

Travel Competition

This form will help you plan your trip. To submit your trip, you must fill out all fields, unless instructed otherwise. The more precisely you describe your trip and thoughts about planning it, the greater your chances of winning. Which trips will win? Take a look for yourself on the website under "What makes a winning trip".

Note: Temporarily storing your form data is **only** possible using the Acrobat Reader. For this reason, we recommend you use Acrobat Reader to edit the form so that it may be seamlessly completed and submitted to us. You can download Adobe Acrobat Reader **for free** at: get.adobe.com/reader

General

How did you learn about Shape Your Trip?

If you were encouraged to take part in this competition by a talk given at your school, please provide the name of your school and the teacher.

Why are you taking part in Shape Your Trip?

Information about Travel Group

Name of travel group

Choose a name that describes your travel group well.

Number of travellers

Please state how many people will take part in your trip.

Age range of travellers
to years

Please state how old you are (e.g. 15 to 17 years).

Traveller's level of education

Please provide your level of education (e.g. 3rd year of business apprenticeship, 4th year of secondary school).

Name of contact person

Choose a contact person and provide an email address and telephone number so that we can reach you if we have any queries.

Email of contact person

This information will be handled confidentially and not used for any other purpose.

telephone number of contact person

Background to the Trip

Framework conditions

What limitations and framework conditions is your trip subject to (e.g. by the school, remaining holiday days)? For those with no limitations, fields may be left blank.

Duration: The trip must last at least _____ and no longer than _____ days.

Budget: A total budget of _____ CHF is available to the travel group.

Time of trip: The trip must take place in / during _____

Limitations on mean of transport: _____ cannot be used.

Limitations on location: the trip must take place within _____

Expectations for the trip

What do you expect from this trip (e.g. relaxation, having fun, getting to know other cultures)? Please write a few sentences here about your expectations and the goals for this trip.

Information about Planning your Trip

Trip duration: Our trip will last _____ days (from departure to return).

Destinations visited, distance covered and means of transport used on the trip

For each stage of your journey (excluding arrival at airport / train station), please provide the destination, distance and the means of transport. List the departure and return separately. You can add between two and eight stages to your journey.

From	To	Distance (in km)	Means of transport
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total distance of all the individual stages _____

Description of accommodation

Please describe the type of accommodation you are looking to use here (hotel, camping, hostel, couch surfing; alone, in the group, with local residents).

Description of activities

Please describe here the type of activities you want to undertake (at minimum a list of the most important activities) What special activities and experiences have you built into your trip?

How Climate-Friendly is the Trip?

CO₂ emissions for the whole trip:
t CO₂

Calculate the CO₂ emissions for your trip (transport only) for the entire travel group. Don't forget to calculate the total for all stages of your journey.

CO₂ emissions per person*:
t CO₂ / person

You can get help calculating the CO₂ emissions for **plane, car and cruise ship** travel at: www.myclimate.org/carbon-offset

CO₂ emissions per person, per day*:
t CO₂ / person and day

For **all other means of transport**, you can find out the CO₂ emissions per person, per kilometre at: www.mobitool.ch

*Note: The fields "CO₂ emissions per person" and "CO₂ emissions per person, per day" are calculated automatically using the data you provided.

Thoughts on Planning the Trip

What value are you deriving from the trip

Why is the trip important to you? Please describe here what you personally could learn and experience on this trip. Which elements of the planning process are particularly important for these experiences? **Please write between 500 and 1000 characters.**

Impact of the trip on the environment and people

What consideration have you given to the impact of your trip on the surrounding environment and people (e.g. local residents)? Please describe here what you have thought about when planning the trip (destination, means of transport, accommodation, activities). What topic was most extensively discussed during the planning for your trip?

Please write between 500 and 1000 characters.

Changes through Shape Your Trip

Have you made any changes through your participation in the travel competition Shape Your Trip. What have you learnt from Shape Your Trip? What additional information would you like to have on the topic of travel?

Have you thought of everything?

Please take a short time to go through the checklist:

We have filled out the form in full (no red fields).

We have read the **competition terms and conditions**.

We have provided a valid email address for contact purposes.

If the automatic submission function is not working, simply send the PDF via email to **shapeyourtrip@myclimate.org**