

Heavy



EcoDriving is a training programme devised by STR (Swedish National Association of Driving Schools) in collaboration with the SRA (the Swedish Road Administration), the Swedish Energy Agency and other bodies, and comprising the latest findings in the energy-saving field and the factors which influence an economical driving style. EcoDriving addresses the needs of businesses which want to train their personnel in economical driving and is also used in the education and training sector by upper secondary schools, driving schools and other educational and training organisations. The importance of economical driving becomes increasingly pressing in step with rising fuel prices, but also because of its bearing on today's climatic changes. Companies with their own motor vehicles can save not only energy and the environment but also large sums of money by teaching their personnel an economical driving style, known as Heavy EcoDriving.

Course plan

The training programme consists of two parts: practical and theory. The practical element takes place using the type of vehicle corresponding to the client's wishes: goods vehicle or bus, with or without automatic gears/a trailer, and lasts about 2 hours.

Components

- 1. Test drive 1**
The pupil, accompanied by the instructor, drives "as usual" along a previously-selected section of road in a vehicle equipped with a trip computer.
- 2. Analysis**
The instructor analyses the pupil's normal driving style.
- 3. Demonstration and exercise under instruction**
The instructor gives hints and tips, demonstrates and instructs. The pupil practises in accordance with the hints and tips received.
- 4. Test drive 2**
The pupil drives the same section of road as in test drive 1, applying his new knowledge.
- 5. Advice**
The instructor prints off the results of the test drives and gives advice to the pupil. The pupil receives a driving handbook along with personal advice as feedback from the practical driving sessions.

- 6. Theory**
The training programme is supplemented by theoretical knowledge imparted during a subsequent session at which the fuel results are followed up.

- 7. Follow-up**
Motivation and follow-up are very important in achieving a lasting long-term result.

Training is also available in EcoDriving (cars) and Working EcoDriving (utility vehicles).

Save money without losing time

546 test drives carried out in the spring of 2004 gave the following results:

