

**HOLIDAY
LOCAL**

**A HOW-TO
GUIDE**

**TAKE
THE JUMP**

THIS HOW-TO GUIDE

This guide offers all you need to know about trying the Take the Jump shift: HOLIDAY LOCAL.

If you have any thoughts or suggestions that you think would be great to add, please do let us know at team@takethejump.org.

Content:

- 1. What is HOLIDAY LOCAL?**
- 2. Why HOLIDAY LOCAL?**
- 3. Step by step guide to HOLIDAY LOCAL**
 - a. Start with the right approach
 - b. Take it step by step
 - c. Connect with others for support
 - d. Having fun with HOLIDAY LOCAL
- 4. Resources to help**



SUMMARY

A STEP BY STEP GUIDE

If you think it may be hard to do this shift straight away, that's ok! It's enough to try what you can and just build from there. Here's a suggested approach for building up to HOLIDAY LOCAL step by step:

1

Get Inspired:

Take time to think about what beautiful places there are around locally, visit the local tourist information office, or the internet, and find out what's going on in nearby areas.

Whether you are looking for relaxation, history/culture, fun activities, family bonding, or peace and quiet, get inspired!

2

Plan some Local Short breaks:

Plan some weekend or short breaks that don't involve a lot of travel. Get a feel for travelling light, using public transport systems. Try out different forms of public transport, so that when you go on a longer trip you will have a good idea of what transport suits you best, what the best forms of luggage are for you (e.g. suitcases vs backpacks), and what is useful to have with you during the journey.

3

Exchange short weekend city breaks for longer discovery visits:

Take longer breaks a bit further away, make the journey part of the holiday, enjoy the changing landscape and the opportunity to get to know fellow travellers. If working remotely, why not spend even more time in a place. Learning about the culture, being immersed in a different way of life and enjoying the local hospitality.

5

Commit to keep flights to a maximum of one short haul flight every 3 years and one long haul flight every 8 years

We can still see the world: flying abroad 15-20 times over a lifetime, or travelling more slowly overland to different places.

4

Avoid booking any new flights while taking the jump:

Use the jump period to reimagine how holiday travel might be if flights were no longer an option (approximately 90% of the global population have never been on a plane).

**TAKE
THE JUMP**

1. WHAT IS

**HOLIDAY
LOCAL**

?

**TAKE
THE JUMP**

1. WHAT IS HOLIDAY LOCAL?

Holiday local means, if you can, reduce personal flights to:

- **One short-haul flight every three years,**
- **And one long-haul flight every eight years**

The sustainable amount to fly is one short haul return flight (destination <1500km) every three years. A long haul return flight is sustainable once every eight years depending on how far you're flying.

We can still see the world: flying abroad plenty over a lifetime, or travelling more slowly overland to different places. But we need to get realistic about the impact of weekend city breaks abroad. Why not visit all the incredible places we have closer to home? These can offer the same relaxation and fun but with none of the stress of international travel.

We typically work hard all year and then go off for a 1 or 2 week holiday, return and straight back to work the next day and repeat. It can feel exhausting. Holidaying locally allows us to take more mini breaks or long weekends. Getting away for a few short breaks closeby can feel refreshing and re-energises us.

2. WHY

**HOLIDAY
LOCAL**

?

2. WHY HOLIDAY LOCAL?

HOLIDAY LOCAL PROTECTS NATURE

Aviation currently contributes around 2% of overall global emissions and this figure is increasing more than any other form of transport. Flying is also highly unequal: in the UK, 70% of all flights are taken by just 15% of the population. The global average number of return flights per person in 2017 was estimated at 1 short haul return flight every 1-2 years (C40 Cities, 2019). Halving this number - committing to one short haul return flight every 3 years - would substantially reduce aviation emissions.

The adoption of alternative sustainable aviation fuels or new technologies such as electric planes will still be necessary, but limiting flight demand makes this transition easier. It reduces competition with food production given that biomass-based fuels are likely to be the primary alternative to conventional jet fuel.

It is unjust that a small proportion of citizens flying regularly use up carbon budgets whilst some people can't afford to fly at all. Alongside this, providing viable alternatives like affordable high speed rail would support everyone to travel better.

A long haul passenger aircraft uses around 100 tonnes of fossil fuel, so produces 3x its weight in CO₂. The effect of those emissions is doubled by high altitude factors.

