



Tips for an eco-friendly Interrail trip

Vilma Flyckt



How can I reduce emissions? How can I make my Interrail trip as ecological as possible?



My Interrail trip

- I went interrailing for five weeks in summer 2022, from 28 June till 1 August
- 10 countries, (at least) 25 cities
- I love travelling, but I worry about environmental issues - > this is why I chose interrailing !
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Good preparation is half the trip...

... also from the ecological perspective

- Selection of destinations
- Travel between destinations
- Travel around destinations
- Accommodation at the destination
- Activities, meals, etc.

How should you select the destinations ?

You can select
destinations...

...that interest you (City? Beach? South? East? West?)

...that are familiar

...you have not visited before

...you would not otherwise visit

...on a Green Route

... with no excessive tourism



Green route

What is it?

Quote from the European Youth Portal website:

”Explore the different sections of this map to learn about amazing places that are both great to visit and environmentally friendly. Some of these cities have been awarded for their efforts when it comes to the environment: the **European Green Capitals** and **Green Leaf** title winners. Others showcase the best green parks and nature reserves in Europe, or are home to projects focused on making their city a greener and more sustainable place.”



Green routes

- Malmö – Strasbourg
- Lisbon – Nuremberg
- Lyon – Znojmo
- Hamburg – Lahti
- Vienna – Tulcea
- Brasov – Thessaloniki



Destinations I visited

Sweden: Stockholm

Denmark: **Copenhagen**

Germany: Berlin

Czech Republic: **Prague**

Austria: **Vienna**

Slovenia: Bled, **Ljubljana**

Italy: **Venice**, Bologna, Rome, **Cinque Terre**

The Vatican

Switzerland: Bern

France: Clermont-Ferrand, Arcachon, Cap Ferrat, Bordeaux, Paris

InterRAIL – why choose trains

- Did you know that trains are the mode of travel with the lowest emissions?
- Air traffic produces approx. 13% of emissions, while rail traffic only accounts for around 0.4% (diesel trains)
- In addition to rail traffic and trains, destinations are also connected by buses (e.g. FlixBus). Trains are a more ecological option, however.
- The Railplanner app shows that my trip generated up to 90% less CO2 emissions than air travel



Out of Finland

Heading out of Finland with nothing but a train is rather difficult/takes a long time (Kemi -> Haparanda) – what other options are there?

SHIP

Example:

Helsinki-Tallinn

Helsinki/*Turku-Stockholm*

Helsinki-Travemünde

- Affordable
- Overnight accommodation
- Takes longer
- No direct train connections from Tallinn to neighbouring countries

FLIGHT

You can fly to any of the destinations

you wish to start from ->

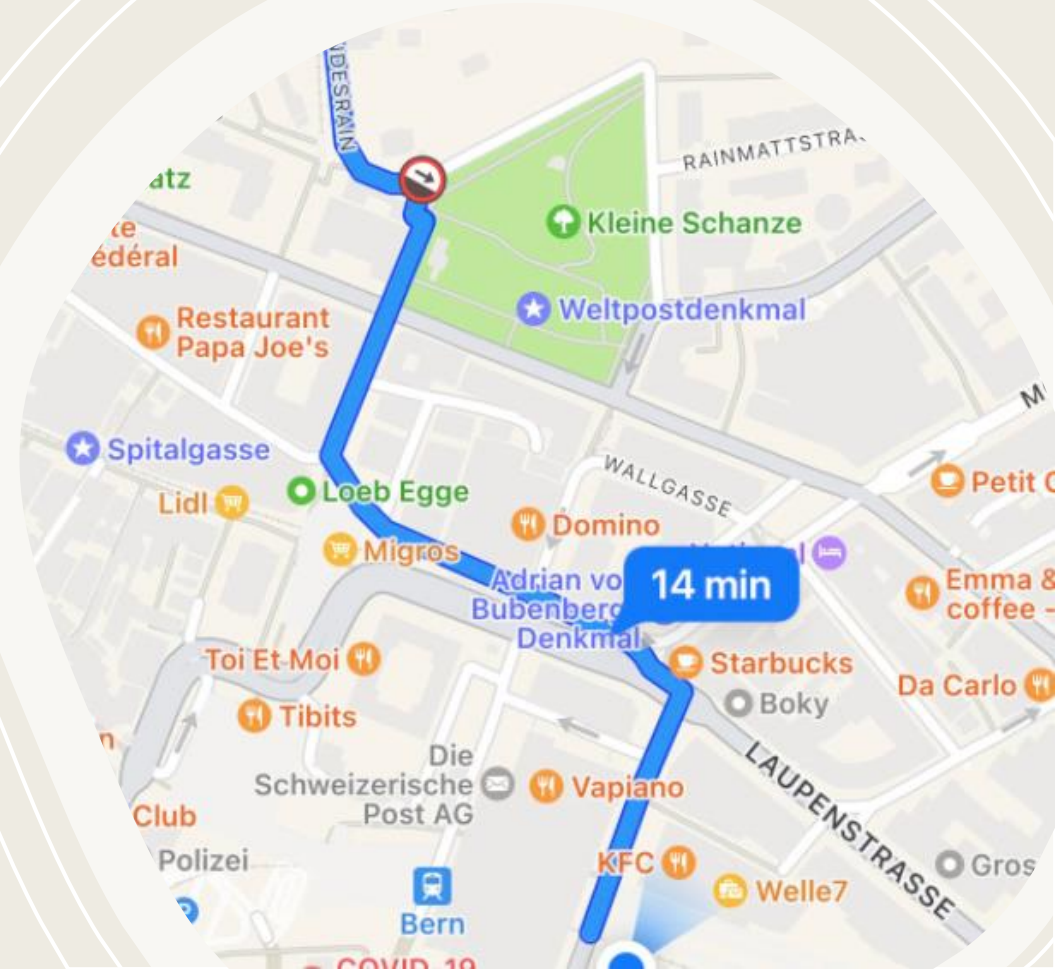
saves time, for example if you wish
to just travel around southern Europe

- Special offers and the destination affect the price
- Takes less time
- Flying is usually considered the villain among modes of travel – but in reality, travel by ship can generate more pollution



Travel around destinations

- Walking – a good way of getting to know the destination
- Cycling – bikes are often available to borrow/rent at hostels
- Public transport
- (Uber, taxis, car rental)



Accommodation

- Hostels, hotels, airbnb, couchsurfing, camping...
- At hostels you get to know other people, there are activities, kitchen utensils...
- You should find accommodation in the area you wish to see -> you can walk -> no need for means of transport



Other ecological tips

- Vegan food – increasingly available everywhere – HappyCow app
- Eat local food and also support local businesses in other ways
- Bring a water bottle and use it instead of plastic bottles. In many European countries you can drink the tap water!
- When choosing activities, consider how they affect the environment. A boat trip, or perhaps a walk around the destination?
- Pack for the conditions you expect to face -> no need to buy clothes during the trip



Questions?

Enjoy your Interrail trip!

