



Travel Green Challenge



Let's get Active and cut our carbon footprint!

The transport sector in Ireland uses approximately 33% (SEAI, 2014) of all energy used in the country and is linked with greenhouse gas emissions which are associated with climate change. Walking or cycling to school is a very effective way of increasing physical fitness, which can reduce the chance of heart disease, strokes, diabetes, obesity, cancer and depression in later life while also helping to reduce Green House Gas emissions.

By taking part in the Green Home "Travel Green from Home to School Challenge" you will learn the impact travelling by car has on the environment and the alternative travel options that are out there and their benefits. You will also learn about food miles and the importance of buying local produce. The challenge is a four week challenge and should be undertaken in conjunction with the material on the Green Home website available at this link: www.greenhome.ie/kids/kids_transport

The Challenge

Week 1: Discover More About 'Green' Travel Week

Week 2: Complete Green Home Travel Survey

Week 3: Take the Green Home Travel Challenge

Week 4: Reflect on All Your Hard Work

School: _____

Pupil's Name: _____



WEEK 1: DISCOVER MORE ABOUT TRAVEL

Did you know that of the fuel put in the average car, 80% of the energy is lost in heat and through the car's exhaust and only 20% is used to actually turn the wheels?

Use the Kids Travel section on the Green Home website to discover more interesting travel facts. Once you have had a read through the online resources, list 5 new facts that you have learned about climate change and the benefits of walking & cycling in your home work copy book.



WEEK 2: COMPLETE THE GREEN HOME TRAVEL SURVEY

Please complete the Green Home Travel survey about your household members' journeys to school and to work by ticking the boxes below:

Children travelling to school:



Question 1: How do you usually travel to school?

1. Cycle 2. Walk 3. Car 4. Private Bus
5. "Park & Stride" 6. Public Transport
7. Motor Bike 8. Other

Question 2: Your favourite way to travel to school is?

1. Cycle 2. Walk 3. Car 4. Private Bus
5. "Park & Stride" 6. Public Transport
7. Motor Bike 8. Other

Question 3: If you do travel to school by car how many people usually travel with you?

1. None 2. One person 3. 2 people
 4. 3 people 5. 4 people 6. More than 4

Question 4: Are there other ways you could travel to school?
 Please circle where applicable:



Do you have any of the following please circle:		
Cycle lane near your school?	Yes	No
Public transport bus near your school?	Yes	No
Public transport rail near your school?	Yes	No
Footpaths?	Yes	No

Your school has been awarded with a Green Flag? If so they might have some of the following initiatives in place (please tick below if you have):

- COW – Cycle on Wednesday
- WOW – Walk on Wednesday
- Park n Stride Location
- Carpooling
- Walking Bus



Household Member:

Question 1: How did you travel to school as a child?

1. Cycle 2. Walk 3. Car 4. Private Bus
 5. "Park & Stride" 6. Public Transport 7. Motorised Bike
 8. Other

Question 2: How do you usually travel to work?

1. Cycle 2. Walk 3. Car 4. Private Bus
5. "Park & Stride" 6. Public Transport 7. Motorised Bike
8. Other

Question 3: Your ideal way to travel to work is?

1. Cycle 2. Walk 3. Car 4. Private Bus
5. "Park & Stride" 6. Public Transport 7. Motorised Bike
8. Other

**When you next go to do your weekly/monthly shop are the following items available?
Please circle your answer.**

Irish Mushrooms	Yes	No
Irish Carrots	Yes	No
Irish Potatoes	Yes	No

WEEK 3: TAKE THE GREEN HOME TRAVEL CHALLENGE

Choose a family challenge from the four challenges listed below. Instructions on how to complete the challenges can be found on Travel Green from Home to School section on our website. Become a reporter and report your findings in the reporter section featured after the challenges on the website.



Challenge 1:

Weekend Traveller Public Transport

Challenge 2:

Carpool kids

Challenge 3:

Get Cycling

Challenge 4:

Walking Wonderland



WEEK 4: REFLECT ON ALL YOUR HARD WORK

Congratulations! You have successfully completed the Green Home Travel Theme Challenge. Did you learn anything new on this challenge? Do you think it is good to travel the 'Green' way? (please list below)

