

# Working



*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 utility 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 Working EcoDriving.*

## Course plan

The training programme comprises an entire day consisting of both theoretical and practical elements plus a theoretical session of about 3 hours on a subsequent occasion. Training is organised in groups not exceeding 6 pupils.

### Components

#### 1. Theoretical

- global emissions (political commitments)
- engines
- exhaust gases
- greenhouse effect, climate change
- environment
- Heavy EcoDriving

#### 2. Practical

- driving style (in natural environment)

#### 3. Theoretical

- changed driving style
- technology
- emissions
- fuels
- other factors

#### 4. Practical

- changed driving style
- environmental effects
- attitudes
- logistics

#### 5. Conclusion

- examples of fuel measurement
- summary of the day's training

#### 6. Further theoretical considerations after about 1 month, 3 hours amalgamated as a single group

- updating of vehicle technology
- further consideration of environmental issues
- results and motivational encouragement

### After completing the course these are some of the things you will have learnt:

- To plan your driving and working
- To maintain and look after your vehicle
- To create better working conditions, with less stress as one of the benefits
- How driving style and technique influence your driving
- How traffic affects health and the environment

Training programmes are also available in EcoDriving (cars) and Heavy EcoDriving (goods vehicles/buses).