

SMARTER
TRAVEL

MOVING UP

ADVENTURE INTO YEAR 7

TOP TIPS ON
TRANSPORT

GETTING TO
SCHOOL
PLANNING YOUR
JOURNEY



PEDAL
POWER
travelling by bike

Fun, advice, puzzles
games, hints and tips

WIN
A BIKE

Enter the
London Journey
Competition

www.haringey.gov.uk/smartertravel

Haringey
LONDON

TIME TO TAK

By now you will know which secondary school you are going to in September. But do you know how you will get there each day? On the right are some of the ways you can go:

Walking
Sociable, fun
and good for you



Cycling
Sustainable,
healthy and free



Public transport
If your under 16 it is free, it's
quick and good for long trips



LISTED ARE SOME OF THE THINGS YOU CAN LOOK FORWARD TO. WHICH ONES DO YOU AGREE WITH?

- Learning new things
- Making more friends
- More freedom
- More sports facilities
- New teachers
- Deciding your future
- Choosing how to travel
- Becoming independent
- Discovering new subjects

It is exciting moving up to secondary school, but it can be a bit daunting too!



E CONTROL

Travelling in the right direction...

Your new school may already run schemes to help you with safe and active travel. But, did you know ... that your school can get rewards for their hard work?

During the rush hour
1 in 5 cars
on the road are on
the school run!

Each day
about 8.3 million
pupils are involved
in the school run

Many schools now have a School Travel Plan and are working to promote walking, cycling and public transport.

School Travel Plans improve the environment, health and social issues, as well as promoting safer transport.



You can get involved with your school's travel plan and activities. At secondary school you can become a Youth Travel Ambassador (YTA). For more information on school travel plans go to:
www.tfl.gov.uk/stars



I like cycling to school because it is a healthier option, but walking can be fun too and you can do it with your friends

Sadim

DON'T WORRY!

It's normal to have some worries about your move up to secondary school, you won't be the only one. You will be pleased to hear that once you've made the move you will almost certainly be surprised at how easy it was and how quickly you settle in!

This page highlights the thoughts and feelings of pupils currently studying at Year 7...



Do not worry about homework easier than I thought

Sack

The building will seem huge when you first start but you'll know your way about in no time.

Laura

I enjoy walking to my new school with my new friends

Harpreet

walking to school can be fun and makes you alert for the day

allie 😊

Learn the route to your new school by doing some trial runs on the bus, tube or train as then you won't worry about it.

Umar

📍 I love my new school! 📍

Lucy Schroder



Walking to school is really cool. It means I can see my friends, talk about the day and any homework. I was a bit scared about Secondary School at first but I really enjoy it now.

Jordan Passanade



Everyone is in the same situation so don't worry if you need help!

Dean Berry ☺

was scared at first as the school was bigger, but now I have lots of new friends!

Jenny King

I like having the chance to learn more stuff and meet new friend. Don't worry it isn't that scary!

Kahraj



The first day is very scary, but once you get there its not as bad as it seems

Yarek

My friends and I can now use the bus to get to school. I can also ride my bike when its not raining.

Tatiq ♡

Remember that everyone is in the same boat so will be feeling just like you on the first day!

Rashmi

I now get to ride my BMX to school!



Secondary school is really fun! You meet loads of new friends and learn lots

Emily Shepherd

Homework was not nearly as difficult as I thought it would be, and the teachers were really kind

Emily

Moving to a new school feels scary, but you make new friends and the teachers are really nice

Bafia



...left blank for your Moving Up thoughts





If you walk a mile it only takes about 15 – 20 minutes and takes about 2,000 steps. You will also use up 100 calories which is the same as a chocolate bar.

You could try a pedometer. It's a small gadget which measures how far you have walked. If you can walk to school from your home, why not count how many steps it takes.

Experts say that we should try to walk a minimum of **10,000 STEPS A DAY**. That may seem a lot but it is surprising how many steps we take just doing everyday things.

Benefits of walking are...

- ▶ It doesn't cost you a penny
- ▶ You will become more independent.
- ▶ You can do it with friends
- ▶ It's much better for the environment
- ▶ It will help you reach the 10,000 steps a day that experts advise



www.nhs.uk/change4life/pages/active-travel-ideas.aspx



Car Engines produce lots of Nitrogen Dioxide NO₂ because they burn carbon-rich fossil fuels such as petrol

In the UK 1 out of 7 children has Asthma.

