

Enabling Green Mobility: Student Perspectives and University Practices

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Enabling Green Mobility: Student Perspectives and University Practices





Speakers

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Policy and
Research Officer,
European
University
Foundation

Contents



- 1. Student perceptions, motivations, and barriers to green mobility
- 2. Institutional support measures: examples from Charles University
- 3. More good practices and useful resources
- 4. Conclusions
- 5. Q&A

1. Student perceptions, motivations, and barriers to green mobility



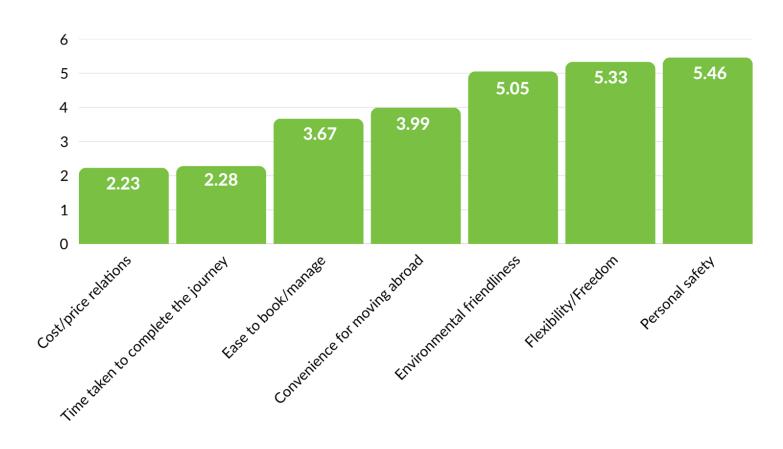


What do we know about students' travel choices?



Environmental friendliness is among the least influential factors

Cost and time are the two primary factors driving students' transportation choices

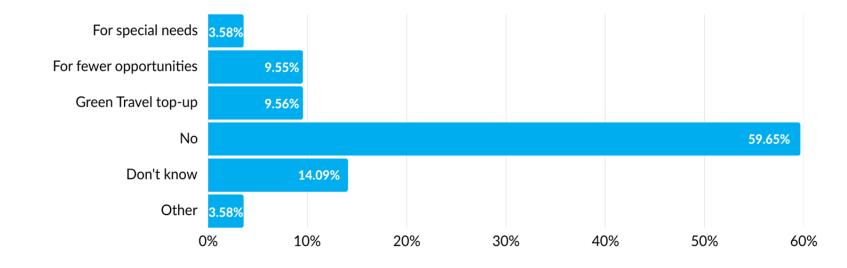


Factors influencing students' transportation choices Data source: ESNsurvey XV (Dias, R., 2025)

Top-up Grants Received by Exchange Students

*Green Travel topup before the new support measure in Erasmus+

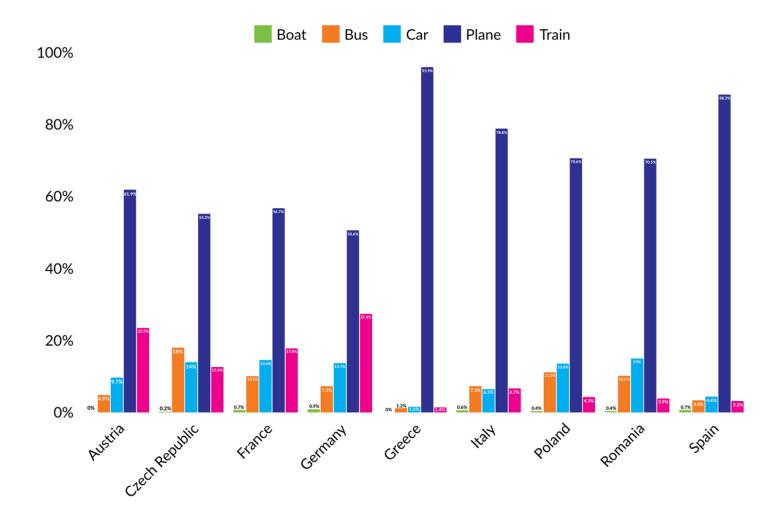
Impact of the new top-up to be examined



Top-up grants received by exchange Students Data source: ESNsurvey XV (Dias, R., 2025)

Top sending countries & Students' Transportation Choices

- Students prefer to travel by plane to and from their mobility destination
- Students from the South and East European countries choose to fly
- Students from Central and Western countries opt for train



Relative frequencies of transportation option to the mobility destination per sending country

Data source: ESNsurvey XV (Dias, R., 2025)



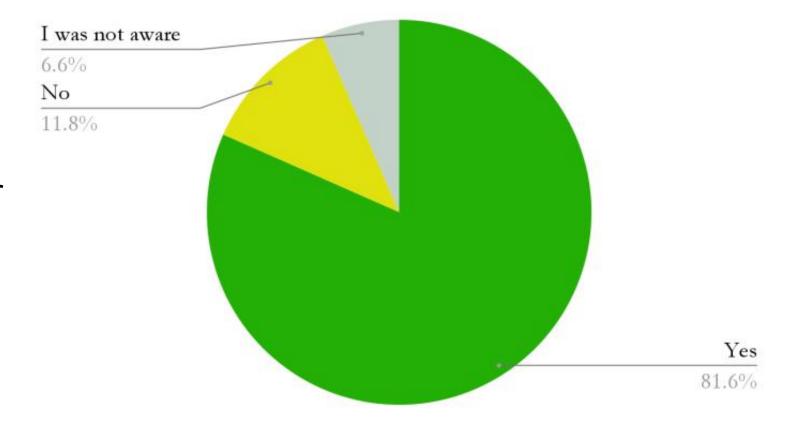
So, what can we do to change these trends?



