Welcome to the Global Citizenship Travel Programme
Green-Schools: In Ireland

- 93% of all schools in Ireland
- 4000 schools registered
- 3,410 schools awarded
- 71,514 teachers
- 782,661 pupils
Green-Schools Themes

1. Litter and Waste
2. Energy
3. Water
4. Travel
5. Biodiversity
6. Global Citizenship Litter and Waste
7. Global Citizenship Energy
8. Global Citizenship Marine Environment
9. Global Citizenship Travel
10. Global Citizenship Food and Biodiversity
Global Citizenship

• Long Term schools
• Maintenance programme
• Reduced workload
• Draw on existing expertise
• Link to curriculum as much as possible
Why Citizenship?

If you think you are too small to make a difference, try sleeping with a mosquito.
Active Citizenship and Global Citizenship

✓ **Active Citizenship** – getting involved in your local communities and democracy at all levels, from towns to cities to nationwide activities
  ✓ You are already active citizens through your Green-Schools work.

✓ **Global Citizenship** – a moral understanding of our responsibilities and our rights in a global context.
  ✓ Understanding that all people have equal rights, while at the same time valuing diversity.
  ✓ Valuing the earth as very precious and as a resource upon which we all depend and should care for.
The theme will enable you to discover how your past work on the Green-Schools programme has positively influenced people and their local environments worldwide.

Covering subjects such as:

- Sustainable Development Goals (SDGs)
- Ethical consumption and production
- Global Citizenship and Active Citizenship
- Sustainable development
- Interdependence
- Trade and Fair Trade
- Climate Change
- Social justice and inequality
The Global Goals A.K.A. Sustainable Development Goals (SDGs)

THE GLOBAL GOALS
For Sustainable Development

1. No Poverty
2. Zero Hunger
3. Good Health and Well-Being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation, and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace and Justice
17. Partnerships for the Goals
Sustainable Development Goals (SDGs)

- In September 2015, more than 150 world leaders adopted the new 2030 agenda for Sustainable Development, including the Sustainable Development Goals (SDGs)
- 17 Goals to achieve 3 extraordinary things;
  - End extreme poverty
  - Fight inequality
  - Fix climate change
- Ireland July 2018 – National Voluntary Review published to outline Ireland’s performance against each SDG can be downloaded from the Department of Communications, Climate Action and Environment website.
- The SDGs are a great framework for introducing different global citizenship topics to the students.
Selected Sustainable Development Goals that link with the GC Travel theme.
Global Citizenship Travel Theme

The ultimate aim of the travel theme is to increase the number of students walking, cycling, scooting, using public transport or carpooling on the way to school.
Why the Travel Programme is needed

Figure 5.1 Modes of travel for primary students, 1986 - 2016

- Public Transport (Bus and Train)
- Self-propelled Transport (Foot and Bike)
- Car (Passenger)

Source: CSO Ireland
Green-Schools initiatives that support Active Travel
We also promote sustainable travel options...
What are the benefits?

• Health
• Safety
• Environmental
• Community
Health Benefits – where we are...

- On the new international grading scale for children’s physical activity levels, Ireland was graded with an overall D-

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Benchmark</th>
<th>Data</th>
<th>Grade</th>
</tr>
</thead>
</table>
| Overall Physical Activity | % of children in Ireland meeting the physical activity guidelines of 60 minutes of moderate to vigorous physical activity (MVPA) every day\(^2\)\(^3\) | - 25% of 11 to 15 year olds\(^4\)  
- 12% of 11 to 16 years year olds\(^5\)  
- 25% of 9 year olds\(^6\)  
- 19% of primary and 12% post primary children\(^7\)  
- 43.4% of 7 to 8 year olds based on accelerometry\(^8\)  
- A sex difference existed with females being less active than their male counterparts\(^4\),\(^7\) and the sex gap widens with age\(^5\) | D-    |
## How we measure up internationally?

