

Our Planet Our Future

Inspiring Action



Satisfy your travel bug without flying!

Guest speakers:

Anna Hughes, Flight Free UK

James Blake, Youth Hostel Association

11 March 2025, Harpenden.



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How does flying compare?



annual sustainable footprint: 2.3 tonnes CO2

Return flight
to Bali



3.37

Eating meat
for a year



2.06

Driving a car
for a year



1.73

Changing your
lightbulbs
(savings)



0.04

0

1

2

3

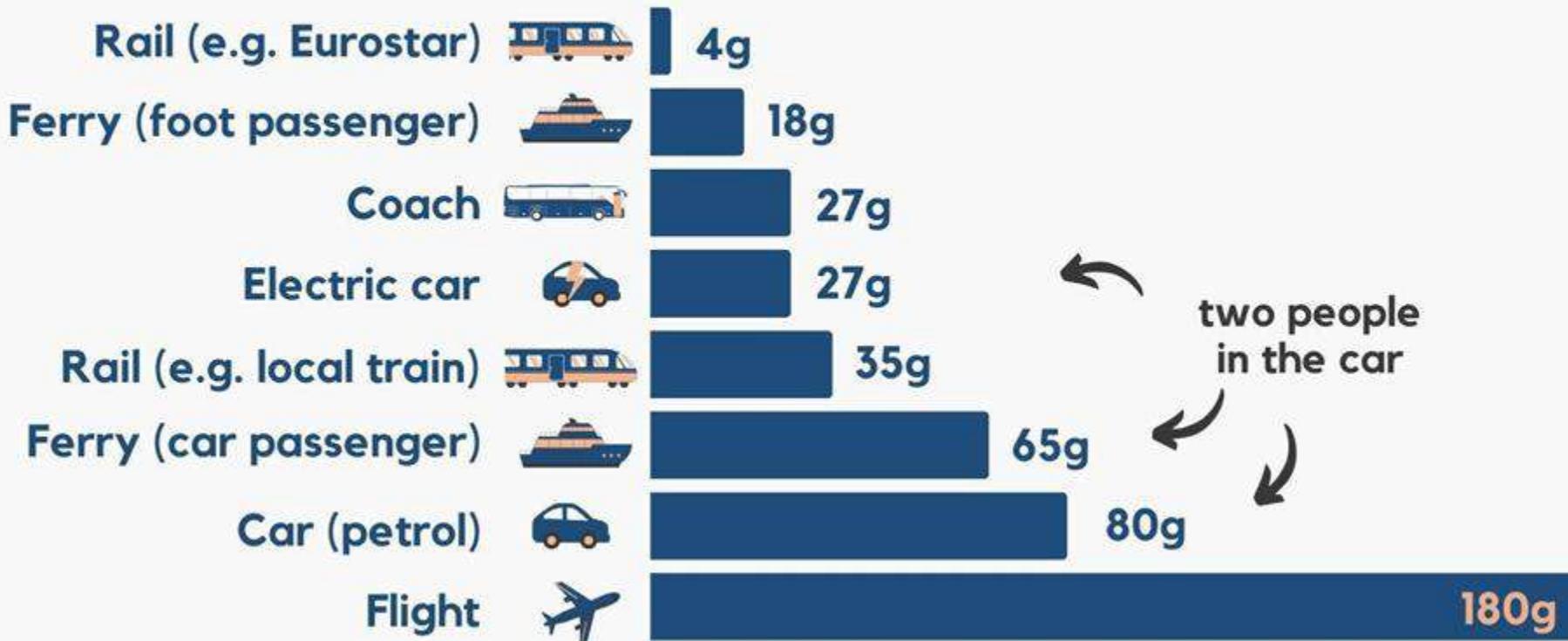
Tonnes CO2

Flight emissions are per passenger. Data from flighthemissionmap.org. Diet emissions from [ncbi.nlm.nih.gov/pmc/articles/PMC4372775/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4372775/).

Driving emissions from nimblefins.co.uk/average-co2-emissions-car-uk. Lightbulb emissions from energysavingtrust.org.uk/advice/lighting.

Annual sustainable footprint as recommended by the IPCC

CO₂ emissions per passenger kilometre



Source: DfT, 2023. Figures use average load factors. Car is average size (small family car e.g. Ford Focus) based on two people sharing. Single occupancy will double the emissions.