The highest levels of pollution are in urban areas – towns and cities.

Air Pollution in London kills almost one in 10 people



Why your travel choice can affect your health and the planet's!

fumes



gases



CO₂ True!

11,000kg of CO₂ is produced by the average person in the UK. This "Carbon Footprint" needs to be reduced to 2,500kg (a quarter of the current amount) in order to reduce our contribution to global warming.

To be driven to school and back on average releases 800g of CO₂ into the air, which is the same as inflating over 60 balloons!

It is better to walk or cycle or use public transport rather than a car for every journey, then you could shrink your carbon footprint by .3 tonnes per year.

Bonus: you will be doing your bit and getting fit!

The Solution to AIR POLLUTION

Under a mile – *walk it*

Over a mile – *use bike or bus*

Parents choose a hybrid car

www.airtext.info for info and alerts

About air quality in your area

Ask your MP how is the council working to improve air quality in your area.

Check this website www.yousustain.com/footprint

PEDAL POWER

▶ It's a lot faster than walking and works out to be four times quicker!

▶ It's a great form of exercise and can be a lot of fun

▶ There will be no reason for you to rely on getting lifts as it will make you more independent

▶ It's free and it's fun!

▶ For more information on fun places to cycle in London visit www.tfl.gov.uk/cycling


Why travel by bike?


BSEN 1078:1997


Has your helmet got a British Standards Institute Kitemark? All helmets bought from a good bike shop will have the BSI mark which shows they have passed safety tests.





Securing your bike


 **LOCK IT!** It only takes a second for a thief to steal a bike - ALWAYS LOCK IT


 **LOCK IT ALL!** (Especially if you have quick release wheels) If you've got two locks loop each around a wheel, the frame and a bike stand. If you've only got one, take your front wheel off and secure it to your back wheel, frame and bike stand with the lock. **NEVER** lock your bike just by it's wheels!


 **LOCK IT UP!** The bike lock must not lay on the floor, this makes it easier to smash it.

 **LOCK IT TIGHT!** Secure the lock round the frame and the bike stand. This is more difficult for a thief to use their 'tools'.

 **TAKE IT OFF!** If it cannot be locked to the bike, take the accessories off: panniers bags, lights cycle computers.

 **SADDLE UP!** Check if your saddle is quick release. If it is, take it with you when you leave your bike.

 **USE BIKE STANDS** Use them, that is why they are there. Lock your bike onto something a solid structure.

 **EXTRA SECURITY!** Register your bike on www.immobilise.com or ask smarter.travel@haringey.gov.uk to find out when and where you can get your bike security marked by us or the police.

No CO₂ / NO₂

No pollution created by bikes or feet!!
If you want the look after the planet, these are best way to travel

NEVER



You'll lose it if you don't lock it!

There are so many cool bike accessories on the market, you could set your own style!

Still one of the most popular ways of travelling to school – it is active, fun and often the faster way to travel. But safety is essential:

- ▶ **Road Position** is important to be seen and cycle safely.
- ▶ **Highway code** is for cycling too, learn the signs don't jump red lights.
- ▶ **Look out for others**, pedestrians and small children will not always see or hear you, be polite and sound your bell
- ▶ **Be Bright and Be Seen.** A cycle helmet protects your head, not just when you fall but from branches and posts. Make sure it is adjusted to fit properly and not damaged. Wear bright colour or fluorescent strip or jacket, especially if you ride early morning or late evening. Put your lights on the front and back and you must have a reflector.
- ▶ **Distraction:** don't use your phone or listen to music when riding – pay attention to the road.

Email us to ask for a copy of our cycling book at smarter.travel@haringey.gov.uk

54%

of 10-15 year olds have a bike but less than 2% of you currently ride to school!



Get yourself trained!

- ▶ **Bikeability** is the best way to build your confidence on the road; if you haven't done it already you can ask your school or local borough to put you on a course.