<table>
<thead>
<tr>
<th>Country 1st Name</th>
<th>Country 2nd Name</th>
<th>Overall physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Zealand, Mozambique</td>
<td></td>
<td>B</td>
</tr>
<tr>
<td>Mexico</td>
<td></td>
<td>C+</td>
</tr>
<tr>
<td>Kenya, Nigeria</td>
<td></td>
<td>C</td>
</tr>
<tr>
<td>England</td>
<td></td>
<td>D+</td>
</tr>
<tr>
<td>Colombia, Ghana, Finland, South Africa</td>
<td></td>
<td>D</td>
</tr>
<tr>
<td>Australia, Canada, <strong>Ireland</strong>, US</td>
<td></td>
<td>D-</td>
</tr>
<tr>
<td>Scotland</td>
<td></td>
<td>F</td>
</tr>
</tbody>
</table>

### What can we do to change our grade?
active kids learn better

physical activity at school is a win-win for students and teachers

GRADERS:
- 20% more likely to earn an A in math or English

STANDARDIZED TEST SCORES:
- 6% increased over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:
- 13% increase in students' physical activity for the week
- 21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:
- after 20 minutes of sitting quietly
- after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:
- after 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level
- after being in a physically active afterschool program for 9 months: memory tasks improved 16%
Active travel also helps...

- children’s emotional development
- alleviate anxiety & worries
- build stronger bodies
- support fitter bodies
- children to feel free and independent
Children face higher risks from pollution inside a car than outside it

Recent research indicates pollution harms children’s ability to learn and may damage their DNA

Kevin O’Sullivan
Walking & Cycling good for health

Air pollution

Food Miles
Safety Benefits
Safety Benefits

Reducing the number of cars travelling to your school can:

- Reduce congestion at the school gate
- Reduce cars parking on the footpath
- Reduce poor driving practices,
- Give the school gate back to the students and teachers.
2% of cyclists are women

some can’t afford bus or bicycles

rural areas have less infrastructure
Community Benefits

Less traffic
More social interaction
Better infrastructure
Stronger communities
30 km/h

Love 30 Campaign

Walking/Cycleability Audits
Environmental Benefits

- Improves air quality around your school
- Reduces noise pollution
- Reduces your schools carbon footprint
- Supports biodiversity around your school
- Helps children to connect with nature
20% of our emissions are attributable to Transport
Implementing the programme – the 7 steps

Step 1: Committee

Step 2: Environmental Review

Step 3: Action Plan

Step 4: Monitoring & Evaluation

Step 5: Curricular Work

Step 6: Informing and Involving

Step 7: Green Code
Seven Steps – Step 1

Green-Schools Committee

• Choose your committee in September
• Hold regular committee meetings
• Record the minutes of each meeting
• Give pupils roles within the committee
Seven Steps – Step 2

Environmental Review

Areas to review:

• Travel habits
• Traffic around the school
• Transport infrastructure
• Distance pupils live from the school

Examples of workshops offered to help assess these areas; mapping, traffic speed workshop, traffic surveys, walkability/cycleability audit
Travel Surveys

<table>
<thead>
<tr>
<th></th>
<th>17/10/14</th>
<th>18th May '15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk</td>
<td>16.7%</td>
<td>26.4%</td>
</tr>
<tr>
<td>Cycle</td>
<td>0.0%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Car</td>
<td>35.6%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Private school bus</td>
<td>3.0%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Public transport</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Park and Stride</td>
<td>44.7%</td>
<td>54.7%</td>
</tr>
<tr>
<td>Other</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
Traffic Surveys

Green-Schools Traffic Count Survey

- Place: ____________________________
- Date: ____________________________
- Time: ____________________________
- To: ____________________________

- 2 below
- 3 people
- 4 people or more

[Image of a clipboard being filled out]

[Image of students wearing high-visibility vests]
Speed Surveys
Walkability/Cycleability Audit

Review your walkability audits

Do a new walkability audit with your Travel Officer

- Risk assessment
- Identify infrastructural changes needed
- Identify Park ‘n’ Stride locations
- Highlight transport links in the area

➢ Inform local authorities
➢ Made available for parents

Changes to date: road markings, resurfacing roads, signage, custom signage, pedestrian crossings, footpaths, traffic lights, bollards.
Travel Awareness Survey

Date:  
Class:  
School size:  

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
</table>

How many students and staff have heard of the term sustainable travel?

How many students and staff can list 3 types of sustainable travel?

How many students and staff can list 3 reasons why sustainable travel is a better option than the private car?

How many students and staff can list 3 ways in which cars affect our health and environment?

Top Tip! Why not create graphs and charts to show how progress is made in the wider school community!
### Seven Steps – Step 3

**Action Plan**

Use results from the environmental review to inform your action plan and set realistic targets.

