## Sustainable Mobility - Introduction - Basics

Assignment \#1 (delivery, excel/pdf, 18 October 2020)

1. Estimate your "Walking speed" in $\mathrm{km} / \mathrm{h}$ and "Walking final energy consumption" in $\mathrm{MJ} / \mathrm{pkm}$ and kcal/pkm. You can use either a fit application (e.g. activity watch) or a heart rate, weight, etc, mathematical correlation. Quantify the useful energy and kinetic energy, according to the following Sankey. Tip: define your step distance, use that as the measure for " $m$ " and a time chronometer. Heart rate and resting heart rate can be taken from pulse measures.

2. Consider the fuel sales and electricity consumption (demand) in the transportation sector, in Portugal:
a) What is the final energy for road and rail transport?, in MJ? And in toe?
b) Draw the Sankey Diagram with information regarding, final and your estimations for useful and kinetic energy. Tip for the Sankey: you can use for example, http://sankeymatic.com/build/
c) What is your estimated energy conversion efficiency from final to kinetic energy in the Portuguese Transportation System (excluding maritime and air transport)?Justify.

