

Benefits of sustainable travel

Sustainable modes of transport mean walking, cycling, sharing lifts or using public transport instead of just getting in the car and driving everywhere.

There are many benefits to using these forms of transport. There are the obvious ones such as the 'green' benefits as well as the social aspects of being able to spend time with friends walking to school or getting half an hour of exercise by cycling. There's also the benefit of knowing that you'll arrive on time if you catch the same bus or train every day.

Walking and cycling are good ways to travel to and from school, but sometimes people don't want to do it by themselves. An idea to get around this is to set up a 'buddy system' where everyone who wants to share their journeys sign up and if anyone is going the same way, they travel together.

This means that it is not only safer in the autumn and winter months when you might be travelling home in the dark, but you might also make some new friends.

