

## TRAVEL TO

# Schools GoSmarter

Schools Go Smarter encourages students, their parents and carers, and schools to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling, scooting and using public transport, you can help to keep yourself healthier and fitter, as well as making your journeys to school kinder to the environment.

**On average,  
it takes around  
20 minutes to  
walk a mile**



## Public Transport

If you take the bus, train, ferry or Metro, instead of getting a lift in the car, you're helping to make it safer around the school gates where parking is restricted.

Using public transport is great for the environment too! Fewer cars on the road means that there's less pollution and congestion.

**You can probably get to school more quickly too!**



## Walking

Walking is simple, free and one of the easiest ways to get more active and become healthier.

It's suitable for people of all ages and fitness levels so why not try doing it a little more?

Walking to school is a great way to start the day! Chat with your friends on the way and get ready for the day ahead.

**20 minutes of exercise per day can make you more productive, more focused and healthier!**

Walking is easy to fit into your daily routine, even if you live more than a mile from school. Why not try:

- Getting off the bus a couple of stops earlier than you need to?
- Get out of the car a little further away and continue on foot?

Or, you could try walking the whole way. Plan your walk to school at [gosmarter.co.uk/journey-planner](https://gosmarter.co.uk/journey-planner)

## Cycling

Riding your bike to school is one of the easiest ways to get some daily exercise.

With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

**Morning exercise improves your mood, lowers stress and increases your concentration!**

Plan your ride to school with one of our cycle maps.

Download your local cycle map from [gosmarter.co.uk/cycle-maps](https://gosmarter.co.uk/cycle-maps)



**It only takes  
ten minutes  
to walk  
1,000 steps**

**Schools  
GoSmarter**

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