

## A Regenerative Travel Policy

# RESTORE TO BE CARBON NEUTRAL

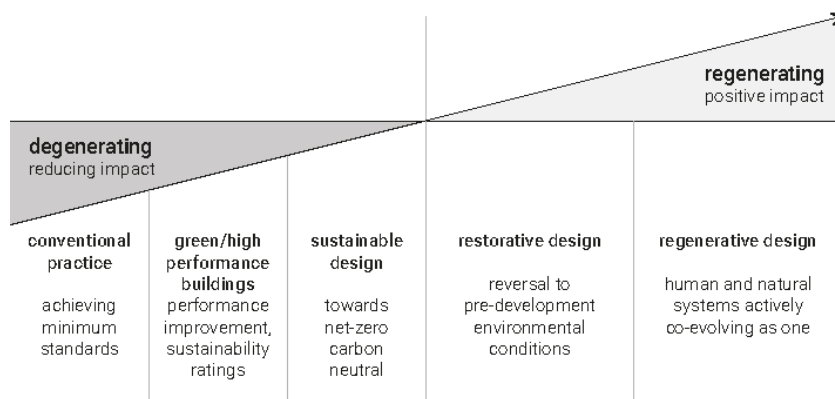
### RESTORE Challenge

1. RESTORE aims to avoid, reduce and replace at least 50% of the CO<sub>2</sub> emissions associated with upcoming activities, being the final grant period.
2. Moreover, RESTORE aims to offset all remaining CO<sub>2</sub> emissions, making RESTORE carbon-neutral.

### RESTORE Manifest

- This document represents the RESTORE manifest outlining guidance for regenerative travel decision-making.
- We encourage all RESTORE participants to follow these guidelines both in their upcoming RESTORE travels as well as in their other work-related travels.

The aim of RESTORE is for buildings to do 'more good' instead of 'less bad'. An important aspect of doing 'more good' means having a positive, regenerative, environmental impact (Figure 1).



**Figure 1**

*Sustainability practices tend to focus on moving from the conventional practice of degeneration to a neutral impact. Instead, restorative design aims to restore ecosystems, and regenerative design aims at allowing human and natural ecosystems to evolve. (Source: ...)*

However, we have to be conscious of the environmental impact RESTORE activities are having, as we are emitting large amounts of CO<sub>2</sub> through travel. Based on CO<sub>2</sub> calculations of recent RESTORE events, we estimate the CO<sub>2</sub> emissions per attendant to be 500 kg for a roundtrip. This equates to approximately 5 times the yearly CO<sub>2</sub> emissions per head of population in Rwanda. To date, we estimate RESTORE activities at approximately 225.000 kg CO<sub>2</sub> emissions for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grant period. This equals roughly the yearly emissions of 45 people living in the UK/Italy/France, or 250 people living in most African countries. It also equals roughly 100 years of eating Vegan instead of a normal diet.

Offsetting of our CO<sub>2</sub> emissions cannot be the only step we take. Offsetting cannot eliminate the pollutant effects related to carbon emissions, such as high-pollutant areas surrounding airports. While offsetting does counter the global warming effects, it doesn't eliminate the additional health effects associated with greenhouse gasses such as NO<sub>x</sub>. In light of the rapid reduction of CO<sub>2</sub> emissions needed to limit climate change to 1.5°C (Figure 2), carbon offsets are only responsible after having done everything to avoid and limit CO<sub>2</sub> emissions from taking place in the first place. As an example, the RIBA challenge requires the reduction of embodied carbon of UK construction projects by at least 50-70% before offsetting can take place.

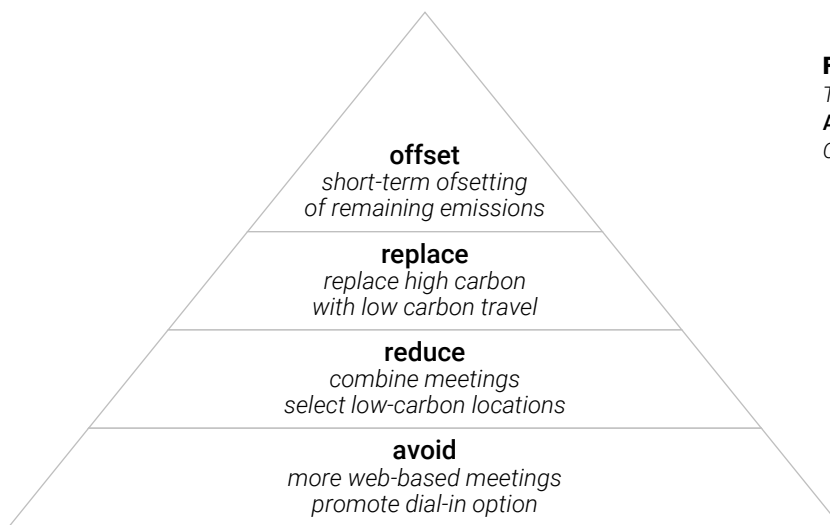
We must, however, not only consider the CO<sub>2</sub> footprint of RESTORE activities, but also consider the 'handprint', being the positive outcomes that are achieved. What is the result of e.g. educating young professionals and academics in a training school, raising their awareness and knowledge of regenerative sustainability and design? What is the result of publishing articles and books on regenerative sustainability? We need to consider a balancing-act between lowering our CO<sub>2</sub> footprint while enhancing our handprint.

