



Introduction to the training module

Energy saving and sustainable transport

This introduction to the topic of energy saving and sustainable transport was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information regarding the purpose and benefits of saving energy and the use of sustainable transport modes.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module ‘Energy saving and sustainable transport’

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes. Mobility plays an important role in the integration process of these people, allowing them to engage with their community.

Depending on an individual’s country of origin sustainable transport modes such as walking, cycling, public transport and/or greener car use may have already been hot topics as part of health and environmental agendas. However, it is likely that more often individuals prefer to use transport modes which are relative to their income and in some cases, are reflective of their status within society.

In general, you can observe the following three target group requirements:

- People interested in using sustainable transport modes:
 - » who are able to and want to use one or more of these modes but who are not familiar with the local infrastructure, the transport system, general traffic rules of walking and cycling, etc.;
 - » who are able to use sustainable transport modes but do not feel confident enough within their (new) environment.
- People who did not think about the benefits from sustainable transport modes so far and therefore need some motivation for possible personal advantages.
- People in the need of language skills who want to be able to effectively use various sustainable transport modes.



For all these target groups teaching and training materials all around energy saving and sustainable transport are provided within this *TOGETHER on the move's* training module **Energy saving and sustainable transport**.

The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning about transport and energy use in comparison to energy use in household
- Learning about the advantages of energy saving and sustainable transport modes ('What is in for me?')
- Having information on sustainable transport modes and offers at disposal
- Improving language skills

HARD FACTS

- Social inclusion by engaging with the community
- Motivation for the topic of sustainable and energy saving transport modes
- Engaging with the topic of sustainable modes and overcoming barriers
- Getting to know the local environment and enlarging the travel radius
- Exploring the surrounding area by sustainable transport modes
- Communication and enjoyment

SOFT MEASURES

Why use sustainable transport?

Sustainable transport or 'Green transport' refers to any means of transport with low levels of impact on the environment which are fuel-efficient, space-saving, and promotes healthy lifestyles.

Sustainable transport includes:

- Human powered mobility like walking and cycling
- Public transport
- Energy efficient ways to operate motorised vehicles (Eco-driving, alternative fuels, green vehicles and drive trains, but also other 'individualised' modes of collective transport such as Car Sharing or Car Pooling)



→ *Sustainable transport is fast and flexible*

Especially in urban areas cars are often stuck in traffic jams. Sustainable modes like walking and cycling offer more individuality and flexibility. This is because you can use shortcuts, there is no need for a parking space, you can go fast on a bicycle or you can travel at a comfortable speed. For longer commuting – when it is too far to walk or to cycle – or when you have to carry bags, you can use modes of public transport. With trams, railways or the underground you also avoid traffic jams. This is not always possible when using a bus, although in many cases specific bus lanes solve this issue as well.



→ *Sustainable transport saves money*

Sustainable modes of transport help to save you money. Walking, cycling and public transport are generally cheaper than owning and operating a car. However, if a trip has to be made by car: Eco-driving can reduce costs of travel.



→ *Sustainable transport is environmentally friendly*

Calculated with average occupancy rates, cars use much more energy and emit more greenhouse gases (GHG) and air pollutants than public transport, let alone walking or cycling. Therefore, all these modes are more energy efficient and sustainable than cars as they help to reduce GHG such as CO₂ and other health threatening air pollutants such as particulate matter, and thus keep our air cleaner.



→ *Sustainable transport is healthy*

Walking and cycling are ideal ways to integrate physical activities into the daily routine without having to spend extra time. Half an hour of exercise of medium intensity a day reduces the risk of cardio-vascular diseases by half!¹



→ *Sustainable transport raises social contacts*

Walking, cycling and using public transport are the best ways to get to know the neighbourhood and actually meet other people. Help your trainees to get part of their environment and show them points of interest in their living area.