Carbon emissions
per passenger:

81kg

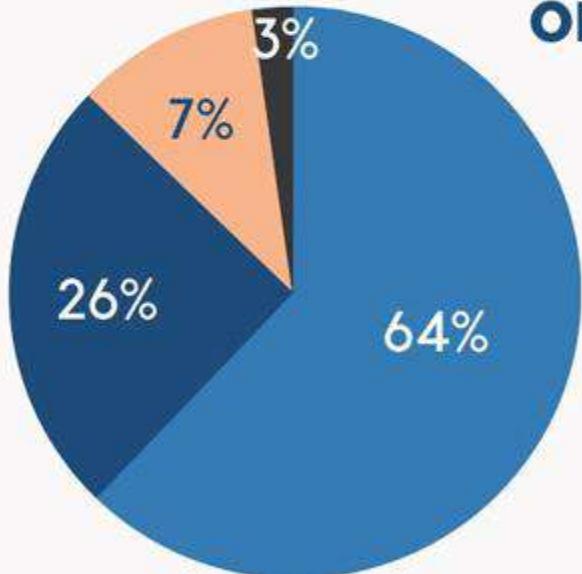
7kg



Did you know?



Most flights are for leisure – the ones we can most easily replace



- Holidays
- Visits to family and friends
- Business trips
- Other

Data from ONS passenger survey 2023. Figures show international travel by UK residents.
Source: [ons.gov.uk/peoplepopulationandcommunity/leisureandtourism/articles/traveltrends/2023](https://www.ons.gov.uk/peoplepopulationandcommunity/leisureandtourism/articles/traveltrends/2023)

A sailboat with its sail partially deployed is positioned on the right side of the frame, set against a backdrop of a calm sea and a range of mountains under a clear blue sky.

Travel is so much more rewarding when you don't fly.

great views

stop off at multiple
destinations

arrive in the
city centre

more leg room

time to work/read/sleep/relax

less waiting around

see how landscapes
and cultures connect



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Where you go changes who you become: YHA, sustainability and wellbeing

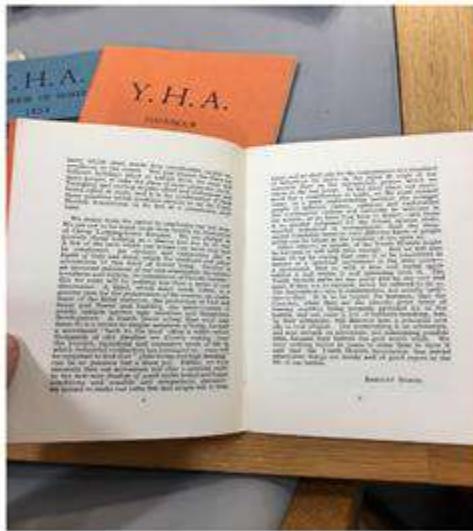


**James Blake
Chief Executive**

jamesblake@yha.org.uk



‘...a relief from the hurried, superficial and expensive mode of life which industrial civilization has entangled us’



About YHA

- National **charity** and **social enterprise** - established 1930
- c140 unique locations **throughout England and Wales**:
 - Shared accommodation and private / family rooms
 - YHA Camping & Cabins – pitch up and glamping
 - YHA Exclusive Hire – whole hostel hire





Postcards from a unique network





Our charitable object

To help all, especially young people of limited means, to a greater knowledge, love and care of the countryside, and appreciation of the cultural values of towns and cities, particularly by providing youth hostels or other accommodation for them in their travels, and thus to promote their health, recreation and education.



The change we make

Our purpose is to enable everyone, **especially young people**, to **connect with each other, the outdoors, nature, and heritage** through hostels in amazing places.

By increasing access to YHA experiences, we support **wellbeing**:

- Improving **confidence** to try something new
- Improving **connection** between people, nature and heritage
- Improving sense of **belonging**



YHA and sustainability



YHA and Sustainability

- Flight free breaks ... but also ...
- Innate sustainability – sharing space
- 'Bring your own'
- Practical day to day 'win wins'
- Sustainable commissioning
- Nudge behaviour change
- Environmentalists of the future



