



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



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 TRAVEL FRESH step by step:

Live without a personal vehicle

If you can, get rid of your personal vehicle. If you can't avoid it, try to reduce the number of trips or maybe offer to share your vehicle in a carpool?

See "[Have fun with Travel Fresh](#)" and the "[Resources](#)" sections for links to give you ideas and tools on these alternatives and many more.



Consider and try out alternatives 1:

Plan ahead - we often due to habit and perceived time constraints jump into cars. With planning, alternatives may be possible even in rural areas.

- **Walk, cycle, scoot or roller blade** - especially for trips < 1 mile
- **Public transport:** Bus, Train, Tram - get to know your local
- **Carpooling** eg [BlaBlaCar](#) or informally with colleagues or neighbours

Begin by replacing some short journeys or just by deciding to become a bit more active. Then try out a longer journey using public transport - get a train to that city break. .

Consider the benefits of less driving

Cycling and walking more may boost **physical and mental health**, also lower pollution. Public transport can work out a lot **cheaper** than running a car and you **meet people**. Read inspiring [stories](#)



Consider and try out alternatives 2:

After the 'low hanging fruit' consider and try out these:

- Get ready for more regular and longer cycling journeys
 - **Commuting** by bike [advice](#) and [funding](#)
 - [Electric bikes](#) - go further with less effort
 - [Cargo bikes](#) - carry larger loads by bike
- **Car hire** for occasional trips - if you really need a car you can always hire and tick off multiple jobs in one weekend
- **Virtual work meetings** to avoid driving to meetings - encourage your workplace if you can.

1. WHAT IS

**TRAVEL
FRESH**

?

**TAKE
THE JUMP**

1. WHAT IS TRAVEL FRESH?

Get rid of personal vehicles

The manufacture and use of every vehicle has emissions associated with it. We have to reduce this impact to help reduce these emissions.

The science shows we need to target getting rid of personal vehicles if we can.



Apply the principle of travelling - light when transporting yourself - no need to take a tonne of metal with you. Do not succumb to adverts that make us think we need a car for status.



In the UK, over 60% of journeys of less than 2 miles were made by motor vehicles in 2018. A 2 mile journey takes around 10 minutes to cycle - without breaking a sweat!

Of course, there are exceptions to this. Some people are disabled, or may live in remote areas, so need a car to get about.



While we're Taking the Jump

See how many car journeys you can replace with something else over the jump period. There are loads of tips in this guide to help you along and have fun in the process.

2. WHY

**TRAVEL
FRESH**

?

**TAKE
THE JUMP**

2. WHY TRAVEL FRESH?

The scale of personal vehicle use

Many of us have become accustomed to owning a car, and sometimes more than one. Car ownership levels have been growing globally and are expected to double again by 2040, leading to a huge climate problem. 25% Of car journeys are less than 1 mile, 71% less than 5 miles.

The impact of personal vehicles

Globally, transport is responsible for about a quarter of overall greenhouse gas emissions, and more than two thirds of this comes from the engines of road vehicles. Vehicles also cause congestion, noise pollution and air pollution, which is one of the main global health risks humans are facing. Improvements in the fuel efficiency of traditional cars, rather than reducing emissions, have just enabled us to travel more for the same cost, and purchase bigger, heavier vehicles.

Whilst electric vehicles (EVs) help in tackling climate change, a significant source of emissions is in the manufacture of vehicles. Also, switching to EVs won't help congestion, and still causes air pollution from tyres and brakes. Cars have been made a status symbol beyond their perceived convenience and false economy, but are literally killing us in the process.

Avoiding personal vehicles impact

For those who can, reducing vehicle ownership and if possible moving away from personal vehicle ownership, would deliver 2% of the total savings needed by 2030.

3. HOW TO



?

**TAKE
THE JUMP**

3. HOW TO TRAVEL FRESH



A

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



C

Connect with others to get support and inspiration



B

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



D

Be creative and have fun with TRAVEL FRESH

See next pages for more information on each of these suggestions

**TAKE
THE JUMP**

A 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 TRAVEL FRESH step by step:

1

Consider the benefits of less driving

Cycling and walking more may boost **physical and mental health**, also lower pollution. Public transport can work out a lot **cheaper** than running a car and you **meet people**. Read inspiring [stories](#)

2

Consider and try out alternatives 1:

Plan ahead - we often due to habit and perceived time constraints jump into cars. With planning, alternatives may be possible even in rural areas.

- **Walk, cycle, scoot or roller blade** - especially for trips < 1 mile
- **Public transport:** Bus, Train, Tram - get to know your local
- **Carpooling** eg [BlaBlaCar](#) or informally with colleagues or neighbours

Begin by replacing some short journeys or just by deciding to become a bit more active. Then try out a longer journey using public transport - get a train to that city break. .