→ *Sustainable transport is fun*

Many people see cycling (but sometimes also walking) as a leisure time activity. Part of this fun can be part of everyday life, through connecting a workday trip with a nice leisure time route.

¹ Transport and health. A briefing note from the BMA Board of Science. Source: BMA – British Medical Association (2009)



The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement various transport mode-related training sessions and courses. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Energy saving and sustainable transport' consists of:

- The trainer guide 'All around energy saving and sustainable transport', containing the topics:
 - » Transport and energy: usage, saving, efficiency
 - » 'Sustainability' and 'Green transport'
 - » Benefits of sustainable transport modes
 - » Transport and its influence on climate
 - » Transport and noise
 - » Transport and space
 - » Transport and health issues
 - » Facts and figures about cars
 - » Impacts of car driving on the society and the environment
- The exemplary training session including concrete exercises for the trainees: 'A good day' – The Energy competition'
- Worksheets for the trainees as part of the training session
- Handouts for the trainees as part of the training session
- Useful links of energy saving and sustainable transport of the partner countries

We wish you a successful and satisfying experience working with this training module!



Introduction to the training module

Safe walking

This introduction to walking as a mode of transport was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information on why walking is a sustainable and efficient form of transport for commuting and leisure.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module 'Safe walking'

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes. Mobility plays an important role in the integration process of these people, allowing them to engage with their community.

Depending on an individual's country of origin, walking may have already been a hot topic as part of health and environmental agendas. However, it is likely that more often walking is simply a transport mode which is relative to their income and in some cases, is reflective of their status within society.

In general, you can observe the following three target group requirements:

- People interested in walking:
 - » who want to walk more, but who are not so familiar with the local infrastructure, short cuts and traffic rules;
 - » who want to walk more, but do not feel confident enough within their (new) environment.
- People who did not think about the benefits from walking so far and therefore need some motivation for possible personal advantages.
- People in the need of language skills who want to be able to effectively use walking as sustainable transport mode.

For all these target groups teaching and training materials all around walking are provided within this *TOGETHER on the move's* training module 'Safe walking'.



The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning how to walk safely
- Learning about pedestrian rules and regulations in the (new) home country
- Learning about the local area in the (new) home country
- Being able to plan own walking journeys
- Improving language skills

HARD FACTS

- Social inclusion by engaging with the community
- Overcoming barriers to walking
- Providing a motivation for walking through eco-consciousness
- Gaining insight into the walking culture of the (new) home country
- Getting to know the local environment and enlarging the travel radius
- Motivation to walk for health and financial benefits
- Communication and enjoyment

SOFT MEASURES



Why walking?

There are numerous reasons to choose walking over other modes of travel. Though it is often not recognised as mode of transport it is the body's most **natural form of transportation**.



→ *Social contacts*

Walking can not only get you 'from A to B' but can be a **fun** and **social activity**.

Nearly anyone can do it, any time any place.



→ *Saving money*

Walking is free. With the rising cost of petrol, walking is a better option than ever, and of course ... you don't have to search for a parking space!



→ *Good for health*

Walking is a **healthy**, **easy** and **convenient** form of transport, particularly for short journeys under 2–3 km. Consequently, walking can be the most ideal transport mode to use because you can use short cuts and exploit green space in your living area to make your journey quicker and more enjoyable.

Even if walking is not practical for a long commute, you will most likely find that parts of most journeys involve some element of walking, whether it is walking to a bus stop or rail station. Walking is one of those transport modes which is perceived to take longer from A to B than other modes. However, this isn't always true. We've all waited at a bus stop and then decided to walk along to the next stop in the hope that the bus will arrive when we reach there. When it doesn't, you walk along to the next one, and the next until the bus arrives. But then you realise that actually, you could walk the rest of your journey as you have already done most of it on foot and you're not very far away from your destination.

