

LIVING & MOVING GREEN - SUPPORT PACKAGE

Sustainable Transportation



Minimizing human impact on the environment means making fewer car trips. Do we need a ride or can we carpool? Can we safely use a bicycle on this route? Is there a bus or shuttle we can take? There are numerous ways to get from A to B. It's an exciting challenge to find a green method of transportation and it often means consulting tools like Google Maps or carpool services. Sometimes it means using several different methods of transportation in a single trip. Each car trip we avoid leads to savings which can be valued in dollars, litres of fuel, and an amount of carbon emissions. Just like switching to LED lights to waste less energy, we can make better choices to use transportation more efficiently! The benefits of sustainable transportation are not just for reducing human impact on the environment. We also feel better when we are more physically active. We can make transportation choices that contribute to a healthier global community.

Small steps toward sustainable transportation help us get accustomed to the change and build up transportation safety knowledge. Revision of bicycle safety, crosswalk safety, and reviewing first aid are particularly helpful before undertaking a sustainable transportation initiative such as a "Walk/Bike-to-School" event. Finally, sustainable transportation can become a habit and our default mode of getting around. Implementing a routine sustainable transportation plan is a great way to make a difference in our ecological footprint. At home and at school, sustainable transportation initiatives reduce greenhouse gas emissions.

Action Plan

Step 1- Review pedestrian safety.

Step 2- Review bicycle safety.

Step 3- Map out carpool parking lots in your community, and discuss carpool options with your neighbours, classmates, or co-workers. Brainstorm of all the ways to get from A to B in your area. Complete the [Sustainable Transportation Checklist](#) from the Clean Foundation's website.

Step 4- As part of a bicycle education program, host a Bicycle Rodeo at your school or community centre. Practice safe cycling skills, and have fun with relays or contests. Green Schools NS has many related resources, including a Support Package for Bike Rodeos. Get inspired by some of our stories about successful bicycle events at [Auburn Drive High School](#) and by [Engagement Officer Marlene Le Bel](#).

Step 5- Plan an initial Walk/Bike-to-School event, or a Winter Walk. Keep in mind some fun dates for your event, such as International Walk to School Month ([IWALK](#) is in October), [Bike Day in Canada](#), or [World Car-Free Day](#). Ask your local Engagement Officer about the Support Package about how to have a Winter Walk Day event, or host a virtual visit to kick off the event!

Step 6- Build upon your experience from a pilot event to start a recurring Walk/Bike-to-School event (weekly/monthly/seasonally/annually). Celebrate your successes!

Step 6- Get even more support and education with the [We Often Walk \(or Wheel\)](#) program for free at the Ecology Action Centre website. To kick-start an initiative or event, host the "[Making Tracks](#)" train-the-trainer



program, or hire an Expert Trainer to deliver “Making Tracks” to your class. There is also a [Walking School Bus](#) program. The Ecology Action Centre delivers these and other transportation programs, including [School Travel Planning](#) to promote safe, active and sustainable transportation.

Other Resources

[Green Schools NS Bike Rodeo Support Package](#)

[Green Schools NS Bike To School Event](#)

[Green Schools NS Carbon Footprint Pledge](#)

[Green Schools NS Winter Walk Day Slideshow](#)

[Nova Scotia Crosswalk Safety](#)

[Nova Scotia Bicycle Safety Guide](#)

[Halifax Transportation Information](#)

[DalTRAC](#)

[Ecology Action Centre - Transportation Issues Resources Page](#)

[Safe Routes To School](#)

[Bicycle Nova Scotia](#)

[Cycling Canada's Can-Bike Safety Program](#)

[Enviro Centre - Winter Cycling Guide](#)

[CAA Bike Resources](#)

[Winter Walk Day](#)

[Bike to School Day \(US\)](#)

Videos

[Making Tracks](#)

[SimpleShow Carbon Footprint](#)

[Helping Kids Learn to Ride](#)

