What is Active School Travel?

The City of Gold Coast’s Active School Travel (AST) program aims to reduce traffic congestion around schools.

By encouraging you and your school community to ‘change the way you move’ by walking, cycling, riding a scooter, car pooling or catching public transport to and from school. You will enjoy a healthier lifestyle, save on fuel and parking costs and contribute to a cleaner and more sustainable Gold Coast.

Participating schools work with a dedicated Active School Travel Officer who provides guidance, support, resources and rewards.

**Key AST initiatives and incentives may include:**
- student incentives rewards
- Active School Travel days (including Walking and Wheeling Wednesdays)
- the walking school bus
- the park and stride initiative
- Zero the Hero educational road safety shows
- events and celebrations such as Walk Safely to School Day
- bicycle education workshops
- minor infrastructure improvements
- assistance establishing an Active School Travel Committee
- assistance developing an Active School Travel Plan with School Assistance funding
- bus education workshops
- healthy breakfasts
- scooter education workshops
- cycling ambassador presentations.

**Benefits for children who actively travel include:**
- increased road safety skills
- improve student health through increased physical activity
- children arrive at school alert and ready to learn
- improved concentration, sleep and relaxation
- improved self-esteem, confidence, independence
- opportunities to make friends and enhance social skills
- more time together with family and friends.

**Local community benefits include:**
- reduced traffic congestion
- safer school drop-off and pick-up zones
- improved air quality
- a more social community.

We support children, grandparents, mums and dads and everyone else to be physically active, every day.

For more information contact the Active School Travel team on (07) 5582 8379 or email activeschooltravel@goldcoast.qld.gov.au or visit cityofgoldcoast.com.au/activeschooltravel