You see, with other modes of transport, there can be an element of 'wasted' time. If you are using the car, this can be time being stuck in traffic or searching for a parking space; when using public transport, this can be time waiting for a bus or train. On a metro network, 'wasted' time is buying a ticket, changing between lines and standing/walking on escalators. If you are trying to get somewhere quickly, you don't want any interruptions on your journey. Walking always provides a guaranteed arrival time – you will not get stuck in traffic and the most waiting you do is at traffic lights which can be avoided if you plan your journey well ahead.



→ *Environmentally friendly*

Furthermore, walking **helps to protect the environment** as it's the least damaging method of transport. 'The only fuel you need to walk is food and drink.'

The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement training sessions and courses related to walking. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Safe walking' consists of:

- The trainer guide 'All around walking', containing the topics:
 - » Benefits of walking
 - » Essentials of walking
 - » Basic safety and traffic rules for pedestrians
 - » Walking with vulnerable individuals
 - » General points for planning a journey by foot
- The exemplary training session including concrete exercises for the trainees: 'The Site visit – Making a walking journey'
- Worksheets for the trainees as part of the training session
- Handouts for the trainees as part of the training session
- Useful links of walking and walking initiatives of the partner countries

We wish you a successful and satisfying experience working with this training module!

Introduction to the training module

Safe cycling

This introduction to cycling as a mode of transport was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information on why cycling is a sustainable and efficient form of transport for commuting and leisure.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module ‘Safe cycling’

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes. Mobility plays an important role in the integration process of these people, allowing them to engage with their community. A **bicycle** is an easily accessible vehicle clearly enhancing the range of the people using it, enabling them to fulfil the needs of mobility of everyday life.

Depending on an individual’s country of origin, cycling may have already been a hot topic as part of health and environmental agendas or may be something unusual or even socially forbidden. However, it is likely that more often cycling is simply a transport mode which is relative to their income and in some cases, is reflective of their status within society.

In general, you can observe the following three target group requirements:

- People interested in cycling:
 - » who are able to and want to ride a bike but who are not familiar with the local infrastructure, short cuts and traffic rules;
 - » who are able to ride a bike, but do not feel safe enough for cycling in real traffic;
 - » who are not able to ride a bike at all.
- People who did not think about the benefits from cycling so far and therefore need some motivation for possible personal advantages.
- People in the need of language skills who want to be able to effectively use their bike.

For all these target groups teaching and training materials all around cycling are provided within this *TOGETHER on the move*’s training module ‘**Safe cycling**’.

The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning how to cycle safely
- Learning about bicycle traffic rules and regulations in the (new) home country
- Learning about the local bicycle infrastructure and short cuts in the (new) home country
- Having bicycle information and offers at disposal
- Improving language skills

HARD MEASURES

- Social inclusion by engaging with the community
- Motivation for the topic of cycling and having fun
- Engaging with the topic of cycling and overcoming barriers
- Gaining insight into the cycling culture of the (new) home country
- Getting to know the local environment and enlarging the travel radius
- Exploring the surrounding area by bike
- Encouraging the initiation of cycle activities
- Communication and enjoyment

SOFT MEASURES

Why cycling?

Cycling offers a lot of possibilities to people dedicated to this mode of transport. Nevertheless you will encounter situations where you may need some powerful arguments to promote cycling. When working with the target groups, the following personal and immediate benefits should be clearly outlined within your courses:



→ *Fun & recreation*

Many people see cycling as a leisure time activity. Let them remember the pleasure they had on their last leisure time trip and try to communicate that most of this fun can be part of everyday life! Use illustrative materials or take your trainees on a ride combining a workaday trip with a nice leisure time route.



→ *Social contacts*

Next to walking, cycling is one of the best ways to get to know the neighbourhood and actually meet other people. Outline the opportunities in their neighbourhood and show them points of interest in their living area.



→ *Saving money*

Once you bought your bike, you have only minimal further costs to be mobile. Cycling is the perfect solution for a cost effective way of mobility. Trailers and saddle bags can transform a bike into a transporter – without the costs of a car – and are sufficient for most of the daily needs.



