

Session 1: EXPLORE

Create an Active Travel Zone

An **Active Travel Zone** is a designated area around your school in which students are encouraged to walk or cycle instead of travelling by bus or by car. You can create your own map of the area showing safe walking routes into school. For students who live further away, you could encourage them to '**Drop a stop**' or '**Park and stride**' giving them the opportunity to walk for part of their journey. An Active Travel Zone is the perfect companion for **Step count competitions**, **Cycle reward schemes** and **School streets** .



- Increase the numbers of students walking or cycling for all or part of the journey to school
- Reduce congestion around the school gates
- Raise awareness of different walking and cycling routes

PREPARATION:

Go to openstreetmap.org and enter your school postcode in the search box. This will produce a detailed printable map of your local area. You can zoom in and out to choose the most suitable scale for your map. Click on 'share' to download a copy as a PNG file.

RESEARCH:

Talk to other students, parents and teachers in your school to identify the best routes into school. You might want to print out a large copy of your map first, marking out routes with a pen / pencil until you have decided on the final version. Consider choosing quieter roads away from heavy traffic where possible, including looking out for cycle paths and cycle lanes for those who come by bike. However, make sure the routes are safe, well-lit and not too lonely!

CREATION:

Paste your map from openstreetmap.org into **PowerPoint** and use the drawing tools to mark on colour coded walking and cycling routes and use the text box options to create labels. In addition to the walking and cycling routes, remember to show **meeting points** to encourage students to walk together, circles to show walking times and local landmarks to help people navigate their way around. You might even want to show Park and stride locations or walking routes from particular bus stops.

PROMOTION:

Display your map around school and promote it to increase knowledge of the local area and the time taken to reach the various locations. You could even show the map on your school website and in your newsletter. Encourage students to walk or cycle whenever they are in the zone.

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