

International Walk to School Month – Small Steps for a More Sustainable Future



October is International Walk to School Month, a global opportunity to celebrate walking, wheeling and active travel and the positive difference they can make to our wellbeing, communities and environment.

Organised by Living Streets, this year's campaign highlights how active journeys can help people feel happier, connect with others and arrive ready for the day ahead.

At Step Into Learning, our learners are aged 16+ and are developing greater independence as they prepare for adulthood, further learning and employment. That makes this a great opportunity to think beyond simply *walking to school* and consider how we travel to college, work experience, appointments and activities in our local communities.

A Sustainable Way to Travel

Choosing to walk for all or part of a journey is one of the simple ways we can make our everyday routines more sustainable. Where practical, walking, cycling, wheeling or combining active travel with public transport can help reduce our reliance on cars.

For young people becoming more independent, sustainable travel can also be an important life skill. Learning to plan a route, use public transport confidently and travel safely can open up opportunities for education, work experience, employment and social activities.

Good for You, Too

The benefits aren't only environmental. Living Streets is highlighting the wellbeing benefits of walking and wheeling during this year's campaign, including opportunities to connect with other people and arrive feeling refreshed and ready for the day.

Even if walking the whole journey isn't practical, small changes still count. You could:

- Walk part of your usual journey
- Get off the bus a stop earlier where it is safe and practical
- Walk with a friend or fellow learner
- Choose public transport rather than travelling by car when possible
- Explore whether some of your shorter journeys could be made on foot

Every Journey Can Make a Difference 🌍

Sustainability isn't always about making huge changes. Often, it's the small choices we make regularly that help us think differently about our impact.

This International Walk to School Month, we're encouraging our learners, staff and wider Step Into Learning community to think about their journeys and ask:

Could I make one of my regular journeys a little greener this October?

Whether it's walking to Step Into Learning, travelling more sustainably to a work placement or simply choosing to walk a short journey instead of taking the car, every step is an opportunity to build healthier habits, greater independence and a more sustainable future.

Find out more about International Walk to School Month from [Living Streets](#).