




sustrans

JOIN THE MOVEMENT

Beth Harding

Active Travel Co-ordinator, Schools



**our vision: a world
in which people
choose to travel in
ways that benefit
their health and the
environment**

Sustrans works in three ways:

1. to make local environments safer and more attractive for walking and cycling
2. to support and encourage individuals to make more sustainable travel choices by engaging with workplaces, communities and education
3. to influence policy and practice.

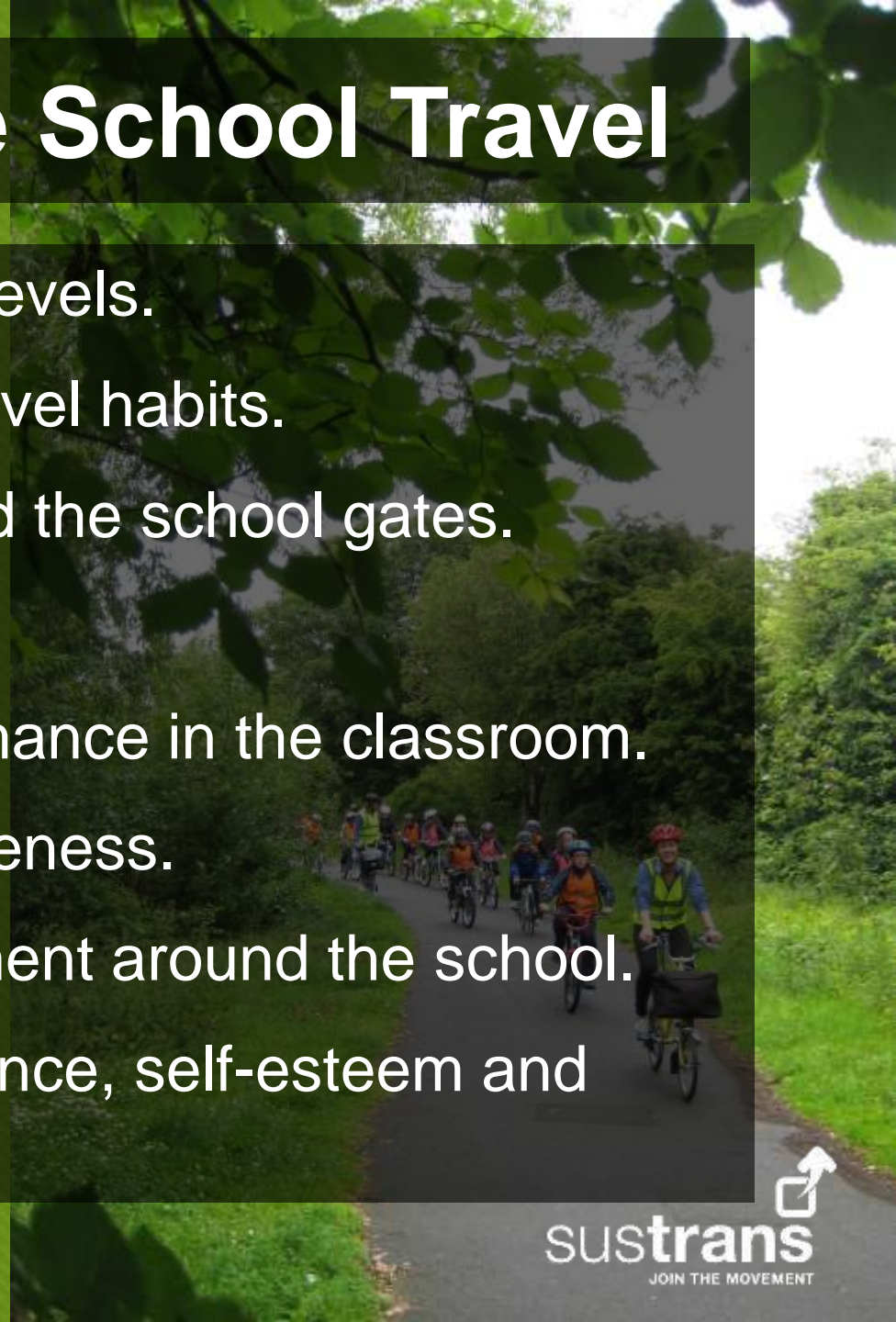
Active School Travel

We now have **130+** expert officers working in **over 2,200 schools, colleges and universities** with **over half a million** young people.

Aim is to enable children to make **healthier, safer, more sustainable, and more enjoyable** journeys to school.

