

Transition Streets
Facilitators guide for session 6
Transportation



What do we want to achieve and why?

Key aim: To allow the group to give themselves permission to share their habits and explore issues deeply honestly and openly.

Facilitator Tips:

- Send a reminder to the group 1 week in before the meeting.
- Take 2 mins just before you start to ask yourself ‘what do I want to achieve in this session and why?’
- Spending time warming the group up first makes brainstorming objectives more productive and running through the workbook less dry.
- Some groups already know each other well and may need less time warming up.
- The confines of a living room often mean breaking rules about good workshop practice. For example, breaking into sub groups and moving around doesn’t work so much. If people feel they are back at work or school, they may resist engaging.
- We suggest that you have the group agreements from the previous meeting written up and posted on the wall during the meeting. You may want to review them as a group at the beginning of each meeting.
- Try to draw everyone into the conversation. Give everyone a chance to speak.

To bring:

- Your own TS workbook
- Flip chart & pen – at least 3 sheets:
- 1 titled ‘actions & progress from last session’;
- 1 ‘chapter highlights’;
- 1 ‘bigger picture’

***Please note:** All timings are suggested. Feel free to adjust to best suit your group.*

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| <p>Gather, welcome, warm-up</p> <p><i>One idea for a warm-up activity: Ask the question, “If you could transport yourself anywhere instantly, where would you go?” Give everyone a chance to think about that. Then ask, “Is this place somewhere you could get to by foot, bike, or public transportation? If not, what is an alternate place that you could transport yourself to that has something in common with the first place that you picked.” Then have a sharing circle where people share where it is that they would transport themselves to in both scenarios and why.</i></p> | <p>10 min</p> |
| <p>Review actions & progress from previous session</p> <p>What actions have you taken since the last group session to reduce your waste?</p> | <p>15 min</p> |

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| <p>Facts & Actions: ‘Transportation’</p> <p>This chapter covered the following topics:</p> <ul style="list-style-type: none"> • Walk this way (6.3) • Get on your bike (6.4) • Take buses and trains (6.6) • Try car-sharing (6.8) • Try carpooling (6.9) • Fuel-efficient driving (6.11) • To fly or not to fly? (6.13) • Vacation locally (6.15) <p>Some suggested actions included:</p> <ol style="list-style-type: none"> 1. When possible, choose to walk. 2. Join or start a walking group. 3. If you have a child/children, join or organize a “walking school bus” for your children’s school. 4. If you don’t have a bike, consider buying one from a local shop, thrift store, or Craigslist. 5. Keep your bike maintained and commute-ready. 6. Bicycle when possible (start with short rides to build the habit). 7. If you have children, encourage them to bike to school, when possible. 8. Join a local cycling group or find a cycling buddy. 9. If you have limited ability to bike, consider riding a trike or electric bicycle. 10. Use public transportation when possible. 11. Consider Amtrak, Megabus, and Greyhound for your long-distance travel. 12. Consider car sharing services instead of owning a car, particularly if you drive less than 5 times/week. 13. Consider an official carpooling group or create your own mini system of carpooling with friends, work-colleagues, or neighbors. 14. Use social media and on-line community boards to ride share. 15. Check to see whether your local public transit authority offers a webpage for ridesharing. 16. Try on-demand rideshare services. 17. If you have a car, get it serviced regularly. 18. When driving, stay at or within the speed limit. 19. Keep your tires inflated to the correct pressures. 20. When driving, leave the roof rack at home when not needed and close the windows and sunroof. 21. When driving, anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. 22. Don't idle. 23. When driving, check your revs. Move up a gear before 2,500 rpm in a gas-fueled car and 2,000 rpm in a diesel. 24. When driving, don't carry around unnecessary weight—empty your trunk. 25. When driving, use air conditioning sparingly as it significantly increases fuel consumption. | <p>60 min</p> |
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| <p>26. When driving, plan your trips to avoid congestion, road work, and getting lost. 27. When driving, avoid short car trips. Try combining your trips. 28. If you're stuck in a traffic jam when driving, switch the engine off if you expect to be there for more than a minute or two. 29. Consider taking the train, ferry, or cross-country bus instead of flying. 30. Consider local vacation destinations that don't require flying.</p> <p><i>Some potential questions to guide the conversation:</i></p> <ul style="list-style-type: none"> • What information stood out for you from this chapter? • Was there anything new and surprising? • Are there things you're doing related transportation that aren't mentioned in the chapter? | |
| <p>Your Personal Action Plan</p> <p>Now that we've talked about the facts and actions to reduce the environmental impacts of transportation, let's fill in our own transportation action plan (section 6.17 of the workbook). What are the actions that you'll commit to doing?</p> <p>The action table in your workbook has room for you to include actions that you will be doing, along with a deadline. It also has room for you to note actions that you're already doing related to transportation.</p> <p><i>Give people a few minutes to write down their actions. If there's time, the group could go around to share one action that they're committing to take.</i></p> <p>Are there any group actions that you want to take that you'd like help with from others in this group?</p> | 10 min |
| <p>The Bigger Picture</p> <p><i>Refer to Section 6.20 of the workbook.</i></p> <p>It seems that giving up our cars is one of the hardest things to do. Obviously, this is influenced by the cost and availability of suitable public transport options. Given that this may take some time to change,</p> <ul style="list-style-type: none"> • What sort of changes would you need to make in your life to significantly cut your dependence on your car? • What would your friends and family think? Given what we've learned about air travel, when do you think it is appropriate or responsible to fly? | 20 min |
| <p>Re-confirm Next Meeting</p> <p><i>Before ending the meeting, the group should re-confirm the date, time, location, and facilitator of the next meeting.</i></p> | 5 min |