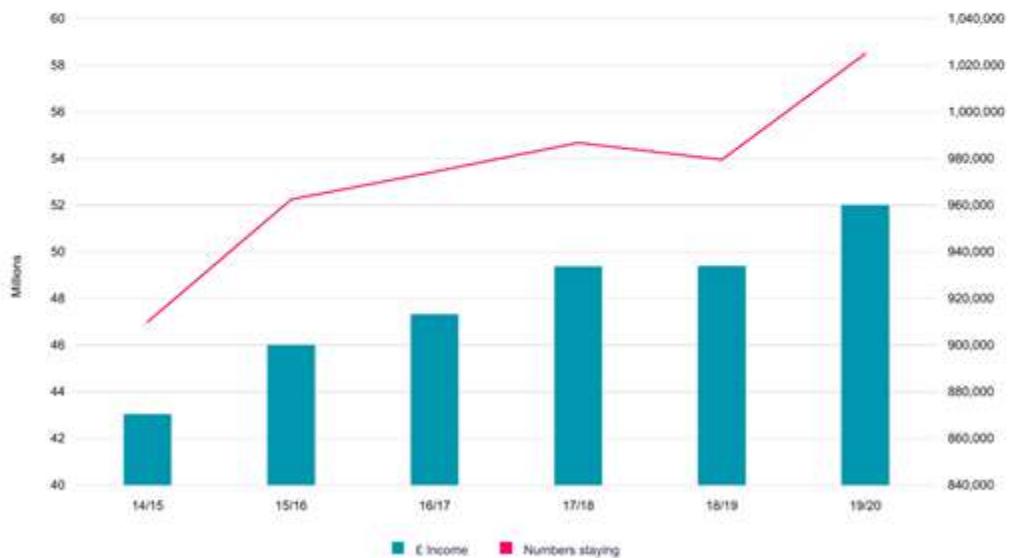
Pre COVID growth in income & impact

2 million stays

1 million guests

140,000 members

1,000 young volunteers



c415,000 under 26 guests

staying independently with family or with schools

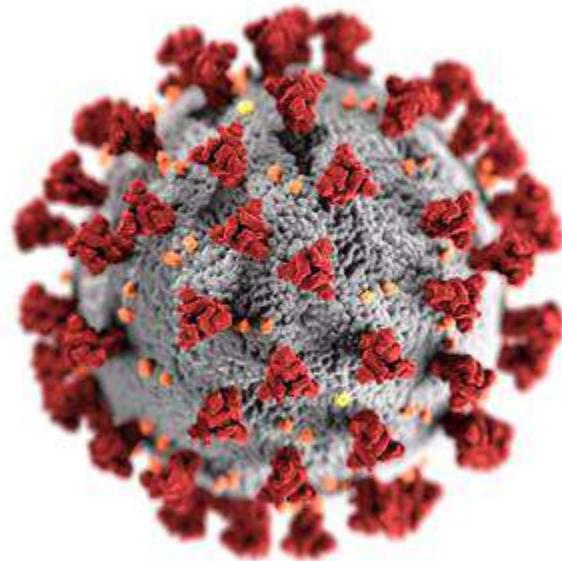
3000+ school trips

50% primary, 50% secondary

105,000 young people stayed on school trips and residential

296 schools on Department for Education deprivation list

And then...

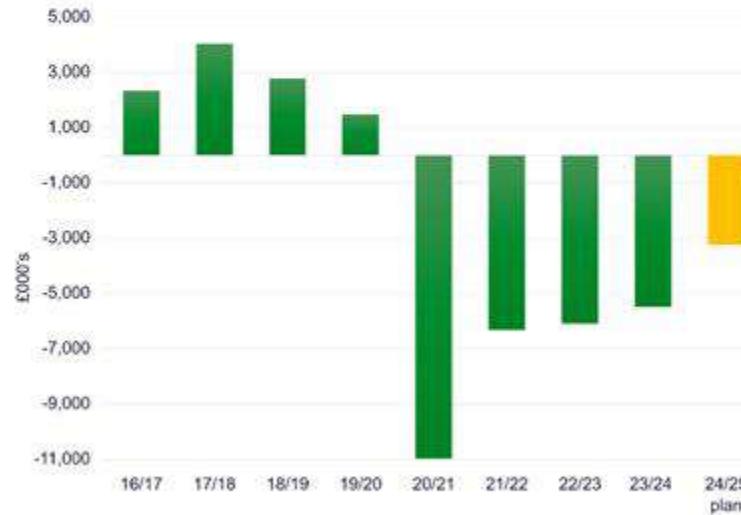


Impact of COVID on YHA

YHA revenue (£ million)



Financial performance trading cash surplus / (deficit)



YHA Recovery Plan

Growth

Target 30%



Savings

Target 20%



Hostel transition

Network strategy



Candles in the darkness



Generation Green



Outdoor Citizens



**Breaks 4
Kids**



No Child Left Behind



Flight free holidays post COVID / cost of living crisis



- Amazing affordable UK adventures
- Ethical choices: charities & social enterprises
- Rediscovering social, as sociable = sustainable
- Discover local adventure and exploration
- Marginal gains – small choices add up
- Supports wellbeing
- And if you do fly ... fewer longer trips; more sustainable while on holiday



Enjoy your travels!



Sustainable St Albans is a local environmental charity which runs a variety of projects.



Make your street a place to play + meet



Follow us on:

Facebook, Instagram and Bluesky:
@SustainableStA

Sign up for our newsletters or our blogs at
<https://sustainablestalbans.org/>



Sustainable Schools



SUSTAINABLE St Albans

Registered charity no
 1173118



Local
 Recycling Map

Monthly
 newsletter

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sustainablestalbans.org/our-planet-events

SUSTAINABLE
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