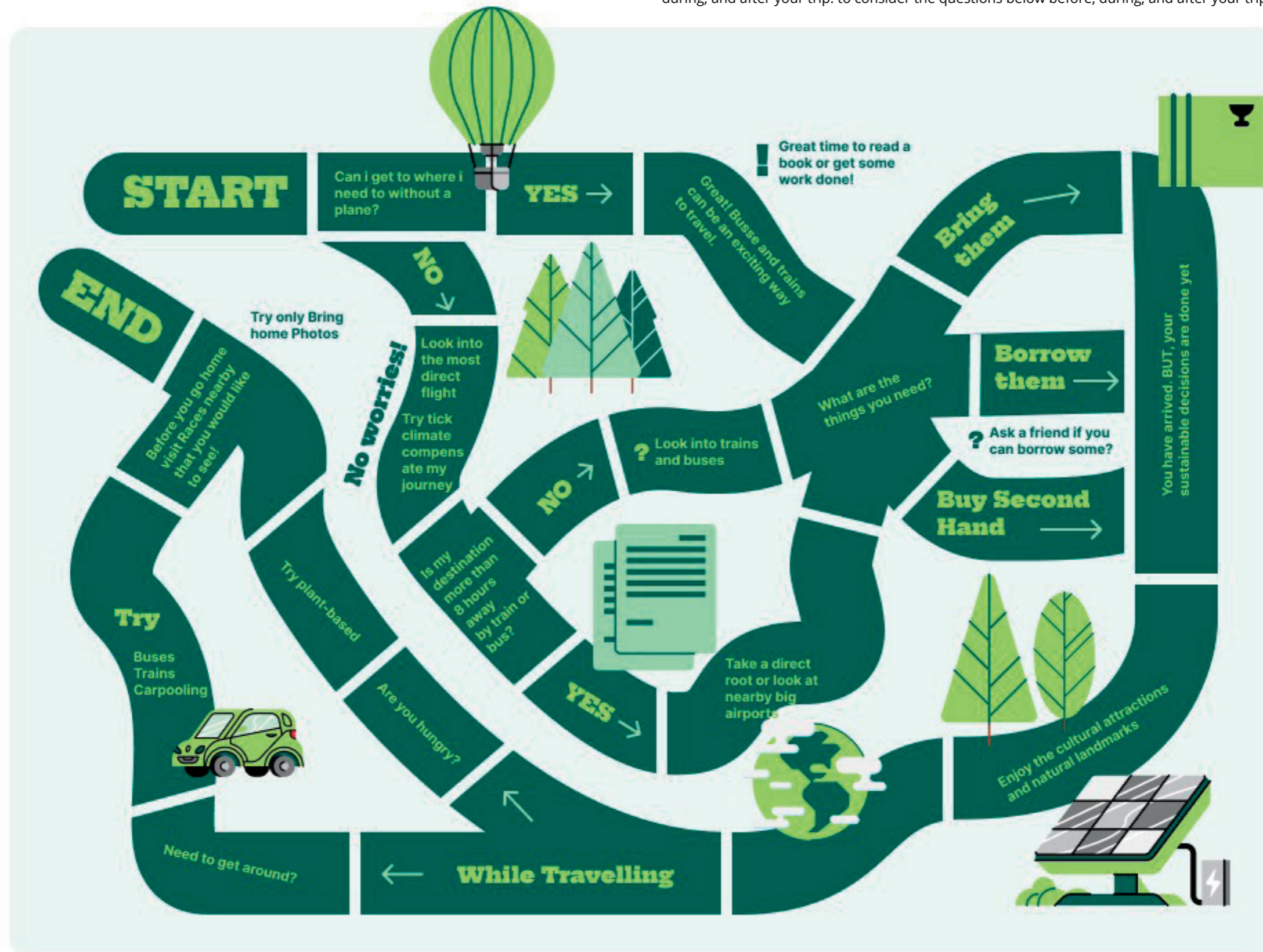
Bottom line, we encourage you to go green, travel clean and see the world responsibly.



Selected countries. Calculated based on 2022 data estimates. Source: Global Footprint Network

A practical guide: Making a More Climate Conscious Decision

To help you get in the headspace of eco-social tourism and create a positive ripple effect within the global travel community, we've created a visual storyboard to map out how we can minimise our environmental footprint, support local economies, and respect local cultures and communities. We also ask you to consider the following questions before, during, and after your trip: to consider the questions below before, during, and after your trip.



Climate Traveller Top Tips

Small changes can make a big difference in becoming an eco-conscious traveller. Here are some travel stories to inspire you to pack your bags and embark on your next environmentally conscious adventure.

Meet Grayson,

This past summer Grayson hiked the tour du Mont Blanc with her friend Chloe. Once they arrived in Europe they chose to travel by public transport. During their hike they camped and cooked their meals on a back-country stove to minimize food waste. They chose food that was fresh and had less packaging whenever possible. While hiking and in towns they used a water filters and reusable water bottles. Grayson says that "while these decisions were in part made by our travel budget they also meant that our trip had less of a carbon footprint. It also meant that we were eating delicious fresh cooked meals amidst the mountains. I find that while backpacking I really appreciate eating fresh fruits and vegetables as they are both tasty after a long day of hiking and can usually be fully consumed without having to carry plastic packaging after my meal."



Meet Lise,

In the fall of 2022 when she was writing her bachelor's thesis chose to go on a vacation to Italy. With the possibility of a night train from Hamburg to Innsbruck she made the trip an adventure! Lise travelled with her remote-working boyfriend and enjoyed a full working day on the train from Copenhagen to Hamburg. In the evening they enjoyed a nice dinner by a lake - and took it as a much-needed opportunity to stretch their legs, before taking a night train to Innsbruck. In the morning they woke up to a full of mountains and a nice breakfast on-board with the sweet-est service. They had a morning to explore Innsbruck before we had another full working day on the train to Florence. Their train journey continued after a week in Florence, following a train trip to Rome. Lise says that "In the end, we had been gone for 10 days and only using 1-2 holiday days as we could always work while being on the train!"



Meet Ringisai,

Ringisai says, "Sometimes you have no choice but to drive, or take a plane." On a trip 'out-bush' in the Northern Territory of Australia, she joined an indigenous research trip. A fuel car was the chosen mode of transport, due to no public transport alternatives. She packed the car with camping gear and food before embarking on the 10-hour drive out of Darwin. We made a conscious effort to borrow camping gear instead of buying our own and were mindful about packing food and minimizing waste. It is important to set up camp somewhere and clean up properly to ensure it appears as if no one was there. Being off-grid also encourages creativity in finding enjoyable activities and utilising the surrounding space. It was a very educational trip being able to learn from the indigenous community and learning how to 'live on country' and its resources. She acknowledges the Traditional Custodians of the land on which



she travelled to and pays her respects to. Their Elders past and present

Bucket list

- Rock a reusable Water bottle to cut down on single use plastic!
- Visit a hidden gem.
- Buy something from a small/local business to cherish this moment.
- Take a selfie at a bus stop or train station.
- Become a fuel saving superhero by packing light.
- Choose an alternative to single use plastics.
- Take a long stroll.
- Took a photo of a beautiful view.
- Visit the local market.
- Learn the name of a local plant.
- Visit a green space for an hour.
- Learn how to say hello and thank you in a local language.
- Write down one thing that you enjoyed from your trip.



This bucket list is designed to encourage eco-conscious and sustainable travel while contributing positively to the places you visit and the global effort to combat climate change. You can use this list as a guide to make more responsible and sustainable choices during your volunteer exchange abroad.

Notes
