

Active Journeys

Getting the school community active
on the journey to school

17.8% increase in walking,
scooting and cycling to school

Car use down by 18.6%

Increased awareness of health
and environment benefits

Positive impact on general
wellbeing of pupils

www.sustrans.org.uk/wales/activejourneys
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Active Journeys works to support Active Travel Schools across Wales to create a culture that makes it easier for children and their families to walk, scoot and cycle to school

Dedicated Active Journeys officer



Support with planning, promotion and delivery of a wide range of events and activities from a Sustrans Active Journeys officer.

Empowering schools



Involving staff and pupils in planning and delivery, empowers schools to be independent and generate positive changes in travel behaviour for the whole school community.

Increased active travel



Schools receiving support from Active Journeys see a significant increase in the number of young people and families travelling to school actively.

Resources and incentives



Free access to activity guides, curriculum resources, online travel challenges and the Active Travel School Award scheme. Schools can also access a range of incentives and discounts to support and promote active travel.

Training for whole school community



Opportunities for young people, teachers, parents and governors to develop the confidence, enthusiasm and skills to travel actively to school.

Healthier lifestyles



Being active on the journey to school helps improve general health and wellbeing of the school community along with other benefits such as improved concentration, performance, behaviour and attainment.

Improved air quality



Getting the school community active on the journey to school helps to reduce congestion and improve air quality around schools.

Partnerships



Giving schools support to engage with local authorities, councillors and other organisations so they can work together in making the most of any opportunities to improve active travel within the local community.

Active Travel School Award

The Active Travel School Award guides schools through the key steps for increasing and sustaining the number of pupils travelling to school actively.

It enables schools to track progress through three levels – bronze, silver and gold – in becoming beacons of best practice. Each level offers supporting resources and guidance for achieving success.

The award supports schools with collecting evidence towards Transport, Health and Wellbeing sections of Eco Schools and Healthy Schools Awards.



Active travel mapping workshops

A bespoke range of interactive mapping workshops designed to get the school community thinking about active travel on the journey to school and within the local community.

Feedback from these workshops can be shared with local authority partners to help develop active travel routes to school.

Curriculum resources

Schools can access our wide range of active travel themed resources designed to get young people thinking about travel, health and the environment.

Our award-winning Literacy and Numeracy Resource for key stage 2 and 3 and the Welsh Baccalaureate resources for key stage 4 are all free to download.



“Being part of the Active Journeys project has had so many positive effects on our school. As well as being great fun we have had so much support. [It has] developed the children’s skills and confidence and encouraged greater road awareness. It has also had a positive impact on their wellbeing as well as helping to develop an awareness of environmental benefits.” Pam Clegg, School Champion

“Enabling active travel is empowering for children” Ben Cox, School Champion

Interested in getting support for your school?
Find out more and apply here:
www.sustrans.org.uk/wales/activejourneys

Get in touch

Email: schoolswales@sustrans.org.uk

Tel: 02920 650 602

Twitter: [@SustransCymru](https://twitter.com/SustransCymru)

Facebook: www.facebook.com/Sustrans.Cymru

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. www.sustrans.org.uk



Llywodraeth Cymru
Welsh Government

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Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

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