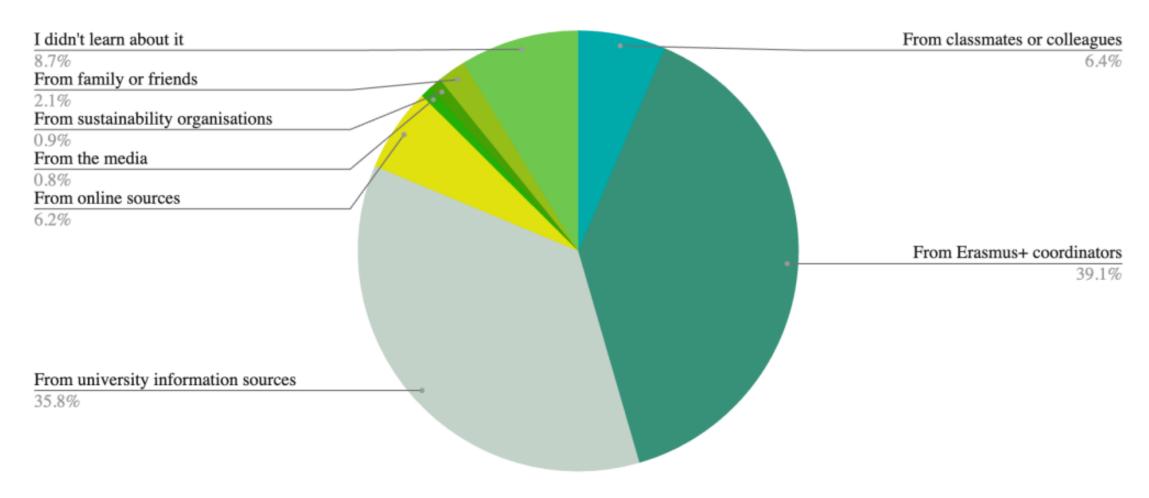
"Make information about sustainable travel options available as early as possible for the students."



- SET survey: 52% of students traveled green
- Funding is a major decision-making factor for students to go on mobility
- Information about all types of funding should be shared as early as possible



Important actors for the decision-making process







- "Giving grades as incentives"
- "Giving extra time in the curriculum for making the sustainable travelling option possible"
- "Gamified Incentives: Introduce a reward system for students who consistently use sustainable travel modes, with incentives like discounts on campus services, etc."
- "List options (from previous Erasmus students) how they traveled there. Collect experience and a list of cheap/sustainable routes and connections"
- "Give examples of students who did so and can recommend it; specifically for the same destination (...)"



Heading on Erasmus+ in winter 2025/2026 and planning to travel sustainably? Join the **Sustainable Erasmus+ Travel** (SET) Journey Contest and become one of 6 student storytellers sharing your green travel experience! Selected storytellers will receive up to 625 EUR financial compensation to create engaging social media content and blog posts that showcase their green travel experiences and inspire other students!

Join the Sustainable Erasmus+ Travel Contest for Storytellers, share your story, and be part of the movement for greener student mobility!

https://erasmusgeneration.org/travel-green



Esteban from Netherlands went on exchange in Czechia with **Erasmus+ International Credit Mobility**

66

When you slow down, time opens up and you start seeing life between the destinations.

Read more

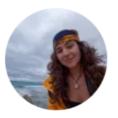


Zsófia from Hungary went on exchange in Spain with Erasmus+ studies within programme countries

66

How we travel matters as much as where we go

Read more



Sofia from Portugal went on exchange in Portugal with Erasmus+ studies within programme countries

66

My Green Erasmus trip boosted my confidence and trust in my decisions.

Read more

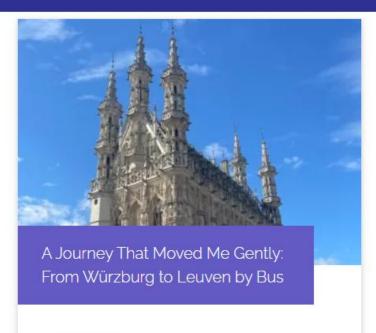
https://erasmusgeneration.org/testimonials

Erasmus Generation Blog https://blog.erasmusgeneration.org/



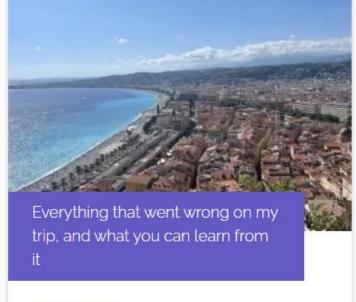
26/10/2025

Arriving for your Erasmus is a mix of thrilling chaos and instant panic. Don't let it overwhelm you! We've created your...



