

*It's clear that F/friends in York AM travel far and wide, thinking deeply about how and why they travel, not just the destination.*

## Changing habits

Here is how that thinking is changing people's travel habits:

- Using public rather than private transport whenever, wherever this is possible, so that fewer cars on the road will reduce carbon emissions and speed up buses.
- Choosing to live near frequent, reliable bus routes or within walking or cycling distance of shops and facilities.
- Adapting bikes or adding trailers to transport children, with the bonus of encouraging young people's concern for the environment.
- Where a car is necessary for work or other reasons, choosing an electric or hybrid vehicle.
- Reducing or cutting out non-essential air travel.
- Using teleconferencing, Skype, Zoom and other ways to meet on-line to cut down UK and international travel.

## Difficulties

Foregoing the convenience of private cars and breaking the habit of air travel is not easy for everyone. Here are some of the challenges that F/friends have found:

- Choosing where to live is based on many factors, including cost, and bus services where you live (or where you want to go) may be infrequent or non-existent or unreliable.
- Electric or hybrid cars are not zero-carbon or pollution-free, although lower carbon and less polluting than petrol or diesel cars.
- Journeys in Europe by train, ferry or coach may be many times the 'money cost' of air travel, though far less in 'environmental cost'.
- Time may not allow for slower journeys.
- Families and friends are scattered all over the world. You can't hug old friends and new babies on-line, yet...

**Ideas** And here are some ideas that F/friends have offered:

- Focus on the benefits that slower transport gives, time to study or reflect, the opportunity to chat with fellow passengers, the chance to see more of the countryside around.
- Live adventurously when planning a holiday, in the UK or abroad, with the help of public transport timetables and The Man in Seat 61 ([www.seat61.com](http://www.seat61.com))

**“ ”** In F/friends' own words:

'Travelling by train and ferry is definitely more of an adventure than flying. Using public transport abroad you need a willingness to engage with strangers, and an interest in the language and culture of the places you're passing through.'

'We have had no car since 1984 and have relied on public transport by choosing carefully where we have lived. We have practised 'just missed the bus' meditation and more critically 'just missed the last bus' meditation.'

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York Area Meeting Sustainability Group  
2020