HOLIDAY LOCAL CAN MAKE LIFE EASIER

There are also many life advantages to holidaying locally:

- Takes the pressure off
- Avoid the stress of busy airports, traffic jams, lost luggage etc..
- Be more spontaneous and decide at the last minute.
- Avoid the hassle of booking months in advance
- It may be cheaper
- Can take pets with us more easily (cheaply).
- Be creative when planning, discover amazing places close by.
- It's easier to get around.
- Travel around at a much slower relaxed pace, no need to rush between sites.
- It can feel more relaxing.
- It's easy to create a travel itinerary and you know which tourist traps to avoid
- Escape your daily routine by taking extended local weekend breaks.
- You're supporting local incomes and the local economy
- No need to spend time calculating tricky exchange rates

3. HOW TO

**HOLIDAY
LOCAL ?**

**TAKE
THE JUMP**

3. HOW TO DRESS RETRO: A STEP BY STEP GUIDE



A

Building up to it in a way that works for you! Try out our **'Step by step pathway to Dress Retro'**



B

Approach change in a **positive and helpful way**



C

Connect with others to get support and inspiration



D

Be creative and have fun with DRESS RETRO

See next pages for more information on each of these suggestions

**TAKE
THE
JUMP**

SUMMARY

A STEP BY STEP GUIDE

If you think it may be hard to do this shift straight away, that's ok! It's enough to try what you can and just build from there. Here's a suggested approach for building up to HOLIDAY LOCAL step by step:

1

Get Inspired:

Take time to think about what beautiful places there are around locally, visit the local tourist information office, or the internet, and find out what's going on in nearby areas.

Whether you are looking for relaxation, history/culture, fun activities, family bonding, or peace and quiet, get inspired!

2

Plan some Local Short breaks:

Plan some weekend or short breaks that don't involve a lot of travel. Get a feel for travelling light, using public transport systems. Try out different forms of public transport, so that when you go on a longer trip you will have a good idea of what transport suits you best, what the best forms of luggage are for you (e.g. suitcases vs backpacks), and what is useful to have with you during the journey.

3

Exchange short weekend city breaks for longer discovery visits:

Take longer breaks a bit further away, make the journey part of the holiday, enjoy the changing landscape and the opportunity to get to know fellow travellers. If working remotely, why not spend even more time in a place. Learning about the culture, being immersed in a different way of life and enjoying the local hospitality.

5

Commit to keep flights to a maximum of one short haul flight every 3 years and one long haul flight every 8 years

We can still see the world: flying abroad 15-20 times over a lifetime, or travelling more slowly overland to different places.

4

Avoid booking any new flights while taking the jump:

Use the jump period to reimagine how holiday travel might be if flights were no longer an option (approximately 90% of the global population have never been on a plane).

**TAKE
THE JUMP**

B

APPROACH CHANGE IN A POSITIVE WAY

1
TRYING IS ENOUGH, SO JUST START

Even if you can't keep to it 100% you can still take the JUMP & do your best. If it feels too much, start with what you can and keep building

'NO SHAMING! Change isn't easy so be kind. Talk about what makes it difficult. Build people up. Laugh at our flaws. Welcome all hypocrites'

2 **NO MORE 'US & THEM'**

Taking the jump doesn't mean going back to the stone age! Consuming less means more time and energy for...

3 **JUMP FOR JOY**

COMMUNITY



COMEDY



CELEBRATION



CAMARADERIE



CARE



CRAFT



COLLABORATION



CULTURE



CONNECTION



CREATIVITY



CONTENTMENT



TAKE THE JUMP



CONNECT WITH OTHERS FOR SUPPORT AND INSPIRATION

You are not alone in trying to Dress Retro. Connecting with others is probably the best way to stay inspired, supported and learn new things. Here's a few options:

Local Groups

The are local Take the Jump groups forming all around the UK and beyond, where you can meet others in person. Check out the list of local groups [here](#).



Our social media

We have lots of great material shared by people taking the jump, and beyond, showing how they're approaching DRESS RETRO.

[Instagram](#) - Videos and posts from people taking the jump, as well as announcements and updates from Take the Jump.