Benefits of Active School Travel

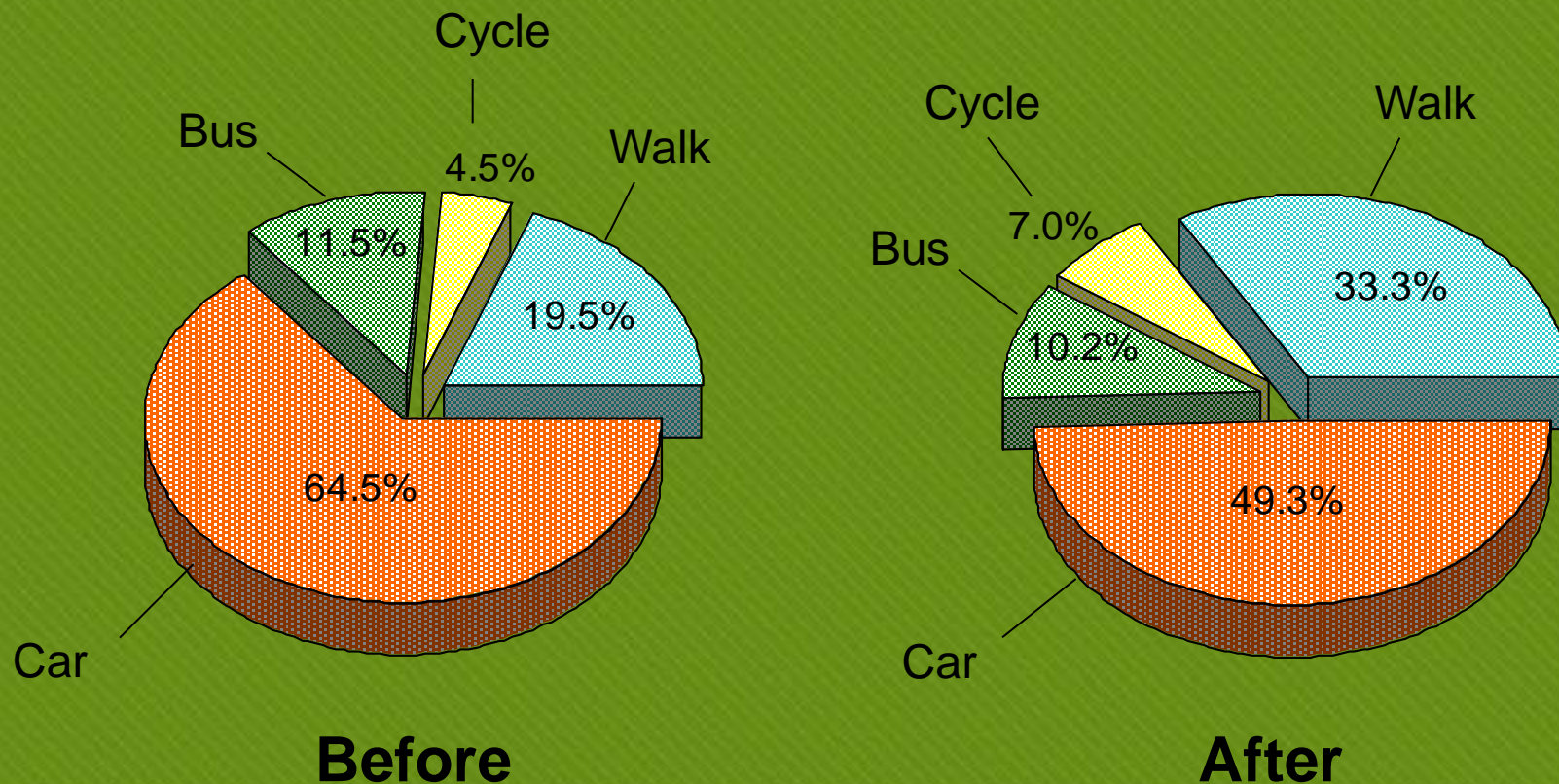
- Increase physical activity levels.
- Develop healthy, active travel habits.
- Reduce congestion around the school gates.
- Improve attendance rates.
- Improve academic performance in the classroom.
- Increase road safety awareness.
- Create a cleaner environment around the school.
- Develop children's confidence, self-esteem and independence.



Rural Safe Routes to Schools, 2008-09



Monitoring shows substantial modal shift at participating schools



Data based on responses to hands-up surveys, asking the question "How do you usually travel to school?", 2008-09.



