

# SUSTAINABLE TRAVEL GUIDE

how can we apply small changes to our travel routine in order to contribute to the sustainability movement?

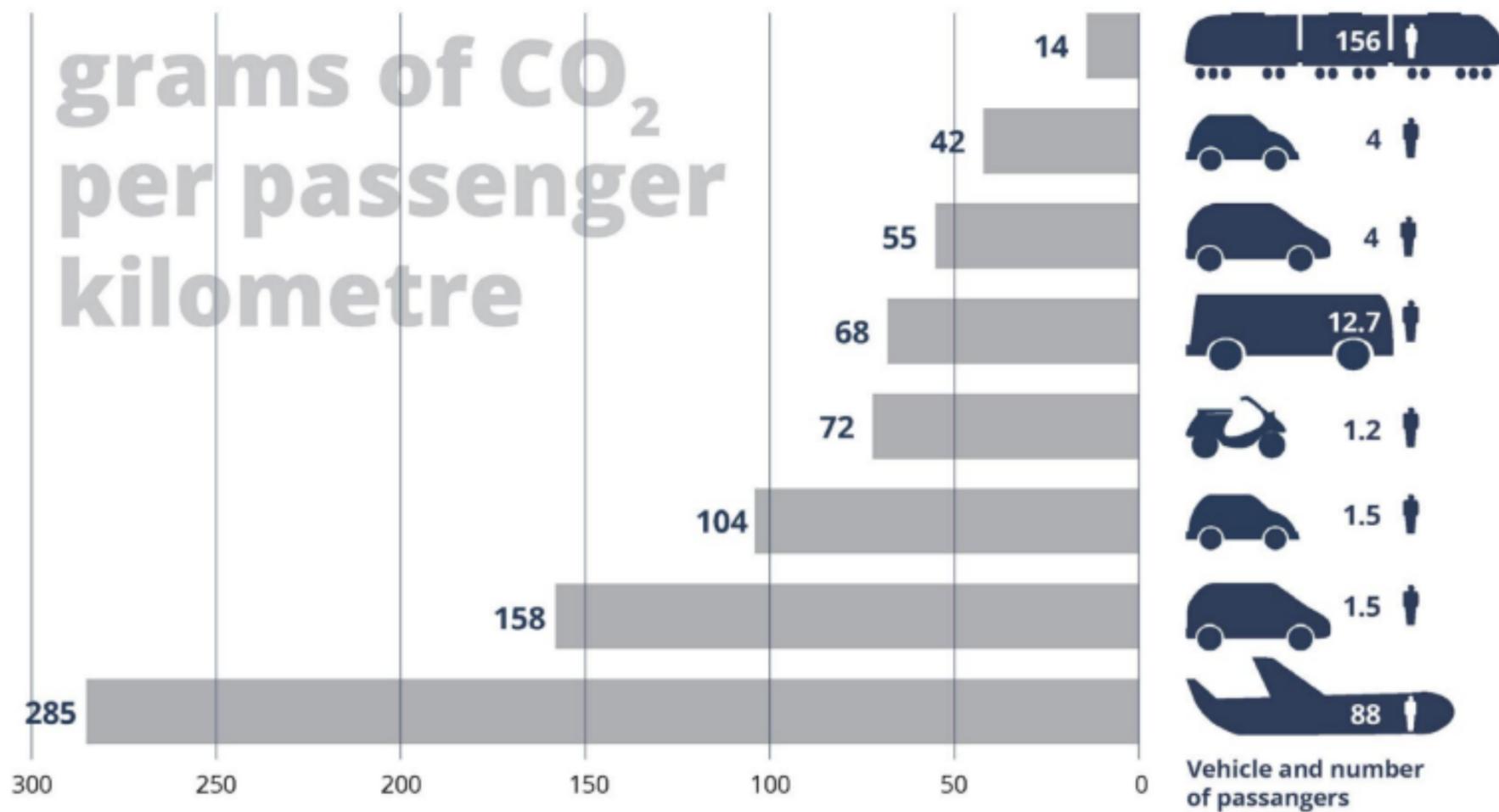
The relevance of sustainable living has, over the past decades, increased alongside problems related to global warming.

Travelling and tourism are unfortunately one of the highest polluting industries worldwide today.

As you might have guessed already, there are plenty of ways to travel more sustainably.

In this travel guide, we will therefore explore ways to become more sustainable by choosing other transportation options without sacrificing too much!

**CO<sub>2</sub> emissions from passenger transport**



Note: The figures have been estimated with an average number of passengers per vehicle. The addition of more passengers results in fuel consumption – and hence also CO<sub>2</sub> emissions – penalty as the vehicle becomes heavier, but the final figure in grams of CO<sub>2</sub> per passenger is obviously lower. Inland ship emission factor is estimated to be 245 gCO<sub>2</sub>/pkm but data availability is still not comparable to that of other modes. Estimations based on TRACCS database, 2013 and TERM027 indicator.

Source: EEA report TERM 2014  
eea.europa.eu/transport

The figure on the left shows the CO<sub>2</sub> emissions from different modes of transportation per passenger per kilometre. It does not come as a surprise that the most polluting way of transportation is by plane, and rather obvious that travelling electric, for example by train, is the most eco friendly option

If the plane still sounds like the best of your options, just remember that take-off and landing are fuel consuming operations, and therefore they affect the overall pollution during a flight.

Choosing the journey that has less connecting flights will therefore decrease your CO<sub>2</sub> footprint.

Another option can be to travel during peak hours when the flights are full.

The greenhouse gas (GHG) emissions per passenger will be lower, as opposed to taking an earlier or later flight with less passengers inside.

Travelling by bus is not as eco friendly as travelling by train. But you are using the public transportation system, and sharing is caring!

## UNIPD discounts

Did you know that the University of Padova has many agreements with private companies that allow students to benefit from convenient rates?

Many of those can also help you travel in an eco-friendly way and save money

[click here to know more about it](#)

- ITABUS: By subscribing to the Itabus newsletter with your university email address (@studenti.unipd.it), you will receive a 10% discount voucher every month for traveling with Itabus!
- FLIXBUS: It is possible to request one 10% discount code per month valid for traveling on buses across the entire national and international FlixBus network.
- BIT: You have 2 free daily unlocks, a 20% discount on the time-based usage rate (promotion active from Monday to Saturday), and a 10% discount on the purchase of all subscriptions labeled "Unbitable".
- DOTT You have a 30% discount on the final usage fee of a Dott electric scooter, up to a maximum of 500 rides.

# ESN discounts

If you're an international student, you can get many discounts with your ESNcard as well and many of them let you both save money and being eco-friendly !

[click here to know more about local discounts](#)

[click here to know more about national discounts](#)

[click here to know more about international discounts](#)

- **ITABUS:** You can save 15% on different trips by using exclusive vouchers for ESNcard owners via the Itabus app and website!
- **ITA AIRWAYS:** All ESNcard holders will be entitled to 3 vouchers for a 15% discount on the ticket price
- **DOTT:** Dott offers 20% off to Erasmus students on rides with e-scooters and e-bikes in Italy.
- **FLIXBUS:** You can save 10% on different trips per month by using exclusive vouchers for ESNcard owners via the Flixbus app!
- **CICLI CAPRIOLO:** 25% discount on repair services. Every 5 repair services, the 6th is for free. Second hand bike 60 euro
- **RYANAIR:** You have a 10% discount on 4 single flights (or 2 return flights) and free check-in luggage of 20kg with each of these 4 flights booked.