26/10/2025

My Erasmus journey did not begin in a classroom, it began on the road. Travelling sustainably from Würzburg to Leuven by...



26/10/2025

Interrailing has been on my bucket list for years now, and now that I've done it, it is right back on it. Don't get me...







erasmus.generation :

Erasmus Generation

755 posts 19.7K followers 1,780 following

Public figure

- The visual voice of the #ErasmusGeneration
- Take Overs

... more



Esteban ESMX



storytellers 🚆



Divya J DE



Lena DE



Zsófi Hu



Carlos 📶



Sofia BR







2. Institutional support measures at Charles University





Charles University



- **Charles University**
- > founded by Charles IV in 1348, the oldest university in Central Europe
- > over 600 study programmes, 17 faculties in Prague, Plzeň + Hradec Králové
- > more than **51 000** degree students, **8 000** staff members

ERASMUS+ programme:

- > Over **50 000** exchanged students since 1998
- ➤ ERASMUS+ mobilities around **2100** incoming students, **1900** outgoing students per academic year
- > 5th most demanded university within the Erasmus+ programme
- ➤ Cooperation with more than **800** universities and institutions in 32 ECHE countries (including ICM)

Charles University –Travel Grant





Erasmus+ Mobilities

- > 23/24 top-up 50 EUR/student/mobility
- > 24/25 travel grant for short-term mobilities
- > 25/26 travel grant for all mobilities

Travel costs

Same rates for both long and short stays

Distance of destination from CU*	Amount of travel costs for Green Erasmus**	Amount of travel costs (non-green)
10–99 km	€ 56	€ 28
100–499 km	€ 285	€ 211
500–1,999 km	€ 417	€ 309
2,000-2,999 km	€ 535	€ 395
3,000-3,999 km	€ 785	€ 580
4,000-7,999 km	€ 1,188	€ 1,188
8,000 km or more	€ 1,735	€ 1,735

Subsistence costs

Long-term stay (60 days or more)

Group of countries	Study visit	Practical internship
Belgium, Denmark, Finland, France, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Germany, Netherlands, Norway, Austria, Sweden	€ 660/month	€ 810/month
Cyprus, Czech Republic, Estonia, Latvia, Malta, Portugal, Greece, Slovakia, Slovenia, Spain	€ 600/month	€ 750/month
Bulgaria, Croatia, Hungary, Lithuania, Poland, Romania, Serbia, North Macedonia, Turkey	€ 540/month	€ 690/month

Mode of transport:

Green: train, bus, carsharing, bike Non-green: plane, car

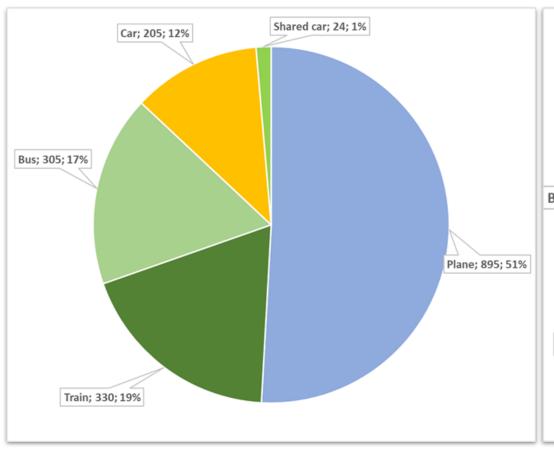
Charles University – Travel Grant

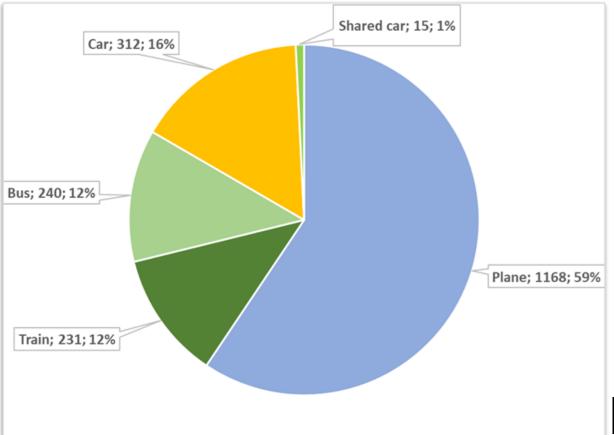




2024/25 - 1759 students (37%)

2023/24 - 1966 students (26%)