3

Consider and try out alternatives 2:

After the 'low hanging fruit' consider and try out these:

- Get ready for more regular and longer cycling journeys
 - **Commuting** by bike [advice](#) and [funding](#)
 - [Electric bikes](#) - go further with less effort
 - [Cargo bikes](#) - carry larger loads by bike
- **Car hire** for occasional trips - if you really need a car you can always hire and tick off multiple jobs in one weekend
- **Virtual work meetings** to avoid driving to meetings - encourage your workplace if you can.

Live without a personal vehicle

If you can, get rid of your personal vehicle. If you can't avoid it, try to reduce the number of trips or maybe offer to share your vehicle in a carpool?

See "[Have fun with Travel Fresh](#)" and the "[Resources](#)" sections for links to give you ideas and tools on these alternatives and many more.

4



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**: A group of people jumping in the air.
- COMEDY**: A person with a shocked or funny expression.
- CELEBRATION**: A group of people celebrating with confetti and balloons.
- CAMARADERIE**: Two people in athletic wear running together.
- CARE**: A person hugging another person.
- CRAFT**: A person working on a wooden boat.
- CULTURE**: A classical building with a large staircase.
- CONNECTION**: Two people embracing.
- CREATIVITY**: A person in a dynamic, artistic pose.
- CONTENTMENT**: A person in a yoga or stretching pose.
- COLLABORATION**: A person performing a handstand on another person's back.

TAKE THE JUMP



CONNECT WITH OTHERS FOR SUPPORT AND INSPIRATION

You are not alone in trying to Travel Fresh. 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 TRAVEL FRESH.

[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

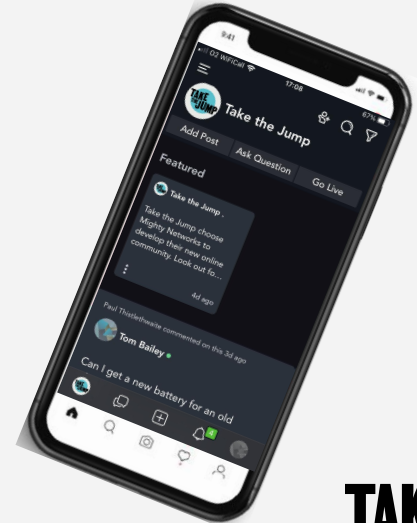
[Twitter](#) - News, commentary events and info from Take the Jump.

[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 TRAVEL FRESH

Learn bike maintenance



Learn a new practical skill and save money too repairing your own bike [Simple guides from Cycling UK](#)

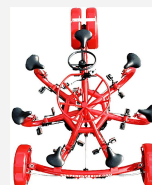
Fun Virtual Meetings



Avoiding having to travel for work meetings can save a lot of car miles and time. But do ensure that virtual meetings retain that important sense of connection. Take time to make them engaging and fun and keep the balance between task and maintenance. [25 virtual team activities to try](#)

10 people on a Bike!

Try out a multi-person bike, great fun with your mates or a magic way to get to know strangers. See here [Bicco Bike](#) [De Cafe Racer](#) [Pedibikes](#) [Conference Bike](#)



“Check out Section 5 for resources to help with each of these suggestions”

TAKE THE JUMP

Explore Locally

Explore locally - Take a trip on public transport and have a fun day out. We often don't take time to explore our close surroundings. If you enjoyed that then maybe go even further and plan a [classic train trip](#)



Walking Bus

A [walking bus](#) is a form of student transport for schoolchildren who, chaperoned typically by two adults (a "driver" leads and a "conductor" follows), walk to school along a set route. Great fun for all.



Enjoy the journey

Try being fully present to your surroundings when you walk or even try a [walking meditation](#). Alternatively listen to a talking book, podcast, music or just reflect on your goals and ambitions.



Know your Local Bus Routes



Plan ahead, you may be able to take a bus or train to a place you might normally drive to. On your days off enjoy a point to point walk - take a bus to the next village and walk back.



Calculate the annual cost of your car

Calculate the annual cost of (buying and running) your car and perhaps discover the huge potential financial savings. Try a calculator like this one for [UK cars](#)

Cycling just for Fun

Join a cycling group - share advice, routes and trips. Take your friends and family on a group cycle. [UK listings](#)



Take the Nice Route



Discover side streets and parks as you walk and cycle around and discover hidden gems - you are not restricted to polluted car routes.. Some apps like [CycleStreets](#) and [Citymapper](#) allow you to choose the quietest route

4. RESOURCES FOR



4. Resources List

R1. Useful Apps

R2. Useful Websites 1

R3. Useful Websites 2

R4. Great TED Talks, videos and audio

R1. Useful Apps

Cycling Apps: [Top 10 Apps for cycle commuters](#) Selection: [Citymapper](#) [Google Maps](#) [Strava](#) [Cyclemeter](#) [Bicycle Maintenance Guide](#)

Public transport Apps: There are 100s of Apps for public transport, some local, some specific to travel companies others more universal like these ones: [Moovit](#) [Transit](#) [Citymapper](#) [Trainline](#) [Uber](#) [Best Transport Apps](#) A little research should get you to the most useful for you.

