



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 26: TRANSPORT AND TRAVEL

QUESTIONS:

- How do you feel about hitchhiking? Share your experiences of being a hitchhiker and/or giving lifts to strangers.
- How much of the stuff (tools and equipment, supplies, clothes etc) that you use on a daily basis comes from a local source? Are there local sources for these products? Why or why not?
- What services and activities are in walking distance of your home? What are in cycling distance?
- Does the internet – in particular social media – make you feel more or less connected with other people? How dependent are you on it? Are you using it in a way that helps facilitate a home-based lifestyle?
- Do you travel for holidays? How much does this depend on flying? What might be some other options?

ACTIVITIES:

- If you own a car, work out how much it costs you each year. Include repairs and servicing, loan repayments and/or original costs, maintenance expenses such as tyres and oil, insurance, registration, fuel.* Are these costs worth it?
- Log the trips you take in the car over the course of a week or fortnight. How many of these trips were unavoidable? How often did you have another passenger? How often did you complete multiple tasks/activities in one trip?* Make a plan for less use and greater efficiencies.
- Explore options for carpooling or carsharing within the group. How can you let local contacts know where and when you are going somewhere with extra space in the car?
- Bring the lowest possible food miles snacks/meals to the group meeting.
- Hold a bike maintenance and repair workshop

* Further resources for this activity may be available to registered book clubs