Sustrans Bike It

2009-13

Belfast, 2012-13 – Modal shift results:

- Increase in regular cycling to school from 13% to 33%.
- Decrease in regular car use from 52% to 44%.
- Increase in regular scooting to school from 2% to 11%.
- Increase in regular walking to school from 51% to 54%.

Programme for Government sets targets for active school travel...

To create the conditions whereby at least 36% of primary school pupils and 22% of secondary school pupils are able to walk or cycle to school as their main mode of transport.



Sustrans Active School Travel Programme

2013-2016



transportni
Department for
Regional
Development
www.drdrni.gov.uk

Travelwise
Northern Ireland



Public Health
Agency



sustrans
JOIN THE MOVEMENT

Our stages of engagement model

180 schools over a 3 year period

1st Year

3rd year

Level 1

Level 2

Level 3

We lead

**School takes
more
responsibility**

School leads

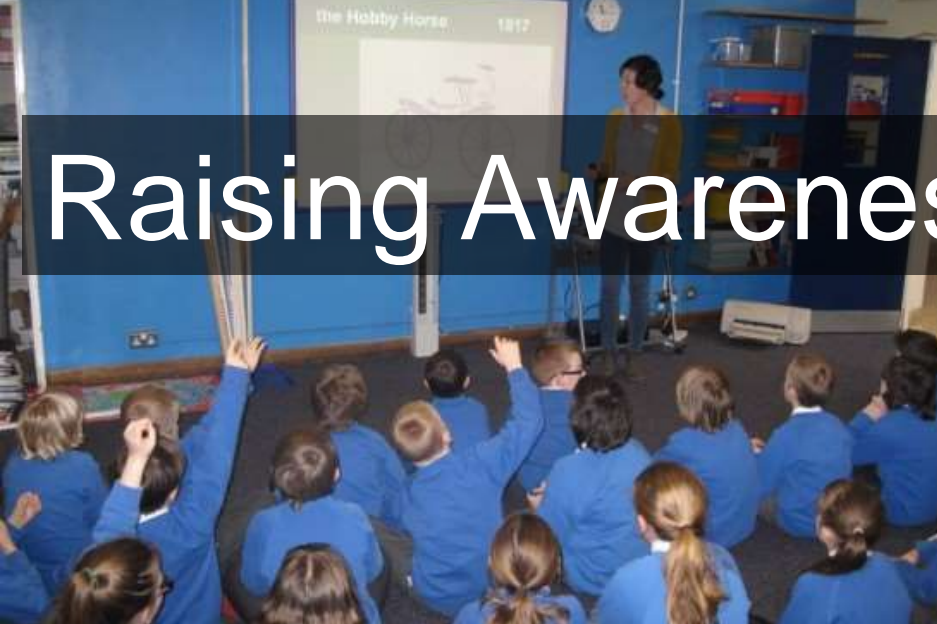
Our essential activities



Organisation and Policy



Raising Awareness



Empowerment





Action



Moving Forward



Are you ready for the challenge?

sustrans GIRO SCHOOLS CHALLENGE

31 March to 11 April

Enter your school's name here

is racing in the Giro d'Italia, and needs you to take part. The more people that walk, cycle and scooter to school the more points you get, and the more chance we have of winning.

Challenge Days: 2 April and 11 April. 2 April and 11 April count as one-off one day races on their own.



Enter your score for each stage

1 31 March Bellinzona	Stage Active Travel Points	Total Travel Points
2 01 April Bellinzona	Stage Active Travel Points	Total Travel Points
3 02 April Armagh - Dublin	Stage Active Travel Points	Total Travel Points
4 03 April Sassano - Montecatini	Stage Active Travel Points	Total Travel Points
5 04 April Prosecco - Foligno	Stage Active Travel Points	Total Travel Points
6 07 April Collecchio - Savona	Stage Active Travel Points	Total Travel Points
7 08 April Foscaro - Rivarolo Canavese	Stage Active Travel Points	Total Travel Points
8 09 April Valdenago - Montecampione	Stage Active Travel Points	Total Travel Points
9 10 April Belluno - Riva Panarotta	Stage Active Travel Points	Total Travel Points
10 11 April Genova - Trieste	Stage Active Travel Points	Total Travel Points

Enter your stage results daily at www.girochallenge.sustrans.org.uk
Check your progress and upload photos

- SSR - Single Stage Race
- SSR - One Day Stage
- GO PINK! - One Day Stage
- GO PINK! - Go Pink Day

GO PINK!

Pink is the official colour of the Giro d'Italia. Wear something pink on the 11th April to celebrate the Giro coming to Ireland!

