

**go  
green**

# Get moving Transport Action Sheet



## Carbon footprint: Transport

Cars account for a whopping 13% of the UK's CO<sub>2</sub> emissions. That's a massive contribution to global warming. More and more school runs are done by car even though there are other (greener) ways. And it's not just students either, teachers are just as bad. Transport is 17% of the carbon footprint of your average school or college. You could make a serious dent in this by getting staff and students out of cars and into the alternatives: cycling, walking and public transport. Not only are they much greener but they are healthier, cheaper, quicker (usually) and they give you more freedom. Read on for loads of practical ideas for projects to reduce your school or college's transport footprint.

**bike powered smoothie**



**public transport: greener,  
healthier, cheaper!**



### Did you know?

- Almost one third of students in UK say they'd prefer to cycle to school or college but only 1% actually do!
- The number of students getting a lift to school doubled in the last 20 yrs
- In a traffic jam, the pollution inside a car can be up to 3 times higher than outside

## What can we do about it? **Get car junkies to kick the habit by organising your own Car-Free Day.**

### 1. **Set up a Transport Action group**

First, get a good team who will take on the challenge of reducing the transport carbon footprint of your school or college. You need a good mix of students, teachers and non-teaching staff such as the caretaker/ estates manager. Aim to meet at least once a term to plan activities and measure the impact. Need help setting up an action group?

**Check out our website:**  
[peopleandplanet.org/sixthforms/startagroup/](http://peopleandplanet.org/sixthforms/startagroup/)

### 2. **Counting the Cars Transport Survey**

You're probably thinking "transport survey: Boring!" But finding out how people travel now and what would make them switch to greener transport will be really useful to help you choose what to focus on. A painless way to do this is a hands up survey – go round different classes/ tutor groups asking, how many people travel by car? Who would cycle or walk if there were better bike racks, cycle lessons or rewards like a free breakfast?

**Find out what the carbon impact of that is with this easy step-by-step Carbon Detectives calculator**  
<http://bit.ly/Qqk4m>

### 3. **Organise a Car-Free day**

**Plan:** To make the day a success you need to plan. Hold a meeting to brainstorm your ideas for getting people out of their cars. Drag a staff member or two along to help you plan and get permission from the right people.

### Maximise Your Impact!

Hold your Car-Free Day during national Go Green Week in February, when People & Planet groups at schools, colleges and unis across the UK will all be taking action together.

[peopleandplanet.org/gogreenweek](http://peopleandplanet.org/gogreenweek)

**Publicise:** Make sure everyone in your school or college knows what's happening and how to get involved, try:

- assemblies on Green transport
- stalls to sign people up to the 'car-free challenge'
- notes in the register, emails and noticeboards (get staff on board to help with this)
- put up eye-catching posters everywhere
- t-shirts, banners, green face paints...get creative!
- Use Car-Free pledge forms to gather support (available online)

### Go For it!

Fill the day with fun activities like:

- a competition between year/ tutor groups. Students earn points for leaving cars at home, get exciting prizes for the winners from the local council or cycle shops.
- a 'buddies' scheme of older students walking with younger students
- a free breakfast for people who don't come by car
- get the Bike Doctor in to service people's bikes for free <http://bit.ly/CTgcT>
- cycling lessons from Bikeability <http://bit.ly/OSRWi>
- a fun gimmick like a bike-powered smoothie maker or sound system (your office contact can help sort this)
- a car-sharing scheme

Make sure you take loads of photos and send them to your office contact and [gogreen@peopleandplanet.org](mailto:gogreen@peopleandplanet.org) for the Go Green photo competition.

Don't forget to count the non-car journeys to school or college with another quick hands-up survey (or from your competition results) so you can compare it to a normal day.

**You can find out how much carbon you saved with this nifty online calculator**  
<http://bit.ly/RNDIC>

### Raise some cash **CO** £2

#### 1. **Donate your petrol money to People & Planet**

The average drive to school is 3 miles so most people will save at least £2 by cycling, walking or taking the bus. Ask staff and students to donate the money saved to People & Planet's Go Green campaign.

#### 2. **Sponsored walk**

Get students, staff and parents moving and raising cash for People & Planet with a sponsored 3-5 km walk. You can now do all your fundraising online by setting up a webpage with justgiving <http://bit.ly/a04cb>

### 4. **Go Car-Free for good**

It's no good having an amazing Car-Free day if everyone instantly jumps back in the car once its over. You can keep people motivated by letting them know what a great thing they have done for themselves and the planet. Put up posters, write a story for the school/college newsletter or P&P website and/or organise a prize-giving for the winning class / tutor group.

Meet with the Head or Principal to make the case for a Car-Free Day or Week each year. It's not as scary as it sounds, Heads and Principals are really encouraged by student involvement and there's lots more info on how to arrange and prepare for this meeting on the website:

[peopleandplanet.org/gogreen/skills](http://peopleandplanet.org/gogreen/skills)

### They did it!

#### Mill Hill Environment Team

Mill Hill School environment team, with a little help from People & Planet, organised an awesome sustainable fortnight focused on 'Travel and Traffic'. Students organised a walk to school day, a cycle to school day AND a car-free day. They increased the number of cyclists tenfold, which might have had something to do with the free breakfast and bike maintenance checks. The whole fortnight was a big competition between forms to see which could reduce car journeys the most and prizes were donated by the local council.



# Next steps:

## 5. Go Green Travel Plan

Once you have a regular Car-Free Day, it's time to complete the transport revolution. By 2010 every school and college in the UK must have a plan to reduce car journeys. Make sure yours pushes for really ambitious aims and targets. What would your dream green travel school or college look like?

You might want to:

- increase the number of pupils using green transport by 20% by 2012
- have a weekly car-free day
- increase bike storage
- improve safety for walkers by providing more crossing points
- offer free training for all cyclists

Present your ideas to the Head or Principal. There are lots of good arguments you could use, for example:

- Reduced congestion
- Improved the health, fitness and concentration of students
- Can lead to funding for initiatives to promote active travel

**Ask your Head or Principal to read this Sustrans guide for more ideas:**

<http://bit.ly/6O1tu>

## More resources

For downloadable posters, pledge forms and practical details on organising your Car Free Day visit:

[peopleandplanet.org/gogreen/transport](http://peopleandplanet.org/gogreen/transport)

### School Run

A website which enables you to find other local students and share the school run

<http://bit.ly/1hTkKR>

### The Environmental Transport Association

Tips on how to plan a Green Transport Week

<http://bit.ly/5ZULL>

Our website has a wide range of ideas for other practical projects to reduce carbon footprints and we'd love to hear any other ideas you have, check it out:

[peopleandplanet.org/gogreen](http://peopleandplanet.org/gogreen)



**why not walk on Wednesday?**

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