

# How to **reduce your carbon footprint** while **travelling**



## **Trains are much more sustainable than airplanes**

Climate neutrality is one of the pillars of Radboud University and Radboud university medical center's joint sustainability policy. In an effort to reduce CO<sub>2</sub> emissions, reassessing corporate air travel is a great place to start. This includes asking yourself whether an international business trip is really necessary or whether alternative forms of transport are possible.



## **Seven-hour rule**

An important sustainability measure included in the joint policy is the seven-hour rule, which discourages flying to cities that can be reached by alternative modes of transport in seven hours or less. With shorter wait times, the (night) train is an excellent alternative to flying and gives you the opportunity to work or sleep.

## In person or online?

A sustainable international travel policy does not exclude flying entirely. Rather, it encourages making informed decisions about when to fly, when to use alternative modes of transport, and when to hold meetings online instead of in person. Before you book your next business trip, consider the following:



**I have a business meeting abroad. Do I have to be there in person?**

**NO:** The meeting can also be done through video conferencing.

**i** Both Radboud University and Radboud university medical center offer video conferencing facilities for employees to use.



**YES:** Travel is required.

**Is your destination less than 500 kilometres away or less than seven hours away by train?**



**500 km or less than 7 hours**



**YES:** Take the train.



**CLOSE:** The train is encouraged.



**NO:** Flying is an option.

**i** An electric car is another great alternative, especially if you'll be travelling with more people.



**i** In order to make an accurate comparison between different transport modes, it's important to include all travel and wait times. A good rule of thumb is to add at least three hours to your flight time to cover the journey to and from the airport, check-in and any transfers. In some cases, taking the train is just as fast as if not faster than flying. Take this into account when planning your next business trip.







## Train versus plane

- Shorter check-in time
- A table to work at
- Arrival in the city centre
- Well rested on arrival (night train)

### Legend:

 **Green cities: Always take the train.** These cities can be reached by train within seven hours and/or are less than 500 kilometres away.

 **Orange cities: Train travel is encouraged.** These cities can be reached by train within seven to nine hours\*, which makes this form of transport a good option.

 **Red cities: Train travel is optional.** These cities take more than 9 hours to reach by train\*. Flying is possible, but train travel is still the most sustainable option.

 Based on departure from **Nijmegen Central Station.**

