

## Being environmentally friendly

### 3.2 Bike, bus or walk


 Any time

#### Keeping safe



Take care when walking or cycling on or near busy roads. Wear light or reflective clothing to help you be seen. Cross roads carefully and if you have to walk along a road, face the oncoming traffic. When cycling, always wear a helmet and make sure your bike has properly working lights if you are cycling after dark. Always make sure your parent or guardian knows where you are going, how you are travelling there and the route you are taking.



Every time your journey involves a car, think about whether there is an alternative way you could travel. Could you have walked? Could you have cycled? Could you have got a bus? Could you have shared a lift with a friend? Write down the alternatives.

Where possible, change your habits. You probably can't always choose how you travel, so you may need to persuade other people in your family to use alternatives to the car.

#### Notes:

- If you have to use a car, try to make sure there's more than one passenger. If your friends are going to and from the same place, you could maybe share a lift. Make sure your parent or guardian knows what you are doing.
- Think about other journeys that you have taken, or are planning, not just what you are doing in one week.
- Sometimes there really is no good alternative to using the car because the journey is too far to cycle or walk, and there is no public transport. If you think public transport should be improved, write to your local MP (see section 4.5).

#### What it's about

Not using the car so much. Every time anyone drives a car fuelled with petrol or diesel, it puts **greenhouse gases** into the atmosphere, contributing to global warming. And, because we use our cars so much, governments keep building new roads – often through good bits of wildlife habitat. You can be part of the solution by using alternatives to the car wherever possible.

#### What do I need?

- Paper and pencil
- Local bus and train timetables

#### What do I do?

For one week, note down all the journeys you make, and how you make them. You might like to use a table like this one.

Day of the week	Journey	Mode of transport
Monday	From home to school	Mum's car
Monday	From school to my friend Jamie's House	Jamie's mum's car
Monday	From Jamie's house to home	Mum's car

**Greenhouse gases** – Some gases, such as carbon dioxide, trap heat in the atmosphere but let the sun's rays through. This means the gas works in a similar way to a greenhouse and is why they are called greenhouse gases.

#### What to send us

Send us your chart of weekly journeys, and let us know if you have been able to change the way you travel.

#### Further information

- Contact Sustrans, the sustainable transport charity, for more information about travelling in an environmentally friendly way. Sustrans, 35 King Street, Bristol BS1 4DZ.. [www.sustrans.org.uk](http://www.sustrans.org.uk)