

Everything can be sustainable, but some areas are more critical than others. Transportation is one of the sectors contributing most to climate change, responsible for 16.2% of global carbon emissions. Traditional transportation methods, over time, threaten the sustainability of our planet and living spaces. Although awareness is growing, the transportation sector is still not sustainable. So, what is sustainable transportation, and what can we do as individuals? Let's explore.

What is Sustainable Transportation and Why is it Important?



Sustainable transportation refers to methods that prioritize long-term continuity in environmental, social, and economic terms, use resources consciously and efficiently, and minimize carbon emissions. Transportation methods that rely heavily on fossil fuels or individual vehicle use, which produce separate carbon emissions for each person, do not comply with sustainable transportation principles. In sustainable transportation, accessibility and minimizing environmental impacts are primary concerns.

While environmentally friendly transportation aligns closely with sustainable transportation, the concept goes further by also considering economic and social equality. Sustainable transportation includes methods that support accessibility for people with disabilities, ensure equal transportation opportunities for all economic groups, and promote regional economic development.

Principles of Sustainable



Transportation

- **Accessibility:** Every individual should have access to other people, goods, services, and different regions.
- **Equity:** Regardless of income, disability, or gender, everyone should have equal access to transportation and be able to meet basic needs.
- **Health and Safety:** Transportation systems should protect the physical, mental, and social health of individuals and ensure safety.
- **Individual Responsibility:** Individuals should prioritize sustainability in transportation choices and act in ways that protect the natural environment.
- **Integrated Planning:** Transportation systems should be planned to complement one another, with sustainable transportation criteria applied consistently.
- **Pollution Prevention:** Transportation-related pollutants should be minimized to protect public health and maintain climate balance.
- **Land and Resource Use:** Sustainable transportation systems should plan land use to protect biodiversity and use resources efficiently.
- **Cost Planning:** Users should pay fair fees for access, and transportation systems should be planned considering social, environmental, and economic costs.

5 Tips for Sustainable Transportation

Being aware of sustainability principles in transportation offers many opportunities to change our personal transportation choices. Adopting sustainable methods, especially in urban travel, is crucial for taking action to secure our future. What can we do for sustainable transportation?

- Trust Your Feet!



Before the invention of motor vehicles, people reached their destinations without additional means. While walking may not be feasible for long-distance travel, using vehicles for short trips, such as a five-minute walk to the market, is unnecessary and unsustainable. Evaluating the distance of frequently used routes and preferring walking for short distances contributes positively to both the planet and individual health.

- Bicycles are Your Friend!



In many developed countries, bicycle use is widespread in major cities. In recent years, bicycle use is gradually increasing in our country as well. If your workplace or school is too far to walk but close enough not to require a car, cycling is a great choice. It promotes health through exercise and reduces carbon emissions because it uses no fuel.

- Choose Electric Scooters!



- Health conditions or long routes may make walking or cycling difficult. However, there are still sustainable alternatives. Electric scooters, now common in most cities, provide an environmentally friendly alternative to traditional transportation and are also fun to use!

- Share Your Vehicle!



Imagine living in Lara and working in Göynük. You have a neighbor or friend with a similar commute. Traveling separately doubles the carbon emissions that could be avoided by sharing a ride. Vehicle-sharing, popular in many developed countries, reduces traffic and transportation-related carbon emissions. If your route is too long for walking, cycling, or scooters, sharing a car is an eco-friendly choice.

- Public Transportation as a Last Resort!



Sometimes, distance or circumstances make walking, cycling, or car-sharing impossible. In such cases, public transportation is the solution. In large cities like Istanbul, traffic congestion is largely due to the excessive number of vehicles. Using buses, subways, ferries, or other public transport options helps ease traffic and reduce environmental impact. If you have the choice between using a car or the metro, the metro is always the greener option.

In summary, adopting sustainable transportation in daily life—walking, cycling, using electric scooters, car-sharing, and public transit—helps reduce carbon emissions, promotes health, and ensures a more sustainable future for our planet.