

# Map your journey



Ages: 8+



Time: 60 mins

## Purpose:

To discover the collective carbon footprint of your journeys to youth work venue.

## Youth work outcomes:

**Outcome 2:** Young people manage personal, social and formal relationships

**Outcome 5:** Young people consider risk, make reasoned decisions and take control

**Outcome 6:** Young people express their voice and demonstrate social commitment

## Sustainable development goals:



## How it works:

### In person:

Map, coloured pens.

### Online:

Interactive whiteboard functionality

### Description:

Have a map of your local community that includes your youth club/meeting place. Using different colours to correlate with different modes of transport (blue for car, green for walking, red for public transport etc), ask young people and youth workers to draw their journeys to the youth club.

Measure how far each journey is and add up the combined carbon footprint for everyone's journeys using the following calculations:

- One mile by bus = **150g CO<sub>2</sub>e**
- One mile by train = **150g CO<sub>2</sub>e**
- One mile by car = **404g CO<sub>2</sub>e**
- One mile by bicycle = **33g CO<sub>2</sub>e**
- One mile by walking = **0g CO<sub>2</sub>e**

Note: CO<sub>2</sub>e stands for Carbon dioxide equivalents. It is a term for describing different greenhouse gases and their combined impact on global warming.

# Map your journey

Mode of transport	Total number of journeys	Total combined distance per mode of transport	Total CO <sub>2</sub> e per mode of transport
Example: Car	2	4.0 miles	1,616g CO <sub>2</sub> e
Total CO <sub>2</sub> e			

How could your group work together to reduce your total CO<sub>2</sub>e journey emissions? Walking or cycling together could make the journey more fun, or perhaps for those who live further away, sharing car rides could be an option to halve your emissions. Display your ideas so you remember to stick to them.

Check back in after a month or so and see if your combined CO<sub>2</sub>e has reduced. Perhaps create a new map to compare to the original one that you produced? You could also try this challenge in small teams to work together to reduce your CO<sub>2</sub>e. If you or your group has not reduced your CO<sub>2</sub>e, what were the reasons? What could you try differently this time to reduce your carbon footprint?

## Discussion questions:

- Were you surprised by the results of this activity?
- Has this activity made you reflect on how you travel?
- Are there other journeys that you could change to reduce your greenhouse gas emissions?
- What influences how you travel (e.g. weather, family, safety, etc)?
- What would motivate you to undertake active travel more frequently?

## Next steps

Explore the barriers and enablers to active travel in your community with the [Snapshot of Active Travel photo activity](#).

Has your sandwich travelled thousands of miles to get to your lunchbox? Discover where the food you eat has come from with the [Lunch Boxes activity](#).