Charles University – Travel Grant

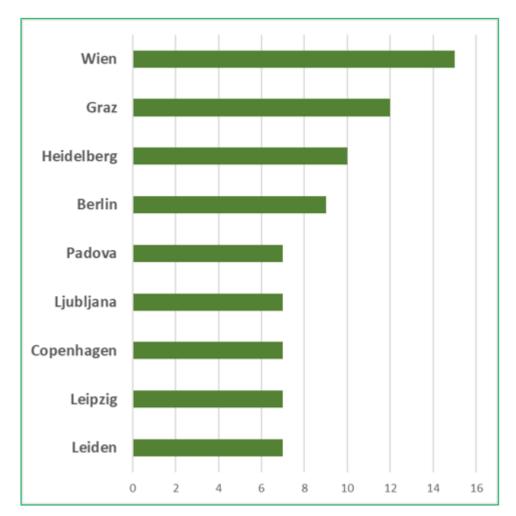




AY 2025/2026 Statistics

900 students have already left on mobility programs

Most popular cities for green transport



Charles University – BIP





Sustainability as an Integral Part of International Experience

- > 24 participants from 15 countries
- > 26.5. 30.5.2025 + virtual component
- > workshops, discussions, practical demonstrations
- > Activities of Sustainable development center
- Promotion of SET (SET survey results)
- > Student activities permaculture garden
- Hybernská Campus tour, Botanical garden
- ➤ Environment Centre of CU research results of the survey on commuting mobility to/from the CU
- ➤ Nominated for the DZS Annual Awards for 2025 in the Sustainability category



Charles University

Sustainable Development (SD) activities

- > SD course for students
- ➤ Student Grant Competition (from 2023)
- ➤ Podcast "Udržitelná Karlovka" (40 interviews so far with experts, students...)
- ➤ European Mobility Week
- ➤ Challenge Bike to Work
- ➤ SET project information + promotion
- > Students Hub Gratis Market
- ➤ Working Groups











NEWS







May Challenge Bike to Work

A month full of activity, sustainable commuting and fun with your team – that's the university-wide May Challenge. Charles University is covering the entry fee for the first 17 teams as part of our commitment to sustainability. So

More mobility, less carbon footprint

How to shape the future of sustainable student mobility without limiting international cooperation was shown at the second annual "Student Mobility Summit" in Barcelona. The complex topic was discussed by the expert

Charleston project launched

Charles University was the only applicant from the Czech Republic to receive CZK 60 million for its Charleston project under the EU flagship programme for doctoral and post-doctoral education. The aim is to support young

Charles University





FUTURE PLANS

- **➤ Working Group for Mobility**:
 - in accordance with CU strategic materials for SD
 - 1 main coordinator + 4 members + volunteers
 - 4 meetings per year
 - 2 years Action Plan

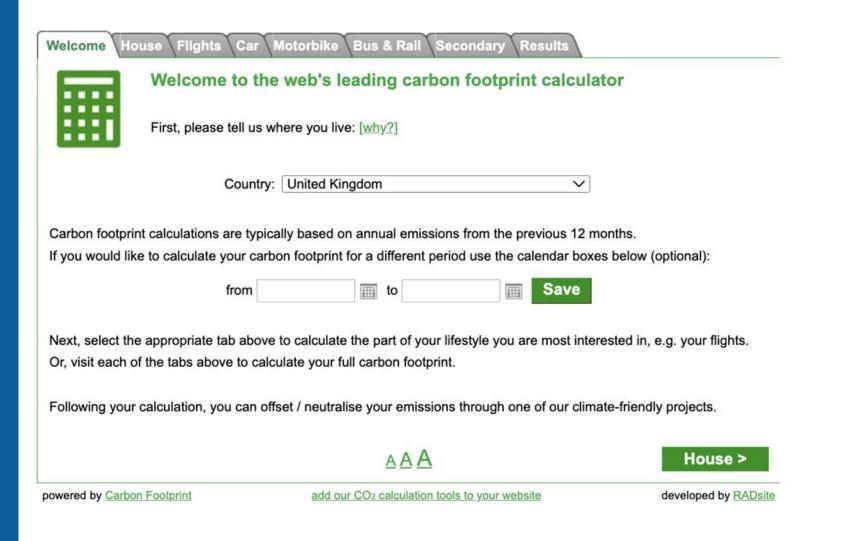
2025–2026: Sustainable Travel Mobility Codex for students and staff (support for train travels, tips for route comparison tools and more....)

> 2026: GREEN GUIDE for incoming students and staff



3. More good practices and useful resources





What is the Carbon Footprint of your choice of travel?

send us your carbon footprint

Submit

https://egg.civil.auth.gr/





- 1. Use free and simple carbon calculators for travelrelated emissions and other areas to visualise the impact of your activities.
- 2. Promote green alternatives to flying.



Factsheet

Sustainable Student Mobility (Prague)

Student exchanges are a valuable cultural and personal experience, but traveling can come with a carbon cost: A flight from Paris to Rome generates around 0.25 tons of greenhouse gas (GHG) emissions per person. This is 1/6 of the annual per capita GHG emission budget which would allow us to reach the targets of the Paris Climate Agreement.2 By making informed travel decisions and using sustainable travel options, students can reduce the environmental impact of their exchange and contribute to a greener and more conscious mobility between universities.



