

# Common considerations and their impact

	Sustainability	Traveller Wellness	Company Cost
<b>Reduce flight connections</b>	<b>Win</b> Reducing flight connections reduces emissions emitted.	<b>Win</b> Traveller generally has a smoother journey with less stops.	<b>Lose</b> Flight typically costs more with fewer connections.
<b>Reduce travel days</b>	<b>Win</b> The less days spent travelling, the lower the carbon footprint.	<b>Depends</b> on traveller's objectives.	<b>Win</b> Company spends less money on shorter trips.
<b>Red eye flight</b>	<b>Win</b> Time is reduced for overall trip.	<b>Lose</b> Not an ideal time to fly.	<b>Win</b> Not paying extra night for hotel.
<b>Early morning/late departure</b>	<b>Win</b> Time is reduced for overall trip.	<b>Lose</b> Not always the ideal time to fly.	<b>Win</b> Less cost for overall trip.
<b>Fly economy class</b>	<b>Win</b> A lot of carbon calculators look at how much space is being occupied on plane. Economy takes up less space.	<b>Lose</b> Traveller is not travelling in a better seat.	<b>Win</b> Economy is a more affordable option.
<b>Fly business class</b>	<b>Lose</b> The inverse of economy class in that more space is being used.	<b>Win</b> Traveller is travelling in a better seat.	<b>Lose</b> Business is a more expensive option.

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<b>Stay at "Green" hotel</b>	<b>Win</b> It is a more sustainable option.	<b>Unknown</b> Depends on circumstances of traveller (e.g. if hotel is close or far from where traveller needs to be).	<b>Unknown</b> Depends on price of hotel.
<b>Combined trips / Consecutive travel days</b>	<b>Win</b> Carbon footprint is generally less.	<b>Lose</b> Traveller may have to go city to city in a short timeframe.	<b>Win</b> Keeping travel and cost down.
<b>Take rail instead of air</b>	<b>Win</b> Rail is a more sustainable option.	<b>Lose</b> Rail generally takes longer.	<b>Win</b> Cost is typically lower than air options.
<b>Stay in smaller hotel room</b>	<b>Win</b> Energy used is lower.	<b>Lose</b> Travellers tend to prefer more space.	<b>Win</b> Smaller hotel rooms are typically cheaper.
<b>Compact/Economy car rentals</b>	<b>Win</b> Less carbon emissions used.	<b>Lose</b> Travellers sometimes prefer larger vehicle.	<b>Win</b> Economy car rentals are typically cheaper.
<b>Ride share vs car rental</b>	<b>Depends</b> on circumstance.	<b>Depends</b> on circumstance.	<b>Depends</b> on circumstance.
<b>Private jet</b>	<b>Lose</b> More carbon emissions emitted.	<b>Win</b> Who wouldn't want to fly on a private jet?	<b>Lose</b> Expensive transportation option.