Welcome to the Travel Programme
Themes

Litter and Waste
Energy
Water
Travel
Biodiversity and more ....
Overview of the Seminar

- Introductions
- **Overview** of the Travel theme
- The **benefits** of the travel theme
- The **Seven Steps**
- Events/Workshops/Activities
- Case Study
- **Resources** available
- Discussion
- Questions
The Travel Theme

- Over **1800 schools** have been awarded their Green Flag
- Funded by The Department of Transport Tourism and Sport (DTTS)
- Supported by the National Transport Authority (NTA) and Local Authorities
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
To encourage students, parents and teachers to walk, cycle, scoot, use public transport or carpool instead of using the private car on the school run.

Our Aim
In simple terms our aim is fill every bike shed in every school in Ireland.
Figure 5.4 Dublin Student cyclists, 2011 – 2016

Source: CSO Ireland
1,800 extra pupils walking and cycling to school and increasing their physical activity.

16% of all students participate in weekly cycling events.

29% of all students participate in weekly walking events.

1,000 pupils are leaving the car at home altogether.

89% of students would prefer to travel by a sustainable mode.

30% of car journeys are shared journeys.
Green-Schools initiatives that support Active Travel
We also promote sustainable travel options...
What are the benefits?

• Health
• Safety
• Environmental
• Community
• On the new international grading scale for children’s physical activity levels, Ireland was graded with an over all 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/Region</th>
<th>Overall physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Zealand, Mozambique</td>
<td>B</td>
</tr>
<tr>
<td>Mexico</td>
<td>C+</td>
</tr>
<tr>
<td>Kenya, Nigeria</td>
<td>C</td>
</tr>
<tr>
<td>England</td>
<td>D+</td>
</tr>
<tr>
<td>Colombia, Ghana, Finland, South Africa</td>
<td>D</td>
</tr>
<tr>
<td>Australia, Canada, <strong>Ireland</strong>, US</td>
<td>D-</td>
</tr>
<tr>
<td>Scotland</td>
<td>F</td>
</tr>
</tbody>
</table>

### What can we do to change our grade?

A+
active kids learn better

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

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

**STANDARDIZED TEST SCORES:**
- 6% increase 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
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.
Environmental Benefits

- Improves air quality around your school
- Reduces noise pollution
- Reduces your school's carbon footprint
- Supports biodiversity around your school
- Helps children to connect with nature
Less traffic
More social interaction
Better infrastructure
Stronger communities

Community Benefits
Implementing the programme – the 7 steps

1. Committee
2. Environmental Review
3. Action Plan
4. Monitoring & Evaluation
5. Curricular Work
6. Informing and Involving
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

Twice a year
Traffic Surveys
Walkability/Cycleability Audit

• 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.
### 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>
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<tr>
<td>Actions needed to meet targets</td>
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</tbody>
</table>
Great Idea Pass it on - Travel Forums

An Taisce – The National Trust for Ireland invites you to its

Green-Schools Travel Junior Forum 2012

You are invited to select four Junior Delegates from your Green-Schools Committee together with a adult representative to attend the forum in xxx venue at 9.15 am – 12pm

RSVP by xxxx at (phone) or email: xxxx@eeu.antaisce.org

A healthy snack will be provided at break-time
### Seven Steps – Step 4

**Monitoring and Evaluating**
### CURRICULUM LINKS

<table>
<thead>
<tr>
<th>Subject</th>
<th>Environmental and travel link</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESE</td>
<td>Materials; waterproof, insulators &lt;br&gt;Caring for your locality &lt;br&gt;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>
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</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
Main Events of the Year

March

SOW
Scoot On Wednesdays

May

Walk To School Week
16th - 20th May 2016

June

Green-Schools Bikeweek '16

June 13th-17th
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
- Banners
- Bells and helmets
- Hi-vis vests
- Bike lights
- Stickers
- Pencils
- Posters
- Giant Floor Game
- Bag Tags
- Banners
- Bells and helmets
- Pencils
- Stickers
- Hi-vis vests
- Bike lights
- Posters
- Giant Floor Game
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
Cycling Campaign

- Secondary School Cycling Campaign - #andshecycles
- Follow us on Instagram to win some prizes @greenschoolsire
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 Gráinne at gryan@ecu.antaisce.org or 01 400 2222.
Visit www.greenschoolsireland.org for Climate Action Week resources.

#ClimateActionWeek @GreenSchoolsIre

CLIMATE ACTION
TEACHER RESOURCE
New Pennants and Website
Your greatest resource...
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

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Tel: 01 400 2214

www.greenschoolsireland.org