<table>
<thead>
<tr>
<th>Action/Target: Year One</th>
<th>Person/Group Responsible</th>
<th>Timeframe</th>
<th>Progress Made</th>
</tr>
</thead>
<tbody>
<tr>
<td>% targets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Achievable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Actions needed to meet targets</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Seven Steps – Step 4

Monitoring and Evaluating

<table>
<thead>
<tr>
<th>Junior Infants 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Infants</td>
<td></td>
</tr>
<tr>
<td>First Class</td>
<td></td>
</tr>
<tr>
<td>First Class/Second Class</td>
<td></td>
</tr>
<tr>
<td>Second Class</td>
<td></td>
</tr>
<tr>
<td>Third Class</td>
<td></td>
</tr>
<tr>
<td>Fourth Class</td>
<td></td>
</tr>
<tr>
<td>Fifth/Sixth Class</td>
<td></td>
</tr>
<tr>
<td>Subject</td>
<td>Environmental and travel link</td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>SESE</td>
<td>Materials; waterproof, insulators Caring for your locality Climate change</td>
</tr>
<tr>
<td>Geography</td>
<td>Aerial photographs; draw your journey to school</td>
</tr>
<tr>
<td>Maths</td>
<td>Average number of sustainable travellers per class</td>
</tr>
<tr>
<td>History</td>
<td>Changes in travel through time</td>
</tr>
<tr>
<td>P.E.</td>
<td>Health benefits of walking and cycling</td>
</tr>
</tbody>
</table>

**SEVEN STEPS - STEP 5**

**Curriculum Links**

Integrate environmental issues and sustainable travel into the curriculum.
Seven Steps – Step 6

Informing and Involving

In schools and in the wider community
Action Day & WOW/COW Launch
SEVEN STEPS – STEP 7

Green Code

Slogan Poem Song Rap
16,500 students

Walked to school on National WOW (Walk on Wednesday), which was held on May 15th, as part of National Walk to School Week.
Numbers to be confirmed!

Cycled to school on National COW (Cycle on Wednesday), Which was held on June 26th, as part of Bike Week 2019.

100s of schools across the country participated in bike workshops and cycles throughout the week.
1,600 students
Scooted to school on National SOW (Scoot on Wednesday),
Which was held on March 22nd, as part of Scoot to School Week.

Micro Scooters supported the week with free scooters and accessories.
Cycling Support

4256 students received Cycle Right training grants
330 Cycle Parking spaces were installed at schools
Annual Competition for schools: The BIG Travel Challenge in February
Funding available
Resources available

- Bag Tags
- Stickers
- Bells and helmets
- Giant Floor Game
- Bike lights
- Hi-vis vests
- Posters
- Pencils
- Banners
- Bag Tags
- Giant Floor Game

(Diagram showing various resources and images)
Training for Parents & Teachers

Get in Gear Course

2 hour course

Includes:
- Basic safety training
- Helmet & bike check
- Manoeuvres
- On road cycling

Pilot project called ‘Get in Gear – Cycling in Cities’ carried out with businesses in Galway City in 2014
• Secondary School Cycling Campaign - #andshecycles
• Follow us on Instagram to win some prizes @greenschoolsire
Your greatest resource...
Green-Schools Website; Online Forms!

Working together for a sustainable future

Green-Schools is Ireland's leading environmental management and award programme, working with primary and secondary schools across the country.
Useful Links and Resources

https://greenschoolsireland.org/resources/
Senior Primary Resource
Useful Links and Resources

https://greenschoolsireland.org/resources/

Global Citizenship Activities – Junior Primary

1. I am a Global Citizen
2. My Favourite Dinner
3. All Different all equal
Climate Action Programme

CLIMATE ACTION WEEK

14th – 20th OCTOBER 2019

PLANNED EVENTS:

Join us for Ireland’s 3rd annual Climate Action Week and kickstart your Green Flag application by hosting a Climate Action Day in your school. Whether you explore some climate data, create a novel way of communicating climate change in your local community or host a tree planting event, we want to hear from you!

Contact Climate Action Officer Grainne at gryan@eseu.antscce.org or 01 400 2222.
Visit www.greenschoolsireland.org for Climate Action Week resources.

#ClimateActionWeek @GreenSchoolsIre
Discussion

• Where do you think your school can make changes?

• Do you foresee any obstacles in the way of the success of the programme?

• Name one initiative that would work in your school?

• What aspect of the travel programme do you think the pupils will enjoy the most?
Further Information

Green-Schools Travel Team
An Taisce Environmental Education Unit
Unit 5a Swift’s Alley
Francis Street
Dublin 8
Or
Tel: 01 400 2214

www.greenschoolsireland.org