→ *Flexibility & Individuality*

Especially in urban areas cycling allows a maximum of individuality and flexibility: you can use shortcuts, there is no need for parking space, you can go fast and still you can switch to a comfortable speed whenever necessary.



→ *Increased operating space*

An increased operating space offers increased chances concerning jobs and education. Therefore mobility is a key for real integration. Especially in areas with distances too far to walk and without sufficient public transport services the possibilities of cycling have to be introduced.

The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement training sessions and courses related to cycling. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Safe cycling' consists of:

- The trainer guide 'All around cycling', containing the topics:
 - » Benefits of cycling
 - » The safely equipped bicycle
 - » Useful gear when going for a ride (clothing, transport, bicycle helmet)
 - » Bicycle maintenance and repair
 - » Basic traffic rules for cyclists and safety issues
 - » Bicycle theft
 - » Short information on E-bikes
 - » How to organise bicycle activities and training courses?
- Three exemplary training sessions including concrete exercises for the trainees:
 - » **Training session 1:** 'Bicycle training for beginners (in protected area)'
 - » **Training session 2:** 'Bicycle training in real traffic'
 - » **Training session 3:** 'Bicycle routes in your city'
- Worksheets for the trainees as part of the training sessions
- Useful links of cycling and cycling initiatives of the partner countries

We wish you a successful and satisfying experience working with this training module!

Introduction to the training module

Public transport-use

This introduction to public transport was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information on why and how people should use public transport as a sustainable and efficient form of transport for commuting and leisure.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module 'Public transport-use'

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes. Mobility plays an important role in the integration process of these people, allowing them to engage with their community.

Depending on an individual's country of origin, public transport may have already been a hot topic as part of social and environmental agendas. However, it is likely that more often individuals prefer to use transport modes which are relative to their income and in some cases, are reflective of their status within society.

In general, you can observe the following three target group requirements:

- People interested in public transport:
 - » who are able to and want to use public transport but who are not familiar with the local infrastructure and provisions;
 - » who know how to use public transport, but do not feel confident enough within their (new) environment.
- People who did not think about the benefits from public transport so far and therefore need some motivation for possible personal advantages.
- People in the need of language skills who want to be able to effectively use public transport.

For all these target groups teaching and training materials all around public transport are provided within this *TOGETHER on the move's* training module '**Public transport-use**'.

→ Target group considerations¹

For people with a migration background it's not always easy to access the opportunities in life others take for granted. Social exclusion is not far off. Public transport has a key role in tackling social exclusion by providing people with the means to get to jobs, services, education and social networks to which everyone should be entitled. Therefore it is important that public transport is accessible, affordable, available and acceptable to transport users, including people with a migration background. How does *TOGETHER on the move* respond to those four topics?

Availability: Trainees should be informed of the available services.

Accessibility: Trainees should know how to use public transport.

Affordability: Trainees should be informed about fares, cheap tickets and the right tickets for them.

Acceptability: Trainees should be convinced that public transport is something that meets their needs, that it is comfortable, safe and convenient.

The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning how to plan and execute a successful trip on public transport
- Learning about prices and tariffs, time-tables and route planners
- Learning how to obtain the right information via telephone, internet or by asking
- Obtaining coping skills and search strategies
- Improving language skills

HARD FACTS

- Social inclusion by engaging with the community
- Motivation for the topic of public transport and having fun using it
- Engaging with the topic of public transport and overcoming barriers
- Getting to know the local environment and enlarging the travel radius
- Building self-confidence to become autonomous public transport users

SOFT MEASURES

¹ Transport & Social Inclusion: Have we made the connections in our cities? Source: pteg - delivering public transport solutions (2010)

Why use public transport?

Public transport is a well-known alternative to the car. In most cities and communities a dense network of public transport is available.

Different kinds of public transport exist:

- » Train
- » Bus
- » Tram
- » Underground

The taxi is a public transport mode as well.