Visit

www.cycleconfident.com
to book your bikeability cycle training or call: 020 3031 6730

TRANSPORT

BUS, TRAM, TUBE, DLR, RIVER SERVICES AND LONDON OVERGROUND



Travelling around London is really easy, especially when you use TfL's Journey Planner. Just visit

www.tfl.gov.uk/journeyplanner

WHY USE PUBLIC TRANSPORT?

Remember even if you have free travel, remember your heart is healthier if you walk a bit everyday.

If you have lost or have had your oyster card stolen please call

0343 222 1234

<https://photocard.tfl.gov.uk/tfl/goToLostStolenCommonQuestions.do>

Free for young people aged up to 16 yrs, in education and living in London!

- Free travel on buses and trams
- Child rate on Tube, DLR, London Overground, TfL Rail, Emirates Air Line and most National Rail services in London
- Half adult rate on Thames Clipper River Bus services
- Independence
- Public transport helps reduce air pollution in the capital. Think how many cars would be needed for a bus full of people.

Download the app



change
4 life

www.arrivabus.co.uk/travel-help-and-accessibility/arriva-bus-app/

T

Touch in, touch out!

Your Zip Oyster card is worth £9,000 if you use it from age 11 up to 18yrs, just to get to school and back.

You must always touch in and out on the buses, tubes, trams, overground services and DLR on the yellow car reader with your oyster card to make sure you keep getting your free travel.

You are tracked every time you touch in, a computer records which bus you have used.

If you forget or you do not see the green light you may have to pay a fine or even your Zip Oyster card may be taken away.

DID YOU KNOW

It takes 40 cars to transport the same amount of people as one double decker bus!

CCTV

There are 16 CCTV cameras on all London buses, as well as at bus, Tube, DLR and London Overground stations



APPLYING FOR YOUR ZIP OYSTER.



As a person under the age of 16 you are entitled to a free Zip Oyster Card from TfL. This is a photocard that will allow you to travel on any mode of London's public transport services for free.

To apply for your card you will need to be aged 11-15 and apply on TfL's website with

your parent or guardian.

Visit www.tfl.gov.uk/tickets

Download the form, complete it and along with your parent or guardian's I.D. and proof of your age post it back to TfL. Make sure you apply with plenty of time to spare, as most of your fellow students will be applying around the same time.

DO YOU KNOW WHERE YOU ARE?



What to do if you get lost...

London is one of the world's biggest and busiest cities, it is a very easy place to lose your bearings in and all of us find ourselves getting a little bit lost every now and again. The first thing to remember is not to panic, look for help from uniformed Transport for London staff or a police officer. Do not go anywhere with people you do not know, strangers do not wear a label to warn you.



TAKING A TUBE, TRAIN OR TRAM

Most of you will know how to use these methods of transport, but it is still worth taking a few minutes to remind yourself of a few safety tips and info that might make your life easier whilst travelling.

Always make sure you wait behind the yellow lines at the stations and try and stay in well-lit areas with plenty of people around.

You should always try to pick a carriage that is busy, but remember to look after your things and don't flash any valuables around.

If at any point you feel uncomfortable or worried, remember there is CCTV all around and always a member of staff or the British Transport Police to help you or answer any questions you may have. If you can't see any of these people and need help immediately you can press the assistance button or sound the passenger alarm.



PLAN YOUR TRIP

Always let someone know where you are going, what time you'll be back and the route you're taking. To plan your route, visit TfL's online journey planner www.tfl.gov.uk/journeyplanner



TAKING A WALK

Walking is a very popular way of getting around. It's a healthy and active way to start and finish your day which means you can get and stay fit and be wide awake by the time you get to school.

Walking is often the quickest way of getting around for short journeys, as there is no traffic to contend with.

Other good things about walking are that it's sociable, so you can chat and walk with friends or if you prefer, listen to music. However, always make sure you pay attention to what's going on around you.

Information signs are all rectangular.

Signs with blue circles but no red border mostly give positive instruction.

Warning signs are mostly triangular.

Can you match the road sign with its correct meaning?

A	B	C	D
E	F	G	H

- 1) No cycling
- 2) Segregated pedal cycle and pedestrian route
- 3) School crossing patrol
- 4) Road narrows on both sides
- 5) Slippery road
- 6) Buses and cycles only
- 7) Recommended route for pedal cycles
- 8) Zebra crossing

To find out how you did, check the answers printed running down the side of this page. (No cheating!)

