

Travel to Twyford Church of England High School



Twyford Church of England High School

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Creating a greener planet ...

This map has been created by **Ealing Council** and the School Travel Team. It aims to encourage more secondary school students to travel actively and sustainably to and from school, helping to reduce their carbon footprint and creating a cleaner, greener planet.

Why not join us today by choosing a more sustainable and active school journey.

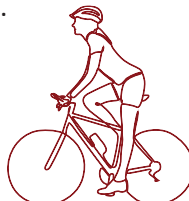
Why we cycle ...

Cycling is a great way to exercise and de-stress.

If you have had a hard day at school, cycling home can help you unwind.

It is quicker than walking and you can cover longer distances.

Cycling is a great way to build confidence by travelling independently.



Why we walk ...

Walking is simple, free and great exercise!

It's also good for your mood and mental wellbeing, giving you an opportunity to catch up with friends to and from school.



WALKING equals
20 minutes of
free chat time
with friends
before school

10 reasons you should travel actively ...

It's a fun way to travel

It gives you more time to
be with your friends

Gives you more independence

It helps you wake up and be more
alert for lessons

It helps you unwind at the
end of a busy day

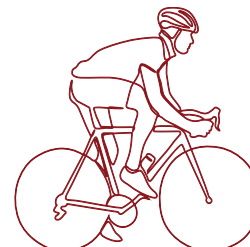
It makes a cleaner, less
noisy environment and doesn't
cause air pollution

It makes you healthier and fitter

Saves money on fuel costs

Lets you find out more about your
local area

It makes the local roads safer by
reducing congestion



Using public transport ...

Plan your journey and try one day a week until you learn the system, the routes and the times.

It helps improve your organisation and time management skills. It can help you find out about the local area and roads before you cycle them.

Free or discounted public transport for secondary school pupils with an 11-15 Zip Oyster card.



Did you know?

- 83% of secondary students live within two miles of their school
- Around half of London's NO₂ pollution comes from road transport
- 20 minutes of exercise a day cuts risk of developing depression by 31%



TfL Travel for Life is a free education programme supporting the next generation of Londoners to travel towards a brighter, safer and more sustainable future. Be part of the solution.