Traveling by plane may seem the fastest option, yet considerable time is often lost to check-in, security, transfers to and from the airport - time that could be used more efficiently on a train. On some routes, trains are impressively fast, with travel times close to flying, such as Zurich-Munich. However, other routes, like Budapest-Lisbon, may take much longer and require multiple train changes. In most cases, buses offer a cost-effective alternative with less need for changes and transfers.

Notes: Travel times were calculated using Rome2Rio* for two randomly selected dates: Monday, October 24, 2024, and Monday, October 20, 2025. Calculation assume travelers take the fastest routes and direct flights where available. Travel times were rounded to the nearest half hour. Where the variation was an hour or less, average times are reported; otherwise, ranges are shown. Direct flight times show little variation, while travel by train, bus, or car may vary due to new routes or road traffic. Times incorporate real-time data, travel time estimates, and average transit times. For car travel, a 30-minute break was added every 3 hours, plus a 10-hour overnight rest every 8.5 hours. For train and bus travel, it was assumed travelers sleep while en route. The dotted route on the map does not represent the exact travel route.

1/2 Atmosfair.de 1/2 (*): retrieved on September 2025

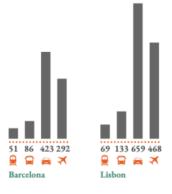
- 3 Travel routes from exchange students collected by the Charles University of Prague (2021-2023), University of Porto (2021-2023), University of Zurich (2018-2024) and EU Data Collection of student exchanges (2021-2023)
- 4 Rome2Rio.com (*): retrieved Sep. Oct. 2024 and Jul. Aug. 2025

GHG Emissions from different Transportation Modes on the five most popular Student Exchange Routes.5

kg CO,e/pP per journey (one way)

From Prague to





The distance traveled and the choice of transport mode are key factors in reducing carbon emissions from traveling. Flying generates - depending on the country of train travel - between 5 to 42 times⁶ more emissions than train travel. The GHG emissions of train travel can vary depending on the electricity mix of the country one travels through. Additionally, occupancy rates and the proportion of diesel-powered trains influence overall emissions7. In these cases, buses may offer a comparatively lower-emission alternative. The occupancy rate

of the car plays a key role in determining the GHG emissions per person when traveling by car. Carpooling with a second person can halve the emissions per traveler.

The journey itself can become a valuable part of the stay abroad period, where one can experience Europe, its landscape and people. Therefore, the travel decision should consider the GHG emissions, the overall time required for each option and the possibility to learn more about Europe while traveling.

Reducing the carbon footprint tips for sustainable travels

- Choose a destination that you can reach by a sustainable mode of transport, primarily train or bus.
- Choose trains or buses for travels instead of flights.
- Consider combining trains and buses to reach the destination faster and more sustainably.
- If flying, chose direct flights within Europe, fly Economy, use public transport for your way to and from the airport and offset carbon emissions.
- Consider your journey as part of the experience rather than just reaching your destination the fastest. It can be a transformative and educational experience in its own right.

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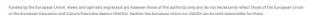
- 5 Travel routes from exchange students collected by the Charles University of Prague (2021-2023), University of Porto (2021-2023), University of Zurich (2018-2024) and EU Data Collection of student exchanges (2021-2023)
- 6 Mobitool.ch 1 (1): retrieved on 11.11.2024
- Eurostat (/) 2024: retrieved on 11.11.2024 8 Luftlinie.org (≯): retrieved Sept. - Nov. 2024
- 9 Rome2Rio.com (≯): retrieved Sept. Oct. 2024
- 10 Mobitool.ch 2 (): retrieved Sept. Nov. 2024
- 11 IEA.org (/): retrieved Nov. 2024 12 Acea.auto (/*): retrieved Nov. 2024
- 13 Atmosfair.de 3 (>): retrieved Sept. Oct. 2024

Authorship: Nadine Wolf with contributions from Linde Warland, Youngseo Kim and Somara Gantenbein, Version September 2025, Publisher: Sustainability Hub, University of Zurich in collaboration with the Consortium of the Sustainable Erasmus+ Travel project















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or the European Education and Culture Executive Agency (EACEA). Nother the European Union nor EACEA can be held responsible for them

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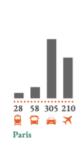
■ kg CO,e/pP per journey (one way)

From Vienna to











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Connectivity Report

Sustainable Student Mobility (Prague)

From 2021 to 2023, the top student exchange destinations¹ for those traveling to or from Prague were Barcelona, Lisbon, Paris, Rome and Vienna. All of these cities are easily accessible through eco-friendly transportation options. This connectivity report explains how.