[TikTok](#) - All sorts of fun video content around the six shifts and 'less stuff more joy' lifestyles

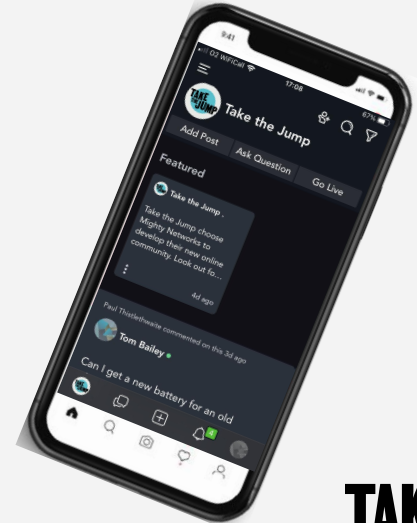
[Twitter](#) - News, commentary events and info from Take the Jump.

[Facebook group](#) - Discussion group



The HUB

The Take the Jump HUB is the online community space for everyone taking the jump part. Here you can chat with others taking the jump, find out about regular meetups and drop-in calls, and access all our guidance material and training courses. Sign up to the HUB [here](#).



**TAKE
THE JUMP**

D

Have fun with HOLIDAY LOCAL



How much are our holiday choices/aspirations influenced by the tourist industry?

[How the travel industry convinced us we needed holidays](#)



Find unique and off-the-beaten-track places to stay, there are all sorts of interesting abodes and locations for you to discover nearby



Have an adventure, go surfing, cycling, walking, climbing, horse riding, canoeing...

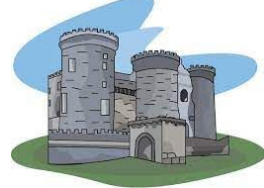
Can we have a more restful, resourcing, enjoyable vacation close to home? ¹⁰

[Benefits of Vacationing Close to Home - This Couple Travels](#)

Discover local!



Holiday with your pet, spend quality time with all the family!



Learn more of the history and cultural heritage of your local area. Visit cultural centres, places of history, or walk in the footsteps of ancient pilgrims

Let's find out....!

Give up!



Airport queues



Immunisations/
malaria tablets



Travel and medical insurance, visas and other paperwork



Passport panics



Language barriers

Get into nature, visit national parks, go camping, travel slowly along the national trails or waterways



Check out the resources section for more ideas and inspiration!

TAKE THE JUMP

4. RESOURCES FOR

**HOLIDAY
LOCAL**

**TAKE
THE JUMP**

4. Resources List

R1. HOLIDAY LOCAL: Ideas for UKers

R2. Useful Websites

R3. Great Podcasts

R4. Great video and TED Talks

R5. Inspiring YouTube documentaries

R1. HOLIDAY LOCAL: Fun ideas, & links for UKers



Take a city break. Ride a tour bus, visit the museums, learn about the history behind the [City](#), or catch a train or coach to visit [amazing cities in Europe](#)



Find unique and off-the-beaten-track places to stay, checkout the various categories on [Airbnb](#), go [Glamping](#), or find other [Unusual Places to Stay](#)

Soak up some cultural heritage and walk in the footsteps of ancient british pilgrims [The British Pilgrimage Trust](#)



Go [Camping](#) in nature, or [Champing](#) in a church



Hire a canal boat relax as life slows down to 4 miles an hour!! [Information for first-time holiday boaters](#)



Go on a volunteering holiday, make like-minded friends and learn new skills while working on conservation projects [The best eco-volunteering holidays \(boundless.co.uk\)](#)



Take your pet on holiday [Dog-friendly holiday cottages](#)

Go climbing: [England rock climbing, sport climbing, bouldering](#)



Cycle through some beautiful british countryside or along coastal paths: [The National Cycle Network](#)



Stay in a forest and pick up some [Woodland Skills](#)



Find your perfect trail and discover the land of myths and legend: [National Trails](#)

Pack your backpack or bicycle panniers and hop on a ferry! [Ferries to Europe](#)



Holiday by the beach [seaside towns](#)



[A guide to surfing in the UK](#)

TAKE THE JUMP

R2. Useful websites

[Byway: Flight-free Holidays by Train, Bus and Ferry](#) and [Blog | Slow Travel Inspiration — Byway Travel](#) (travel company for flight free travel) as is <https://noflytravel.club>

[In 2009, I went flight free – and I haven't been on a plane since | Metro News](#) Article written by the inspiring Anna Hughes, who set up 'Flight0free UK'

[Walking breaks | Breaks with YHA | YHA](#) Contains useful articles for what to consider when planning a walking holiday

[Chronotrains](#) This map shows you how far you can travel from each station in Europe in less than 5 hours

[TRAIN TRAVEL IN EUROPE | A beginner's guide \(seat61.com\)](#) There's no need to fly within Europe. It's surprisingly easy, quick and comfortable to travel by train from London to almost anywhere: Spain, Italy, Switzerland, Greece, Prague, Helsinki, wherever... The difficult bit is finding out how to do it and where to buy tickets. That's where Seat 61 comes in..

