

# Back to school

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# Think about your journey to school

- How long did it take?
- Who were you with?
- What transport did you use?
- Did you enjoy it?
- What does your ideal journey look like?



Sustrans school programme, 2019









The Netherlands



125 mile journey through the mountains, China



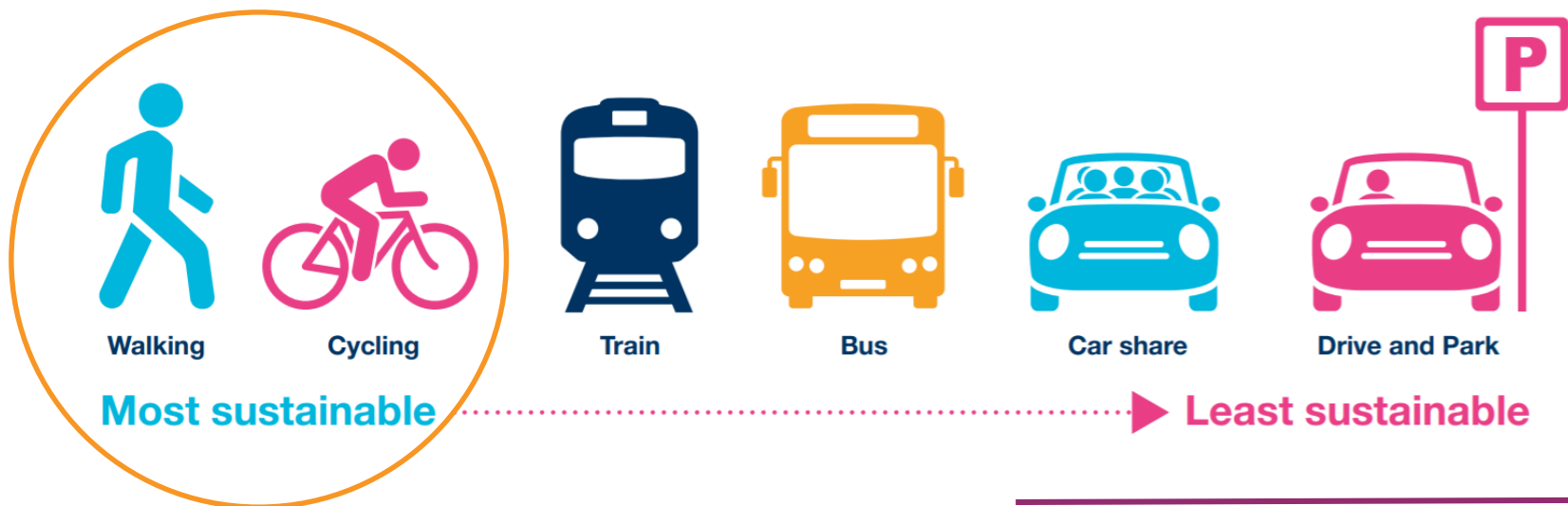
India



10m above a river, Indonesia



# The way we travel



Source: Department of Transport, 2020



Active travel

**Stay healthy**  
throughout our lives



# How much space do we need?





# Bike to School Week

**28<sup>th</sup> September to 2<sup>nd</sup> October**

Celebrate cycling in your school and throughout the UK.

Classroom resources and quizzes for teachers to help everyone to take part.

You could **WIN A SCOOTER.**

- Post a video or photo and message
- Follow & tag **@Sustrans** and **@ActiveTravelES**
- Share your entry with **#SustransWin**.



Sustrans school programme, 2019



# Car Free Day and Clean Air Day

## 22<sup>nd</sup> September – World Car Free Day

Encourage family and friends to leave their car at home for the day. Act local and think big to make a difference.

## 8<sup>th</sup> October – Clean Air Day

Largest air pollution campaign. We can all help avoid air pollution by taking low pollution routes (avoiding main roads) and by being physically active. Ask your teachers to register today.



Sustrans school programme, 2019

# School Streets

## Traffic free drop-off and pick-up

Helps us to all keep a safe distance and gives you the opportunity to get exercise and breathe cleaner air outside your school.



Denton Community Primary School, 2019

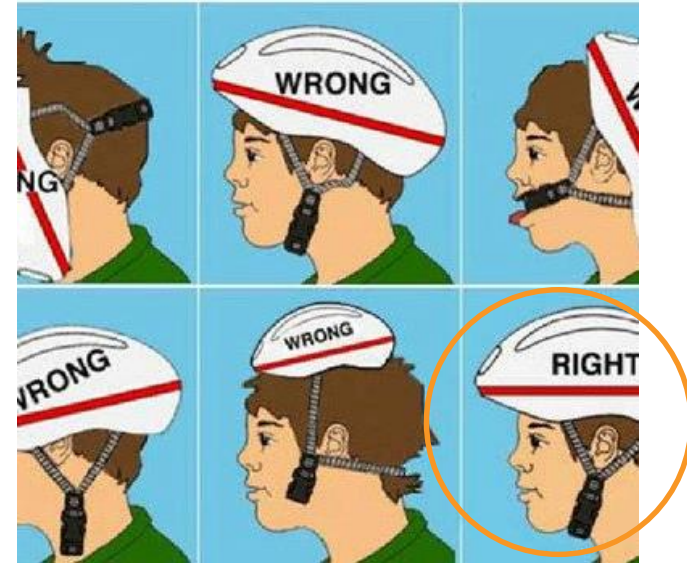
# Be prepared

## Bike or Scooter

- A-B-C or M-Check / L-Check
- Helmet
- Be visible, be predictable and think about your position

## Everyday

- Pack your school bag the night before
- “There’s no bad weather, only bad clothes!”



Fitting a helmet



See you soon



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

**[www.sustrans.org.uk](http://www.sustrans.org.uk)**

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