	☐ Bus					
City pairs	Duration ²	Night train	Possible stopovers	Duration ²	Night bus	Possible stopovers
Prague Barcelona	4 changes: ~21h	Vienna to Milan	Nuremberg	Direct: ~25.5-27.5 h	-	Nuremberg
Prague Lisbon	7 changes: ~34-36h	To Brussels or Karlsruhe or from Berlin to Paris	Munich Black Forest* Girona Strasbourg Paris Poitiers Mordeaux Girona Barcelona Madrid	1 change: -43.5-45 h	Paris to Lisbon	Nuremberg Black Forest* Coast of Expression San Sebastian* Lyon Biarritz Biarbace Biarbace Biarbace Biarbace Bordeaux Coast of San Sebastian* Salamanca Bilbao
Prague Paris	3 changes: ~11.5–13h	To Brussels or Karlsruhe or from Berlin to Paris	Nuremberg Black Forest* Strasbourg	Direct: ~14h	Direct: to Paris Bercy: ~13h	Nuremberg Heidelberg Strasbourg
Prague Rome	3 changes: -16.5 h	Vienna to Bologna	Salzburg	Direct: -21h	To Florence or from Munich to Rome	Munich
Prague Vienna	Direct: ~4h	-	Brünn	Direct: ~4h	-	• Brünn

* Nature/Landscape

The table above provides detailed information on the availability of direct bus and train connections, including night services. The focus is specifically on train and bus travel, as these are generally the most sustainable modes of transport. Interested in learning more about the climate impact of these routes? Be sure to check out the Factsheet Sustainable Student Mobility Prague*(see Resources > Factsheets: /*).

Trains offer a comfortable and efficient way to travel across Europe. Buses can be a particularly eco-conscious and budget-friendly option for longer journeys, such as those from Prague to Barcelona. Although buses may take longer than other modes of transport,

they are among the most energy-efficient ways to travel long distances. Larger cities in Europe generally provide easy access to public transport upon arrival. If you book early, ticket prices can be significantly lower. Please note that for some trains and buses, e.g. night trains or high-speed trains in certain countries, reservations are mandatory. Do you want to see all the night-trains in Europe currently available? Here is an overview (>).

Note: The table above provides suggestions for such stopovers, focusing on larger cities or well-known natural areas. However, other cities or scenic spots may also be worth exploring. Stopover options vary depending on the different possible routes chosen for a city pair. Larger cities in Europe generally provide easy access to public transport upon arrival.



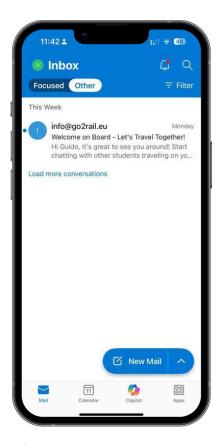




HOW DOES IT WORK?



Submit Your Details



Check Your Inbox



Chat with the Go2RAIL Bot



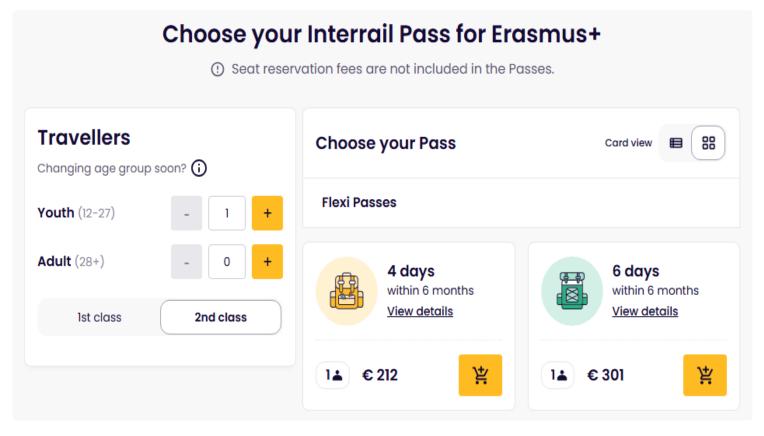
Meet, Plan & Travel Together



A SPECIAL TRAIN TICKET FOR ERASMUS+, European Solidarity Corps, NordPlus, SEMP, Turing Scheme, Taith, and Marie Skłodowska-Curie Actions



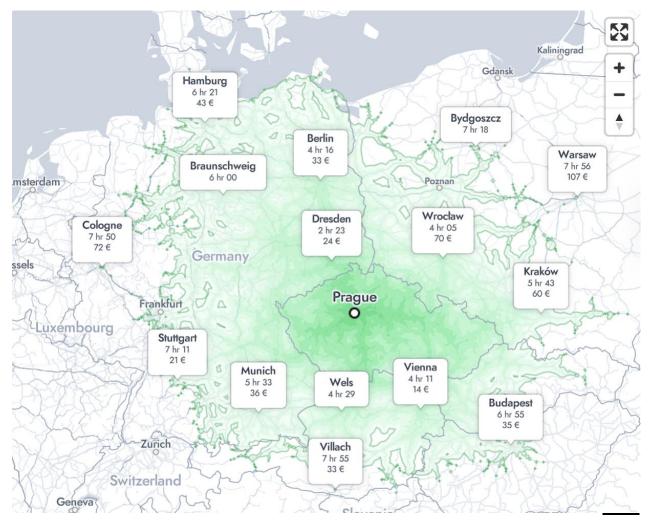
- Unlimited travel on participating European train networks for 4/ 6 days within 6 months.
- Flexible travel in 33
 European countries.
- High speed trains at a small surcharge.
- Any travel days left?
 Explore your host country!