Enter in your race as you go



Supported by



Funded by



Project supported by the PHA

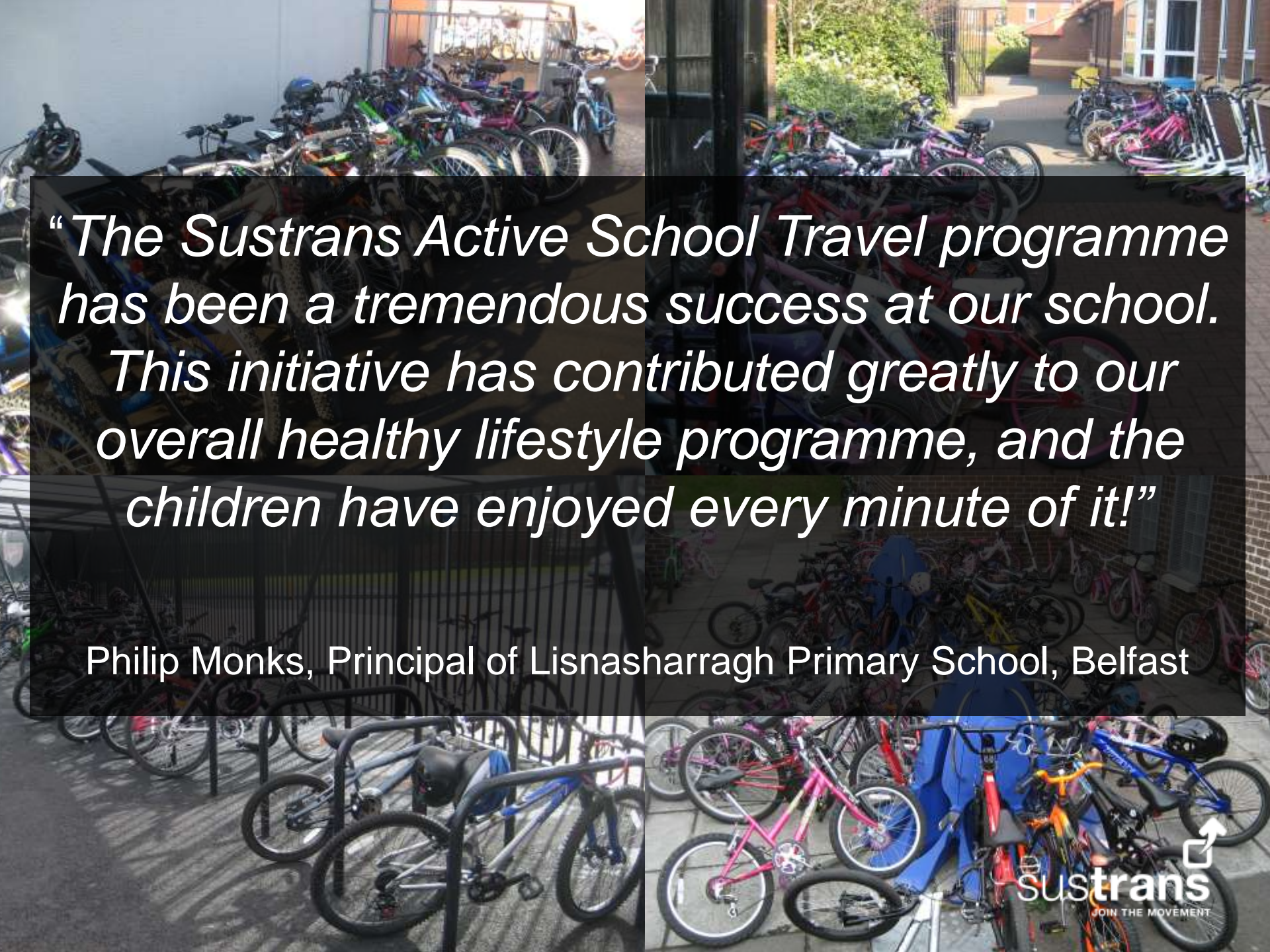
Would you like to see more of your pupils walking, cycling and scooting safely to school?



The Sustrans Active School Travel programme is funded by:



For more information, please email schoolsNI@sustrans.org.uk or ring 028 9043 4569.



“The Sustrans Active School Travel programme has been a tremendous success at our school. This initiative has contributed greatly to our overall healthy lifestyle programme, and the children have enjoyed every minute of it!”

Philip Monks, Principal of Lisnasharragh Primary School, Belfast



Smileage.