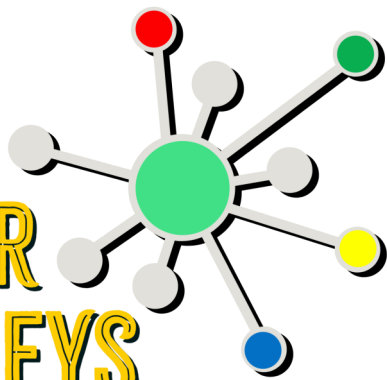


BETTER JOURNEYS WEEK



19-23
May

The new name for
Alternative
Transport Week



It's good for your school

A small change in how we get around can have a big impact:

We know that alternative and active travel can help **improve our fitness, health, mental wellbeing** and **productivity**. It's also better for the **environment**, **saves money** and **reduces traffic** which in turn increases **safe access**.

What is Better Journeys Week?

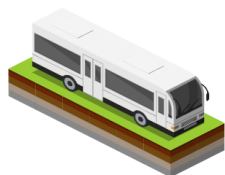
Better Journeys Week challenges all islanders to ditch their normal way of getting around for a week and either **bus**, **cycle** or **walk**. This is particularly relevant for schools where we encourage staff and pupils to really get stuck in.



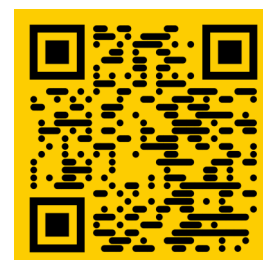
Walk to school, enjoy the sunshine and the beauty of our islands. Get those legs going and improve your health and wellness with a daily walk.



Get on your bike, with friends and families. Cycle into school for the week and skip past traffic with a door to door commute.



Bus it and "take a back seat" on your commute by letting someone else do the driving. Spend your journey talking with friends, catch up on your reading or keep up to date on social media.



Loads more ideas at www.betterjourneys.life/bjw

How to get your school involved

- Tell staff & pupils that it's happening and invite them to take part
- Invite leadership team to contribute to the Selfie Challenge by sending to hello@betterjourneys.gg
- Plan to close-down or cordon-off car parks for the week
- Share your school's participation on [LinkedIn](#), [Facebook](#) or [Twitter](#) and tag [#BetterJourneysWeek](#)

**BETTER
JOURNEYS
WEEK** 19-23 May



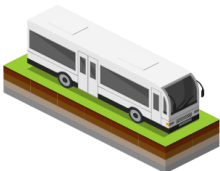
Encourage change



- Introduce a walking buddy scheme so pupils can walk in together
- Set up a "walking-bus" for parents and pupils on the same route to school
- Introduce a step counting competition to motivate walkers



- Provide bike parking onsite where available; convert existing car parking to bike parking for pupils and staff
- Introduce a cycling buddy scheme so that pupils can meet at a central point outside of built up areas and cycle in together in groups
- Set up a "cycle-train" for parents and pupils on the same route to school



- Communicate the school bus times and routes to all pupils
- Sponsor bus passes for staff

Loads more ideas at www.betterjourneys.life/bjw