→ *Flexibility and safety*

Public transport is an **easy, safe, convenient** and **cost effective** transport mode, particularly for longer commuting, or when it is too far to walk or cycle or when you have to carry bags. With railways and the underground, you also **avoid traffic jams**. This is not always possible when using a bus, although in some countries specific bus lanes solve this issue as well. On a **rainy day** public transport can be an alternative to walking or cycling.



→ *Environmentally friendly*

Public transport has an impact on the **environment**. Trains and buses need significantly less energy per passenger kilometre compared to cars, thus are less polluting and keep our air cleaner and our carbon emissions lower.



→ *Space saving*

Furthermore, public transport needs **less space** and creates less noise than motorised individual transport. For example, one train or one bus can replace between 50 to 1,300 cars.



→ *Social contacts*

Using public transport is a **social activity** and gives you a chance to catch up with friends, family and colleagues. Also, talking to strangers can make you feel more at home in the city or community you live in. Travelling on public transport allows you to meet others living in your area.

The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement training sessions on how to use public transport. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Public transport-use' consists of:

- The trainer guide 'All around public transport', containing the topics:
 - » The benefits of public transport
 - » The essentials of public transport (preparing, planning and executing a trip)
 - » Public transport & personal safety
 - » Public transport & vulnerable individuals
 - » Public transport in rural areas
 - » Tips on how to organise public transport activities
- The exemplary training session including concrete exercises for the trainees:
'Executing a trip by public transport'
- Worksheets for the trainees as part of the training session
- Useful links of public transport and public transport-providers in the partner countries

We wish you a successful and satisfying experience working with this training module!



Introduction to the training module

Eco-driving

This introduction to the topic of Eco-driving was developed for persons who work with people with a migration background and who are aiming to support them in adapting to the use of sustainable modes of transport. Its aim is to provide basic information about Eco-driving as an energy and fuel efficient way of operating motorised vehicles, especially cars.

The training module is useful for language teachers or trainers for integration courses in formal education processes, but also for interested persons working in an informal training field.

The purpose of the training module 'Eco-driving'

The project *TOGETHER on the move* aims to support people who have migrated from their country of origin to a new home country, in using sustainable transport modes or to use motorised vehicles in the most possible sustainable way. Mobility plays an important role in the integration process of these people, allowing them to engage with their community.

This module focuses on the sustainable and energy efficient use of motorised vehicles (particularly cars) which is often referred to as 'Eco-driving'. Driving a car plays an important role in nearly all societies, it acts as a status symbol and is often connected with a feeling of freedom and life style. The car is used in areas where other forms of transport are often not a good option, owning a car is the only opportunity staying mobile and connected with the outside world. Unfortunately the steady increase in the usage of cars has led to a collapse on the streets and to negative impacts on our environmental and societal life.

Eco-driving is an opportunity to use cars in a more environmentally and socially friendly way and will be introduced to the target group of immigrants. Studies show that immigrants travel by car less often, particularly women, despite living in larger households.¹ However, the majority of immigrants who are not using cars are looking to change to car travel once they can afford driving licences and cars. Furthermore, some studies show that foreign persons, who own a car, use it notably more often than native persons.²

¹ Transport Behaviour among Immigrants – An Equation with Many Unknowns. Source: Kasper, Birgit/Reutter, Ulrike/Schubert, Steffi (2007) and Reutter, Ulrike (2008)

² Kasper, Birgit/Reutter, Ulrike/Schubert, Steffi (2007)



In general, you can observe the following three target group requirements:

- People (with and without a driving licence) who are interested in cars and driving.
- People who did not think about their benefits from a fuel efficient way of car driving so far and therefore need some motivation to consider possible personal advantages.
- People in the need of language skills who want to be able to make energy and fuel efficient use of cars.

For all these target groups teaching and training materials are provided within this *TOGETHER on the move's* training module **Eco-driving**.