As such, the **key principles** of a regenerative travel policy are:

- Avoiding, Reducing and Replacing CO<sub>2</sub> emissions
- Offset any remaining CO<sub>2</sub> emissions in a timely manner, using a reliable CO<sub>2</sub> offset program
- The overall environmental impact should be positive, meaning no remaining CO<sub>2</sub> emissions, combined with our positive 'handprint' of enhancing and disseminating knowledge about regenerative sustainability and design.

### Implemented Policies

Therefore, we propose a 4-step-plan to attain a 'Regenerative Travel Policy' for RESTORE, illustrated in the Figure 3. It must be noted however, that these policies are only applied in addition to the COST rules (CSO documents, in current form or future versions), and as such, COST rules always take precedence over any inconsistency or contradiction. Following the Management Committee Meeting on the 14<sup>th</sup> of February 2020, the carbon footprint of all RESTORE activity participants will be recorded (using ConstructCO<sub>2</sub>) and the following initiatives implemented:



**Figure 3**

*The hierarchy of CO<sub>2</sub> mitigation steps:*

**ARRO.** *Avoid – Reduce – Replace – Offset.* (Source: FutuREstorative, 2016)

### Avoid

- In planning upcoming activities, the management of the Action will consider web-based options for activities that have a low 'handprint' (being the expected outcomes as a result of the activity) in relation to the expected footprint. Note: This approach should not conflict with the COST inclusiveness policy and the general principle of giving a fair opportunity to any Action participant to host a meeting (i.e. not excluding any invitation a priori based on the location footprint). Therefore, the additional criterion (location footprint), is an additional one and does not replace the existing policies.
- The invitation to upcoming activities will include the explicit option to join the meeting through dial-in options such as Skype / Go To Meeting.
- RESTORE will consider web-based dissemination possibilities such as webinars, MOOC's, etc.

### Reduce

- In planning upcoming meetings, the management of the Action will consider combining meetings and activities, both of RESTORE, as well as combinations with other external events (such as GreenBuild or PLEA conferences).
- In planning upcoming meetings, the management of the Action will consider the CO<sub>2</sub> impact of possible locations, and select a location that has a good combination of a positive 'handprint' and low footprint.

### Replace

- The invitation to upcoming meetings will include the suggestion to consider low-carbon transport, such as travelling by train.
- Participants should consider taking a direct flight instead of a connecting flight.
- Where flights are taken, considerations should be given to low-budget airlines who typically have a lower carbon footprint.
- For short distance travel (<300 km, for example Amsterdam-Brussels, Paris-Brussels, Milan-Venice, Budapest-Vienna, etc., or where there are direct train connection options), it is strongly recommended to not take flights.

## Offset

- For the purpose of making sure RESTORE has a regenerative, and thus positive, environmental impact after its conclusion, we aim to offset remaining emissions, in addition to emissions that have already taken place. For this purpose, the total CO<sub>2</sub> emissions of RESTORE will be estimated and communicated.
- RESTORE will select a few reliable and short-term offsetting schemes, to offset remaining emissions within 15 years. The voluntary contributions to this offsetting scheme are made directly by individual RESTORE members and participants, who are asked to send a confirmation 'receipt' of the contribution to the CO<sub>2</sub> management of RESTORE. The contributors to the offsetting scheme will be acknowledged on the RESTORE website.
  - All members of RESTORE and all participants of past RESTORE activities will be asked for a voluntary contribution to the offsetting scheme of €20. This will seek to offset the CO<sub>2</sub> emissions of the first three grant periods.
  - For upcoming meetings, all participants will be asked for a voluntary contribution to the offsetting scheme of €10-15. If the first three grant periods are already offset through the past activities as outlined above, the amount for upcoming meetings will be €5.
  - Participants that take long distance travels (e.g. >5.000 km / to other continents) are asked for a specific voluntary contribution that is in line with the emitted CO<sub>2</sub> emissions of their travels (€10-25).

### Overview:

	Estimated CO <sub>2</sub>	Estimated no. of participants / 'offsetters'	Estimated CO <sub>2</sub> offset per person	Offset costs per 1.000 kg	Offset costs per person	Contribution per member
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> grant period	225.000 kg	160	1.400 kg	€9 - 16	€12,60 - 22,40	€ 20
4 <sup>th</sup> grant period	37.500 kg*	100**	375 kg	€9 - 16	€3,38 - 6	€ 10-15*** per meeting

\* Assuming we reduce our yearly emissions by 50%

\*\* Assuming more remote-access and combined meetings, and thus fewer trips.

\*\*\* Exact amount determined after offsetting for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grant period is received. €10-15 in case the first three grant periods are not offset based on the participants of past activities, if already offset € 5

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