



EUROPEAN MOBILITY WEEK

16-22 SEPTEMBER 2023

Quick guide on the annual theme: **'Save Energy'**

Why is it important to **save energy** for urban mobility?

- Energy and mobility poverty are rising due to higher costs for residents and businesses
- Operating public transport is a high expense for city budgets
- Following Russia's invasion of Ukraine, it is crucial to reduce our dependency on Russian oil and shift to sustainable energy sources
- The climate crisis is ever present, and we need a carbon-neutral Europe by 2050

Reducing energy consumption aligns with the overall goals of **EUROPEAN MOBILITY WEEK**:

- encouraging sustainable mobility
- fostering active transport
- creating liveable cities

Collective action to reduce energy use has already made a positive impact on fuel reserves and prices, but we can do more. Let's explore ways to make sure our mobility habits contribute to these collective efforts.

Discover the theme of 'Save Energy' in the following quick guides:

1. Public transport
2. Active mobility
3. Minimising car dependency
4. Mobility management
5. Infrastructure solutions

Five tips to help save energy:

Use public transport, the backbone of any transport system. Buses can help reduce our emissions and energy consumption, especially if they are powered by clean sources of energy.

Be active! Trips in urban areas of less than 5km can be made on foot or by bicycle in up to 30 minutes. You can save energy and boost your physical and mental health.

Feel the freedom of moving around without a car; the annual cost of owning a private car is often underestimated: up to €4,500 in energy costs alone.

Reduce the number of unnecessary car trips: Can you plan better? Work from home? Go local for your shopping? Share? Combine trips? It's all about...
'Mix & Move!'

Take it slow! Reducing your speed by 10km/h can decrease your fuel bill by up to €60 per year. Low speed increases our quality of life, with an increase in economic activity.

Related EU initiatives:

REPowerEU

European Green Deal

Urban Mobility Framework

European Year of Skills

Cities Saving Energy Sprint

