

Walk to School Week 2024



National Walk to School Week takes place this year from **7th – 11th October 2024**. This week is all about celebrating walking as a positive mode for school journeys. We are asking schools across the country to come together and walk or Park & Stride to school.

National Walk on Wednesday (WOW)

Our big focus for the week is **National Walk to School Day** on **Wednesday 9th October**. On this day, we are asking Green-Schools committees to participate by running a WOW (Walk on Wednesday) event at their school. The main objectives of the day are to raise awareness of the benefits of walking and encourage students to do so. We have produced a WOW Guide with some tips and ideas for the day, which can be found on the [Green-Schools website](#). See also a poster on the [benefits of walking to school](#).

One deliverable is to collect and submit the number of students who walk or Park & Stride to school that day. Tips on how to do this are included in the WOW Guide. The data will be entered into a national competition to find **Ireland's most active county!**

Submit your WOW numbers [HERE](#)

The Ultimate Walking Playlist

Listening to music while walking can significantly enhance the experience. Music can help to elevate mood, increase motivation and can encourage walking for longer and further.

We are seeking to discover the 'Ultimate Walking Playlist', and we would love your input! Do you prefer to walk and listen to happy hits, electrifying beats or something more chill? Help us to discover the ultimate walking playlist and upload your favourite walking tracks [here](#). Keep an eye on Green-Schools social media pages during Walk to School Week where we will share some of the nation's favourite walking tunes!

Films and Documentaries

There are some films and documentaries which feature walking, from old classic hits to new independent productions. Here is a [list](#) of some excellent examples. Why not organise a special screening and provide students with some great outdoor inspiration!

Support Resources

Posters are available to promote your event in English and Irish and are available on the [Green-Schools website](#). We also have a travel [survey](#) to record students travel patterns on your WOW day. This is also available in English and Irish.

We would love to hear your stories and celebrate your work!
Tag **#walktoschool24**, **@greenschools_travel** or email
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