The learning objectives of the training module

Learning objectives for persons with a migration background include:

- Learning about general facts about cars and driving
- Learning about traffic rules and regulations in the (new) home country
- Learning about the differences in the mobility culture of the (new) home country compared to the country of origin
- Learning about the costs of driving a car
- Learning about the contents of Eco-driving
- Learning about the benefits of Eco-driving (personally and for the society)
- Learning about options for practical Eco-driving trainings in the (new) home country
- Improving language skills

HARD FACTS

- Social inclusion by engaging with the community
- Motivation for the topic Eco-driving
- Awareness for the topic of Eco-driving as opposite to erratic driving
- Raising awareness that Eco-driving is an easy and advantageous way of car driving
- Raising awareness for alternatives to automobile transport

SOFT MEASURES



Why 'Eco-driving'?

Eco-driving is an efficient way of driving, saving money while still allowing a high flexibility and individuality. The main obstacle deterring people from Eco-driving is the marginal knowledge about this concept within today's society or that they may suspect that Eco-driving means slower driving with less fun. This module will try to show that Eco-drivers not only save money, but drive saver, look after their car and enjoy driving more than ordinary drivers.



→ *Benefits for drivers*

The most important personal and immediate benefit of Eco-driving is the saving of fuel costs. Experience shows that Eco-driving can help drivers save as much as 15% of their regular fuel costs. On average drivers who completed an Eco-driving training used about 6% less fuel, saving approximately 600 Euro in a year.¹

Eco-driving trainings in the past have proven to work well for companies, especially for truck and bus drivers, as fleet managers can easily see that Eco-driving courses have a very short pay-back-period. However, many Eco-driving initiatives around the world experienced problems in making private drivers interested in Eco-driving trainings. Studies show that people are generally more interested in technical innovations than in changing their behaviour.² That's why many current Eco-driving initiatives also focus on Eco-driving as a way of 'Modern Driving', i. e. in a way to suit to modern engine technology.



→ *Benefits for passengers*

Passengers of Eco-drivers enjoy a more comfortable experience due to a smoother driving style (smooth use of the accelerator, steering, transmission and brakes). Benefits for passengers also include increased safety on the roads and less noise generated.

¹ ECO-DRIVING UNCOVERED. The benefits and challenges of eco-driving, based on the first study using real journey data. Source: Fiat (2010)

² See 1. Source: Fiat (2010)



The structure of the training module

The teaching and training materials of *TOGETHER on the move* give you clear guidelines of how to implement various transport mode related training sessions and courses. They do not only provide materials for teachers of language courses for immigrants, but also provide resources for multipliers who want to perform informal training sessions.

Consequently the training module 'Eco-driving' consists of:

- The trainer guide 'All around Eco-driving', containing the topics:
 - » What is Eco-driving?
 - » Tips for energy-efficient driving
 - » The benefits of Eco-driving
 - » General background information on cars and driving
 - » Overview of overall costs of driving a car
 - » Useful tools and equipment to reduce fuel consumption
 - » How can Eco-driving be trained?
- The exemplary training session including concrete exercises for the trainees:
'The Road traffic observation'
- Worksheets for the trainees as part of the training session
- Handouts for the trainees as part of the training session
- Useful links of Eco-driving of the partner countries




Specific remarks concerning this training module

The editors of this training module are aware that teachers and trainers may be no experts in the field of cars and driving. The trainees may also have very marginal knowledge regarding driving a car and the devices which are addressed and/or will not be familiar with the used technical language phrases.

Thus, this training module do not focus on 'classic' Eco-driving tips, but include more 'simple' tips for energy efficient driving. Moreover, the material can be used to raise awareness about the (hidden) costs of vehicle ownership. One of the main targets is to explain the difference of an energy-efficient driving style to 'erratic' driving.

The editors see this training material as starting point for trainees to reconsider their attitudes towards cars and driving.

 *We wish you a successful and satisfying experience working with this training module!*