

‘TfL Travel for Life’ and World Car Free Day – Activity Booster Sheet

World Car Free Day is held on 22 September each year. This day marks a time to allow people to experience their streets free of traffic.

In London, the Mayor often organises an event on the nearest Sunday to Car Free Day and closes streets to hold events for the local community. Across the city, councils provide opportunities for residents to close their streets and trial a Play Street event and schools are often encouraged to take part too. Check out [London Car Free Day](#) for more information.

To host a Play Street, visit the [London Play Street](#) website and follow the relevant links to your local authority. The website will give you more information on how to host a Play Street and who to contact to apply.

DID YOU KNOW THAT RUNNING A CAR FREE DAY AT YOUR SCHOOL CAN ALSO HELP COUNT TOWARDS YOUR ‘TFL TRAVEL FOR LIFE’ ACCREDITATION?






You can run a Car Free Day campaign at your school, asking parents to leave their cars at home for the day. Incentives like a competition, counts as one [travel activity](#), but you can also run additional activities alongside the main event to help boost your level of accreditation. Just select the STARS activity card that corresponds to the activity you’re running in school, tell your story and keep working towards your next [‘TFL TRAVEL FOR LIFE’ ACCREDITATION](#).







To do this, sign into your [‘TfL Travel for Life’ online account](#), select the activity from the list and click on ‘Tell your story’. You can include photos, posters, newsletters, risk-assessments and other relevant documents to show how your activity was completed. You can then publish your story in the ‘Stories’ section to share your achievements.

See the list below for our suggestions of [‘TfL Travel for Life’ Activity Cards](#) that align with Car Free Day.

	EXAMPLE ACTIVITY	‘TFL TRAVEL FOR LIFE’ AMBASSADORS ACTIVITY CARD
 CONSULTATION	Work with a dedicated group of pupils (e.g. ‘TfL Travel for Life’ Ambassadors) who can help you to promote and run the event. They could help by organising an assembly on the environmental benefits of active travel or by creating a noticeboard to promote the upcoming event.	Pupil Involvement
 PROMOTION	Display posters, include information in school newsletters, and promote the event via social media. Celebrate the success afterwards through your school’s newsletter and website.	Communicating with parents/carers Publicity within the local community
 WALKING  CYCLING  SCOOTING	Organise a walking bus to school. Set up a Park and Stride scheme to give everyone the opportunity to walk at least part of their way to school. Reward pupils that travel actively with a healthy breakfast on Car Free Day.	Walking bus Park and Stride Bikers’ Breakfast



See the list below for our suggestions of **activity cards** that are aligned with Car Free Day.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 ROAD SAFETY	<p>Create School play street to provide a healthy and safe environment for pupils to play, and show people the benefits of reducing traffic on our streets. Get in touch with your local authority to apply for the permission to close your street.</p>	<p><u>School Play Streets</u></p>
 CURRICULUM	<p>Have a look at the range of free <u>Clean Air Day resources</u> available for primary and secondary schools.</p> <p>Work with a group of pupils to run an <u>air quality competition</u> to raise awareness of the ways we can all help to reduce air pollution.</p> <p>Run a route planning exercise and discuss air quality and active travel to school</p>	<p><u>Environmental and Health benefits of active Travel</u></p> <p><u>Air quality competition</u></p> <p><u>Mapping exercises</u></p>