



# 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](mailto:activeschooltravel@goldcoast.qld.gov.au) or visit [cityofgoldcoast.com.au/activeschooltravel](http://cityofgoldcoast.com.au/activeschooltravel)

