



Small changes

THINK

What is sustainable travel?

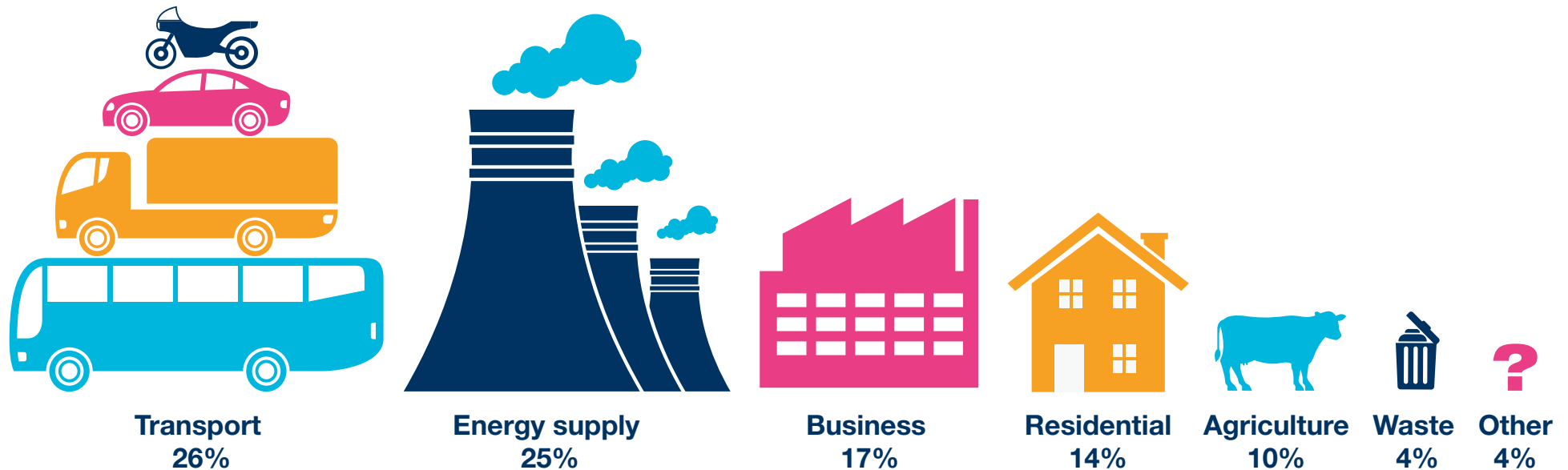
Sustainable travel is a method of travel that causes as little impact to the environment as possible – so it can carry on happening without destroying the planet or using up all our stores of fossil fuels.

More sustainable travel can improve air quality around your school, get more young people more active and reduce traffic congestion in your area.

Why do you think we need to travel more sustainably?

- In 2016, transport became the largest emitting sector of the UK's greenhouse gas emissions.
- Polluted air has a hugely negative effect on the lives of many people.
- Does anyone have a friend or family member with a respiratory or heart condition who is affected by polluted air?

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Aside from reducing greenhouse gas emissions, there are also plenty of other benefits to sustainable travel, which you'll discover soon.



Examples of sustainable travel

Can you order these from most sustainable to least?



Small changes



In order of sustainability



Walking



Cycling



Train



Bus



Car share



Drive and Park

Most sustainable▶ Least sustainable



**‘It sounds too much like hard work,
and why should I bother?...’**

The benefits of sustainable travel are clear:

- **Physical health** – walking is an easy way to get exercise.
- **Mental health** – exercise can boost self-esteem, increases serotonin and dopamine levels.
- **Cost** – save money for other fun by walking/using public transport
- **Environment** – less traffic, better air quality e.g. around school

All these small changes to the way we travel can add up and have a huge positive impact on our local communities.

What are some local barriers limiting students and staff at your school from travelling more sustainably?

‘Actually, that’s not a hassle...’

Small changes that feel easy to start can make a big difference, especially if they include something fun that can involve friends too:

- Walk to school with friends one day a week, instead of getting a lift.
- Improve your fitness and muscle tone by getting dropped off further away from school, so you can walk some of the way.
- See more of your friends by arranging a car share with those travelling in the same direction.
- Spend more time with your favourite music/podcast by getting the bus.

Can you think of more?

What is your personal sustainable travel target?



Example

Month/week: 20-25 May

Objective: Walk 2,000 steps extra 3 days this week.

Activity: Get up earlier to walk in on Mon, Weds and Fri, with two friends.

When might you need to See, Think, Speak?

If a friend wants to take the risky shortcut where there is no pedestrian crossing.

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Use the planning sheet to make your target a reality!



Small changes planning sheet

What is your overall target?
This could be a personal target, a class target, or if do-able and achievable, you could aim for a whole school target.

Example	Target	Target
Month/week: 20-25 May	Month/week:	Month/week:
Objective: Walk 2,000 steps extra 3 days this week	Objective:	Objective:
Activity: Get up earlier to walk in on Mon, Weds and Fri, with two friends.	Activity:	Activity:
When might you need to See, Think, Speak? If a friend wants to take the risky shortcut where there is no pedestrian crossing.	When might you need to See, Think, Speak?	When might you need to See, Think, Speak?
Target	Target	Target
Month/week:	Month/week:	Month/week:
Objective:	Objective:	Objective:
Activity:	Activity:	Activity:
When might you need to See, Think, Speak?	When might you need to See, Think, Speak?	When might you need to See, Think, Speak?

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