[Handy resources for planning your flight-free holiday](#) We've pooled together some of our favourite websites and resources for planning and booking flight-free holidays.

[Flight-free summer: your overland travel guide via train, road and sea](#) The summer's choicest holidays via rail, road and sea

Websites for a UK-specific audience:

[Flight-free travel - The Telegraph](#) Advice and inspiration for flight-free holidays, plus expert guides to cities you can reach by train from the UK

[Low Carbon Holidays | Flight-Free Travel \(greentraveller.co.uk\)](#) Flight-free, low carbon holidays from the UK

[The 10 most scenic self-guided walking holidays in England](#) England's stunning and varied landscapes offer excellent walking opportunities

[Flight Free UK](#) 'Our mission is to inform people of the climate impact of aviation and inspire them to travel by other means

[Flight Free2020: 10 low-carbon holidays to take that don't involve flying \(inews.co.uk\)](#) Describes 10 possible holiday destinations for people living in the UK

[Low Carbon Holidays Travel Guide \(greentraveller.co.uk\)](#) - Ideas and inspirations for green travellers in the UK

R3. Great Podcasts



[Podcast | Flight Free UK](#) Each month we bring you a new episode featuring interviews with some of the inspiring people who have taken the flight free challenge, and get their insights on climate action and grounded travel.



[The Narrowboat Podcast – UK Podcasts \(uk-podcasts.co.uk\)](#) Hosted by Lydia Brown the Narrowboat Podcast is a show aimed at anybody interested in life on the water. Each episode Lydia will be joined by an individual who has some boating experience.



[\[143\] CAN A TRAVEL EDITOR TRAVEL FLIGHT-FREE? WITH HELEN COFFEY](#) chat with Helen Coffey, travel editor for the Independent newspaper, and author of [Zero Altitude](#) (a book about her experiences as a flight-free traveler)



[The 44 Best Podcasts for Road Trips and Long Drives \(err... coach and train rides!\) - AFAR](#)



[Complete List Of The Best Bikepacking, Touring & Adventure Cycling Podcasts - \(cycletraveloverload.com\)](#)



[PodGuides - Walking & Hiking Trails Podcasts](#)



[Best sailing podcasts | Jolly Parrot Sailing](#)

R4. Great video and Ted talks

[Edward Huijbens: 3 ways to transform tourism to fight climate change | TED Talk](#) If you only watch one of these TED talks, watch this one - it's wonderful!

[Joshua Spodek: What everyone gets wrong about the environment | TED Talk](#) Josh shares how giving up flying has enhanced his life, bring in joy, discovery, and community. This is really wonderful too! Make sure you watch it :)

[Travelling to every country without flying: Graham Hughes at TEDxBrixton - YouTube](#) Graham shares hilarious tales from his epic adventure travelling to every country in the world without flying and how that journey transformed him.

[Mafalda Fernandes: Sustainable Sources of Traveling | TED Talk](#) A brief traveller's story through the years, up to the present time of the world's pandemic and the social, economic, environmental crises, discussing the opportunities and choices of an alternative way to travel.

[I quit flying for holidays | What I've learnt from flight-free travel - YouTube](#) Not actually a TED talk, in this wonderful video blog, Sarah explains what she gains from travelling by train

R5 Inspiring YouTube documentaries

[Julia On How Walks Can Help With Anxiety & Stress | Cornwall & Devon Walks with Julia Bradbury - YouTube](#)

[Why do I hike | Award Winning Documentary 2020 \(ENGLISH with Chinese, Greek and Czech subs\) #hiking - YouTube](#)

[Only the Essential: Pacific Crest Trail Documentary - YouTube](#)

[Into the Wild: My Journey on the Appalachian Trail - YouTube](#)

[No rent, a tent & a camera: Backpacking Britain - YouTube](#) Liam walks from John O'Groats to Lands End

[Cycling in The Netherlands | Why Everyone should try it - YouTube](#)

[Too old for a big cycle ride? As fit in 60s as 30s? A big test. - YouTube](#)

[How and Why to Bike Tour. Bike Touring 101 - YouTube](#)

[The Norfolk Broads, The Quiet Side - YouTube](#)