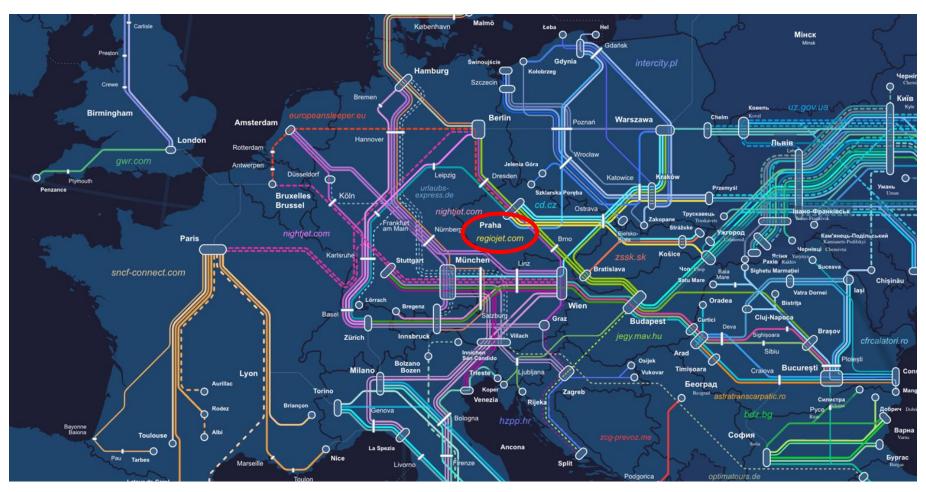
See how far you can travel by train from Prague in 8h, with suggestive prices.



https://www.chronotrains.com/en/station/3067696-Prague?maxTime=8







https://back-on-track.eu/night-train-map/





- 1. Use free and simple carbon calculators for travel-related emissions and other areas to visualise the impact of your activities.
- 2. Green alternatives to flying.
- 3. Student testimonials: Invite students to share their experiences and tips (e.g. blog, article, short video).





Shopping

	Sway Store	Fair Fashio
	Harvest Club	Fair Fashio
	Kapstok	2nd hand clothin
	Rawette	2nd hand clothin
	Yves Rocher	Makeup & Skincar
	Dirk De Witte Kapp	ers Hairdresse
	Les Petits Riens	2nd hand clothin
	Cyaankali	2nd hand clothin
	RIOT	2nd hand clothin
).	Kiloshop	2nd hand clothin
Ų,	Kringwinkel	2nd hand sho
	Think Twice	2nd hand clothin
į,	Hal 5 Flea Market	Flea marke
ĸ.	Hal 5 Camping Fla	mingo Local marke

Q Groceries

	v	Giocenes	
	16.	Boerencompagnie	Local produce
	17.	De Wikke Orga	nic local produce
	18.	Biotoop	Organic shop
	19.	Nectar	Local hone
	20.	Slagerij Rondou	Butche
	21.	Ekoplaza	Organic shop
	22.	De Broodenier	Baker
	23.	Dille en Kamille	Variety shop
	24.	Färm	Organic shop
	25.	Content	Zero-waste shop
	26.	Moedertje natuur	Organic shop
	27.	Bakkerij Korst	Baker
	28.	Boeren & Buren	Local produce
	29.	Het Perron	Solidary shop
9	30.	Oxfam Leuven & Oxfa	m Fairtrade shop
4		Tweedehands Booksh	op Used books
	31,	Oxfam Kessel-Lo	Fairtrade shop
	32	Oxfam Wilsele	Fairtrade shor

Q Repair, Recycle, Donate

33.	MAAKbar	Repair ba
34.	FietsFixer	Bike repair shop
35.	Velo	Bike repair shop
36.	DIY Fietsatelier	Bike repair shop
37.	FabLab	Maker space
38.	Textile containers	Textile donation
39.	Donorcenter Rode	Kruis Blood/plasma
40.	Hal 5 Repair cafés	Repair cafe

Online Initiatives

79.	Foodsaving	Leuven	Foodsavir
80.	Dirty vegan	burgers - Taster	Takeo
81.	Quppa	Reusable	cup syste

Prood & Drinks

44.	Noordoever	Veggie restaurant
45.	Bodhi	Vegan restaurant
46.	Le Pain Quotdien	Bakery
47.	Lifebar	Foodbar
48.	Pepas Frituur	Vegan frituur
49.	Tabi Loo	Vegan restaurant
50.	Foodmaker	Local produce
51.	EXki Leuven	Organic meals
52.	Plant Dragon	Vegan café
53.	Falafel Top	Falafel restaurant
54.	Het Strand	Vegan restaurant
200	Linksmilete	Manala contacend

