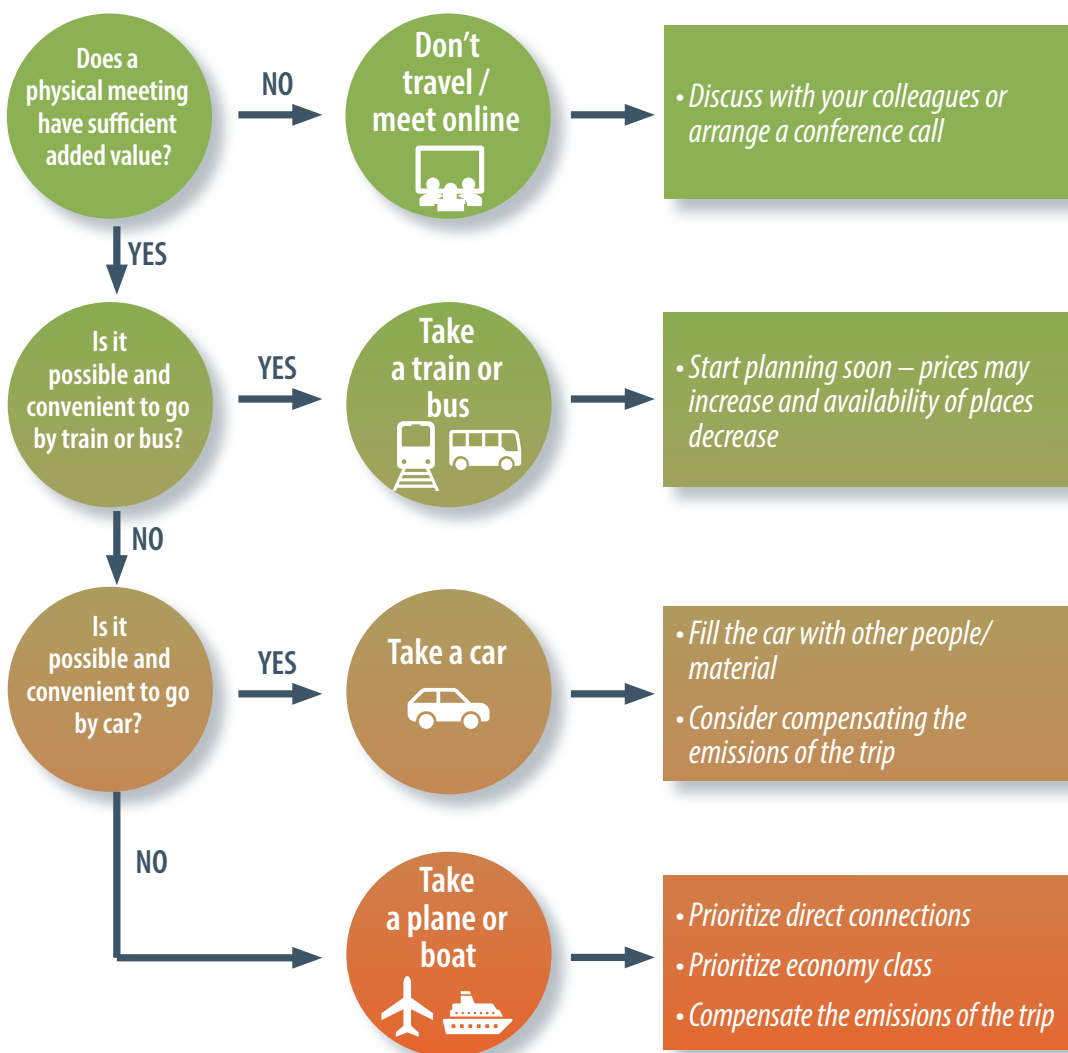


# NINA's conscious-travel flowchart

The conscious-travel flowchart is intended for all NINA employees travelling for work to destinations beyond their hometown (meetings, conferences, fieldwork etc.). The objective of the decision tree is not to set compulsory rules but rather to raise awareness and help you with making informed transport choices.

You can find detailed information about NINA's guidelines on environmentally responsible travel in [NINA Report 1882](#).



## Example Trondheim – Oslo

	Price	Time	CO <sub>2</sub> -equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Day train	250–1100 NOK	6.5 h	5.5 kg
Night train	1200–2200 NOK	7.5 h	5.5 kg
Bus	900–1200 NOK	9 h	15 kg
Car (1 person)	450–600 NOK	7 h	130 kg
Plane	1000–2600 NOK	4 h	130 kg

