**Travel Better Workshop: Re-Imagining the FHE Sector with Reduced Air Travel   
Facilitation Notes**

**Exercise 1. Alter Egos**

How to do this exercise: Participants will ask, ***"How can we reward individuals in the FHE sector for reducing their air travel?"***  
  
The group will choose 1-2 public and/or institutional figures from a list of identified individuals. They will use 4 sheets of paper with “Think” “Say” “Do” and “Feel” to identify how the chosen individual may address the problem through those 4 actions. Participants will ask each other, what would this person do to reward individuals for reducing their air travel? How would they feel about it? What would they think? What would they publically say about rewarding a reduction in air travel?   
  
Tentatively, the list of individuals will include:  
  
1. Greta Thunberg  
2. The head of your institution  
3. The head of internationalisation at your institution  
4. A PhD student from the Global South studying in Scotland  
5. Boris Johnson  
6. Alok Sharma (COP26 Minister)

Purpose of the Exercise: The purpose of the exercise is to engage with different perspectives on air travel in the FHE sector. Through identifying opportunities and challenges that may arise from different life and career experiences, one can gain an in-depth understanding of how to approach incentivising air travel in the sector.

**Facilitation notes:**

* Ask: how does the exercise change if we actively don’t agree with the individual we’ve chosen?
* Encourage participants to actively oppose their answers
* What is the difference between thinking and feeling?
* Are the individuals responding to this problem based on their profession (As opposed to their values etc.)?
* Acknowledgement of the differences between colleges and universities

**Exercise 1. Fears**

How to do the exercise: Each participant will write down a challenge about reducing or eliminating air travel in the sector that they anticipate/fear will have an effect on:

1. Themselves
2. A member of their family
3. A member of an underrepresented group
4. Their institution

Everyone in the group will share their fears. They will then choose one fear to analyse. Analysis will include:

1. Asking “How could this not be true?”
2. Asking "Why do you think this would be a challenge? What in our lives has told us this would be a challenge?"
3. Re-writing the challenge into a benefit/opportunity

Purpose: Through this exercise, we can explore our worries about a future sector that relies less on air travel. We can use this as the first step in confronting our relationship to air travel and what really drives it.

**Facilitation notes:**

* Ask: how do our fears for ourselves, regarding air travel, differ from our fears for others?
* Around what are these fears centred? Ie. personal, financial, emotional, career-based, ethics?
* Would we have these same fears if we lived in a different decade?
* Acknowledgement of the differences between colleges and universities