

ACTIVE TRAVEL & THE ENVIRONMENT

Not only is active travel good for your health, it's good for the environment too! Riding, walking, scooting or skating to school means there are fewer cars on the road, which results in a:



Reduction in
noise pollution



Reduction in
energy use



Reduction in
carbon emissions

For every kilometre you actively travel instead of driving, you save 243.8 grams of carbon emissions. But what does that actually mean?

On National Ride2School Day 2020, students across Australia saved 27 tonnes of CO₂ by actively travelling to school – the equivalent of planting 187 trees.

That's only one day of the year. Imagine if we did that every day. Over a year we'd save 5,400 tonnes of CO₂ – the equivalent of planting 37,800 trees!

Here are some other ways your school can get involved to make an environmental impact:

- Create a student environmental group or 'Green Team'
- Encourage 'nude' lunchboxes with zero waste
- Start a school veggie garden or compost bin
- Encourage 'Part Way is Okay' for families who live too far to actively travel the whole way