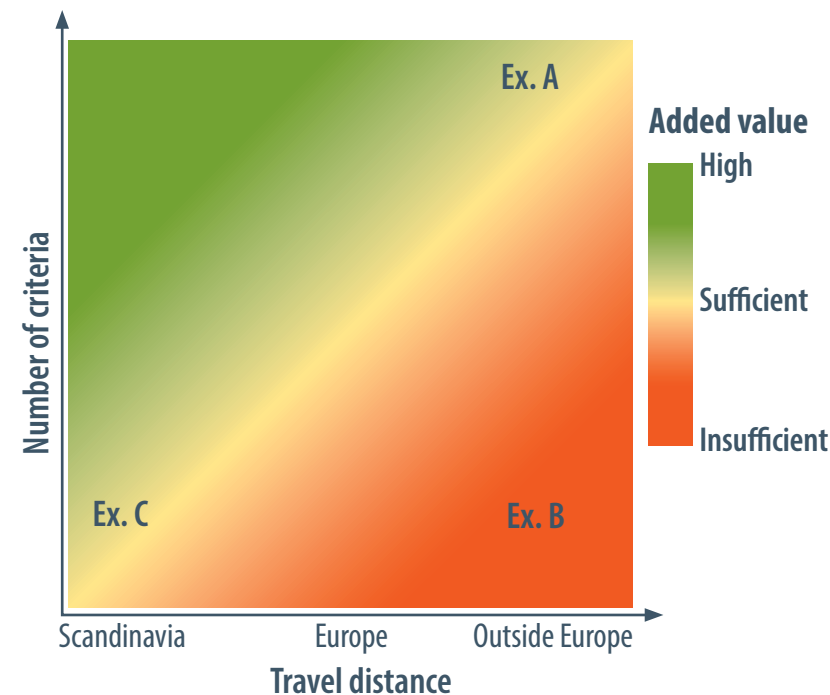
## What is “added value”?

### Each of the following criteria adds value to a travel:

- The travel contributes to NINA on a scientific level, e.g. scientific exchange, fieldwork etc.
- You contribute to the conference, meeting or project by giving a talk, presenting a poster etc.
- The travel contributes to NINA on a strategic level, e.g. networking, contractor contact etc.
- The travel contributes to your personal development, e.g. networking, especially early in your career.
- Your attendance contributes to the local community, e.g. competence transfer to developing countries.
- The travel combines several meetings in one destination, nearby destinations or on the way.
- The further away the destination, the fewer people should travel.
- Other relevant reasons may apply.

### As a rule, your travel should meet at least

- 1 criterion for a travel within the Nordic countries,
- 2 criteria for a travel within Europe (beyond Scandinavia),
- 3 criteria for a travel outside of Europe.



**Example A:** A young researcher travels (alone) to hold a presentation at a conference in New Zealand.

**Example B:** A group of researchers travels to a conference in New Zealand. They will listen to the presentations and possibly establish important contacts there, but they are not going to present their own research.

**Example C:** A group of researchers travels to a local conference in Kristiansand. They will listen to the presentations and possibly establish important contacts there, but they are not going to present their own research.

## What is a “convenient” travel?

While acknowledging that there are personal reasons to choose otherwise, as a rule of thumb a travel should be treated as convenient when

- the train takes no more than 8 hours and costs no more than 1500 NOK (or 2500 NOK for a night train if it saves a night at a hotel),
- bus, car or boat take no more than 5 hours.

**You can find detailed information about NINA's guidelines on environmentally responsible travel in [NINA Report 1882](#).**

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## How to compensate the emissions of your travel?

Emissions of your travel should be offset on [www.myclimate.org](http://www.myclimate.org).

Submit the offset receipts with the travel expense claim and also include these expenses in the budgets of future projects.

**You can find detailed information about NINA's guidelines on environmentally responsible travel in [NINA Report 1882](#).**

**Example Tromsø – Trondheim**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Bus+Night train	2000–3000 NOK	21 h	74 kg
Plane (direct)	1000–3600 NOK	4 h	180 kg
Car (1 person)	1200–1500 NOK	17 h	270 kg
Hurtigruten	>3000 NOK	50 h	410 kg

**Example Lillehammer – Trondheim**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Day train	250–750 NOK	4.5 h	3.7 kg
Night train	1200–2200 NOK	5 h	3.7 kg
Night bus	250–750 NOK	6 h	10 kg
Car (1 person)	310–520 NOK	5 h	85 kg
Plane	1 200–2 900 NOK	5 h	130 kg

**Example Bergen – Trondheim**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Day train	250–1100 NOK	14 h	11 kg
Night train	1200–2200 NOK	16 h	11 kg
Bus	not available	14 h	19 kg
Plane	1000–2600 NOK	4 h	140 kg
Car (1 person)	570–760 NOK	11 h	150 kg
Hurtigruten	> 3000 NOK	30 h	300 kg

**Example Lillehammer – Oslo**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Day train	250–450 NOK	2.3 h	1.8 kg
Bus	410 NOK	2.7 h	5.0 kg
Car (1 person)	290–340 NOK	2.5 h	44 kg

**Example Bergen – Oslo**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Day train	250–1100 NOK	6.5 h	5.3 kg
Night train	1200–2200 NOK	7.5 h	5.3 kg
Bus	750–1100 NOK	10 h	12 kg
Car (1 person)	640–780 NOK	7 h	110 kg
Plane	1000–2600 NOK	4 h	120 kg

**Example Tromsø – Oslo**

	Price	Time	CO <sub>2</sub> - equivalent emission
No travel	0 NOK	0 h	0 kg
Video conference	0 NOK	10 min	0.2 kg
Bus	3000–4000 NOK	28 h	80 kg
Plane	1000–3600 NOK	4 h	230 kg
Car (1 person)	1650–2200 NOK	24 h	390 kg