Q Entertainment

56.	STUK	Artscenter & Car
57.	Groot Begijnhol	Historical place
58.	Kruidtuin	Botanical garde
59.	Maekerij	Workshops & Cal
60.	De Bruul Park	Par
61.	Sluispark	Par
62.	Keizerberg	Par
63.	Provinciedomei	in Kessel-Lo Par
64.	Hal 5	Event location
65.	Spore Nursery	Plant shop & Workshop
66.	Sint-Donatuspa	rk Par
67.	Abdii yan Park	Par



*		-
9.	Bee-Friendly Leur	ven Imker sho
0.	De Ruimtevaart	Community hu
1.	Arktos	Youth center
2.	Poverello Leuven	Solidarity hu
3.	JAC & CAW	Youth & Welfare center
	De Deubbeell	Art 9 Community by



68. Arenberg

75.	Blue bike Leuven	Bike sharing
76.	Cambio Carsharing	Carsharin
77.	City walks On visitleur	ven.be/en/walkin

78. Bikingroutes On visitleuven.be/en/biking

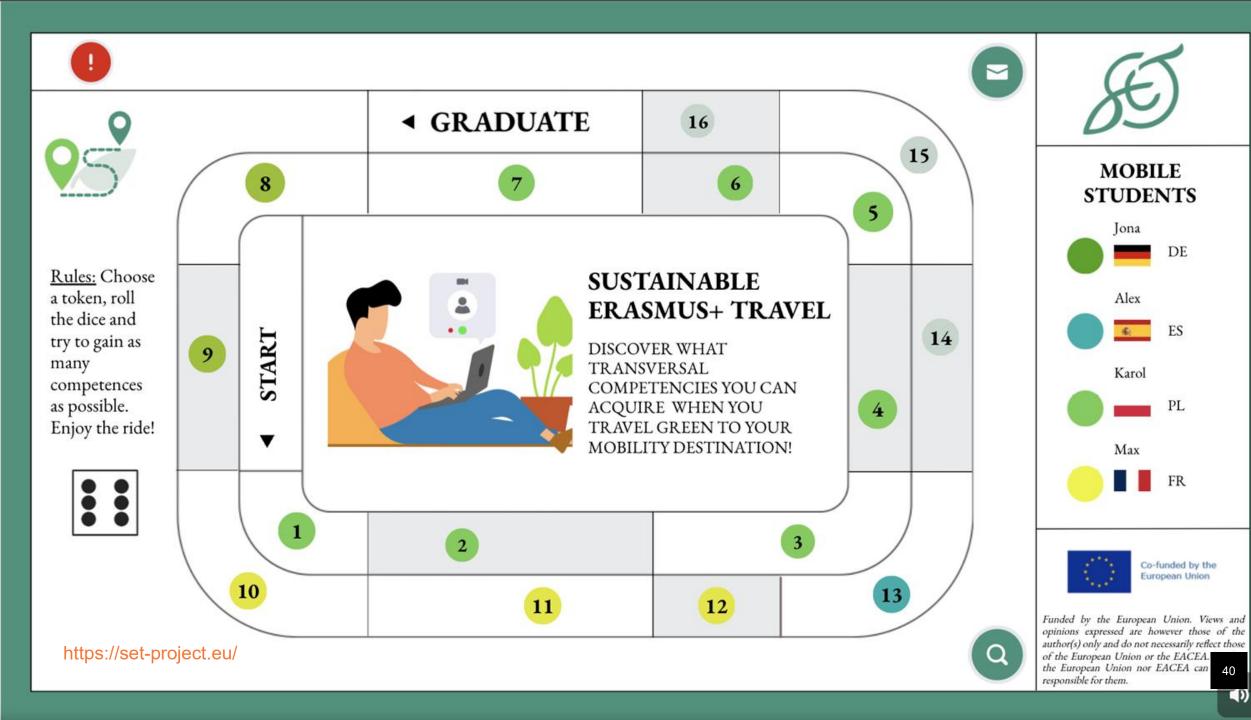


9.	Foodsaving	Leuven	Foodsavir
0.	Dirty vegan	burgers - Taster	Takeo
1.	Quppa	Reusable	cup syste
			Fandanie





- 1. Use free and simple carbon calculators for travel-related emissions and other areas.
- 2. Green alternatives to flying.
- 3. Student testimonials.
- 4. HEI guides for incoming students.
- 5. Play the interactive board game on green soft skills.











Rules: Choo a token, roll the dice and try to gain as many competence: as possible. Enjoy the ric



PLANNING

To be self-reliant, take decisions, undertake responsibility, and manage your time efficiently.

UNESCO Pillar for education: Learning to be

Sustainable travel, especially when solo, requires a lot of prior planning and organisation, for example when booking tickets with different companies, scheduling layovers/waiting time, arranging luggage, mapping train/bus connections.

Source: Whiting, Kate (21/10/2020). These are the top 10 job skills of tomorrow- and how long it takes to learn them. World Economic Forum. https://www.weforum.org/agenda/2020/10/top-10work-skills-of-tomorrow-how-long-it-takes-to-learn-them/



DE

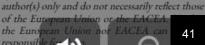
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SET mailing list

Thank you for your attention!

Do you have any questions?