



# Park and Stride and Car Sharing

**JTA 1:** Hello, my name is (all JTAs say your names) and we are your JTAs. Today we are going to discuss Park & Stride and Car Sharing.

**JTA 2:** We all know now that leaving the car at home helps to improve the area by making the roads safer and the air cleaner. However, we also know that sometimes not everyone can walk to school because they live too far away, or they don't have a bike, or their parents drive on to work after dropping them at school.

**JTA 3:** Why not try Park and Stride instead? Park and Stride is when you park at least 10 minutes walk from the school, and then walk the rest of the way in.

**JTA 4:** This still helps because the CO2 and other fumes from the car are far away from the school so affect less those who are travelling in. You would also do some exercise as well which is good for you! Use the school Walking to School maps to find a good Park and Stride parking place (only say if you have walking and cycling maps).

**JTA 5:** Why not try Car Sharing? Another option is to share a lift with another family. Do you know another family that lives nearby who go to (say your school name)? If you come to school by car, why not ask if you can share lifts – you bring them to school some days and other days you go with them?

**JTA 6:** Sometimes it is not possible to use sustainable travel, so it is important that we remember to Park and Stride and Car Share when possible.

Thank you for listening