Ridesharing/carpooling Apps: There are many of these, a little research will identify those popular in your area [15 Best Ridesharing Apps \(Global\)](#) [Top 5 in UK](#) [London](#) [BlaBlaCar](#) [Liftshare \(UK\)](#)

Music/Podcast Apps if you like to walk and listen: [5 best Podcast Apps](#) (4.56) [Best Apps article](#) [Spotify](#) [Stitcher](#) [Audible](#) [Google Podcasts](#) [TuneIn Radio](#) [BBC Sounds](#)

Walking meditations and more in [Buddify](#) [Headspace](#)

R2. Useful websites 1

[Inspiring stories of people who decided to live without a car](#) Learn from the experience of others and make the journey to car free easier

[How to live without a car](#) wikiHow - 4 great methods

[Bike2Work Scheme](#) (UK) is a free employee benefit approved by the government, designed to get more people cycling to work and living healthier lives.

[Cycling for beginners guide](#) Sustrans have put together this handy guide with top tips to help you feel confident and safe on your bike.

Join or start a bike co-operative like [The Bristol Bike Project:](#) Bikes without barriers. They repair and rehome bicycles within the community.

E-bikes [advice from Cycling UK](#)

Get involved in local sustainable transport and cycling campaigns like [We Are Cycling UK](#) to encourage initiatives like this one in the UK [Gov.UK](#) - where walking, wheeling and cycling to be offered on prescription in UK trials.

R3. Useful websites 2

[Women of Colour Cycling](#) A support network for minority ethnic women and non-binary people who cycle in the UK.

[Wheels For All](#) Wheels for All embraces disabled people and people who would otherwise not be able to cycle, through providing fun and friendly activity in 28 locations across the UK.

See if you can find or create a [Repair cafe](#) which repairs bikes. [We Spoke Edinburgh](#) is a cooperative which sells second-hand and brand new bike parts with trained mechanics who can fix bikes.

[Good Gym](#) GoodGym helps you get fit by doing good. They're a group of runners, walkers, and cyclists who combine regular exercise with helping our communities.

[Should I buy an electric car?](#) If you do need a car then consider carefully how you might reduce the impact of owning one. This article provides some guidelines

[The relationship between transport and loneliness](#) the main findings of a report from Transport Scotland, and the University of St Andrews

[Walking for Everyone:](#) A guide by Living Streets and ARUP to making walking and wheeling accessible, inclusive and desirable.

R4. Great Ted talks, videos and audio

[TEDx - Living Car-Free in Vegas](#) (17.38) Ray Delahanty focuses on cities and transportation with an eye toward sustainable, low-impact living and travel. He shares how his background as a transportation planner and project manager brought him to live a car-free life in Las Vegas.

[TEDx Ottawa - Throwing Our Car Culture Under the Bus](#) (11.45) Dan Hendry has a simple but powerful model to transform public transportation and it starts with training youth. On-bus orientation and free passes has increased high school ridership from 28,000 to close to 600,000 annually in Kingston, Ontario.

[TEDx - The Amazing Way Bicycles Change You](#) (17.17) Tony Desnick, Director for Development and New Projects with Nice Ride Minnesota, makes the case that bikes are saving the world from itself. Bicycles really do change you and, in amazing ways, change the community around you.

[TED - A feminist reimagining of Kenya's public transport](#) (5.26) Naomi Mwaura on making buses more universally accessible.

[A carbon-free future starts with driving less](#) (3.30) Can we use less energy from fossil fuels while also meeting our transportation needs? Enter shared electric micromobility: the transition away from dependence on cars.

[How to survive without a car](#) (6.51) [A longer one](#) (10.16) [A shorter one](#) (4.11)

Cycling: [10 cycle commuting mistakes](#) (9.03)

Virtual meetings: [How to run a virtual meeting](#) (5.07)

E-Cargo Bike: [8 Things I Wish I Knew Before Getting An E-Cargo Bike](#) (10.21)

E-Bikes: [10 Things We Wish We'd Known About E-Bikes](#) (10.37)

Radio 4 Audio: [The Pros and Cons of Electric Cars](#) (27.45)