

Active Journeys Programme



Our Active Journeys programme works with schools across Wales to create a culture that makes it easier for children to walk, wheel, scoot, or cycle.

Decreases car use by
30% on the school run

Increases active travel
by 25%

Develops healthy,
confident individuals



email us: schoolswales@sustrans.org.uk

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Active Journeys Programme

What
you'll get

Dedicated Active Journeys Officer



Support with planning, promotion and delivery of a wide range of events and activities from a Sustrans Active Journeys officer. Officers will not only support pupils, but provide opportunities for teachers, parents and governors to develop the confidence, enthusiasm and skills to travel actively to school.

Resources



You'll receive access to skills session plans, classroom activities, and our interactive travel survey 'Tali Teithio'. Our active travel themed curriculum resource enables teachers to embed active travel related classroom activities across the three mandatory cross-curricular skills; Literary, Numeracy and Digital Competence. Learning and participating in active travel touches upon many Areas of Learning and Experience, most notably 'Health and Well-Being' and 'Humanities'.

Awards and incentives



Schools can access a range of incentives and discounts to support and promote active travel. This includes our Active Travel School Award, which enables schools to track progress through three levels of active travel - bronze, silver and gold and receive certificates and plaques.

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What we'll achieve

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. After one year of support from Active Journeys, schools see an increase of 25% on average, in active travel on the school run.

Healthy, confident individuals



Being active on the journey to school helps improve the physical health and wellbeing of the school community along with other benefits such as improved concentration, performance, behaviour and attainment. This leads to healthy, confident individuals.

Improved air quality



After one year on the programme, Active Journeys schools see on average, a 30% decrease of car use on the school run. This reduction in traffic and congestion helps improve air quality on school streets.

Empowered schools



Involving staff, pupils and parents in planning and delivery, empowers schools to be independent and generate positive changes in travel behaviour for the whole school community. This builds pupils commitment to the sustainability of the planet, ready to be citizens of Wales and the world.

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How to get involved

Step 1:

Download and complete an Active Travel School Plan, using the toolkit for guidance.

Step 2:

In your Active Travel School Plan, identify the change in travel behaviour you hope to see amongst pupils and parents. Identify the actions that might help you fulfil that ambition.

Step 3:

Where your ambition matches the skills, activities and interventions the Active Journeys programme can offer, we will organise a meeting to agree how your local Active Journeys Officer can begin supporting you.



Any Questions? Email us:
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