TAKING A BUS



The same rule applies to bus stops, always try to stay in a well-lit area whilst you wait for your bus. If you are travelling in the dark try and go with friends or arrange for someone to come and meet you if you have a long walk home. Remember Buses now have CCTV cameras on board.



Don't know!

Which way?

GETTING AROUND

STREET SAFE

See if you can pass the test and get to school safely...

Start

2

You are walking to school with a group of friends one of them has ear phones in and isn't paying much attention, what do you do?

- a) Just keep an eye on them
- b) Ask if you can listen too
- c) Tell them to either turn down their music or turn it off and pay more attention.

4

If your friends teased you about wearing a cycling helmet would you:

- a) Wear it anyway, your safety is more important than their childish teasing
- b) Stop wearing it
- c) Only wear it when you are not with your friends.

So how did you do?

You can find the answers printed down the edge of this page.

1

You are waiting for your bus, which is 5 minutes late and it is getting dark, what do you do?

- a) Make sure you stand under the street lamp and wait patiently
- b) Get out your phone and check the App to see when it will arrive
- c) Start walking, it's only 40 minutes to your destination.

3

If someone on the bus started causing trouble with you what should you do:

- a) Fight them
- b) Pull the passenger alarm to alert the driver
- c) Start shouting.

5

If you approach the train crossing and the lights have only just started flashing would you:

- a) Make a quick dash across the tracks
- b) Slowly walk across, the lights flash for a while so you'll have plenty of time
- c) Wait until the barriers came down, the train has passed and the barriers are raised before you cross.

MAPS

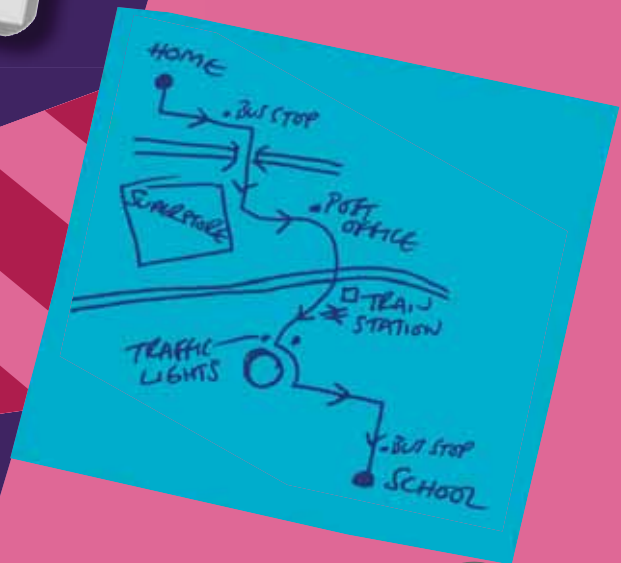
With the introduction of satellite navigation, other online route finding devices and Apps many of us have never learnt how to read a map. It's important to have as a skill in case you get lost and don't have access to any other way of finding directions.

Maps have scales on them which will give you an idea of the distance you are travelling.

Look at a map of your local area and see if you can find something interesting you haven't seen and then plan a route to visit - this way maps can be fun.

Haringey Maps is our new interactive service. You can now you find your nearest GP, leisure centre, schools, libraries, parks and much more. New features include: distance measuring and 'drag and drop' map controls.

maps.haringey.gov.uk/LBHinternet/i4lg/pages/main/main.jsp



The Easy Way:

TfL's Journey Planner is a great and quick resource to help you plan any journey no matter what mode of transport you want to use.

Visit www.tfl.gov.uk/journeyplanner and input your information to get the best route in literally seconds. www.countdown.tfl.gov.uk is another great resource that lets you see a live timetable for all buses.





FOLLOW THE RULES!

It is TfL's job to make sure that all London's public transport is safe and reliable. They work with a number of different authorities to make sure they do the best possible job, including the British Transport Police, Metropolitan Police and City of London Police and Safer Transport Teams.

There are a number of things that are being done to make transport even safer in London:

CCTV

Is present at all stations and on buses, this helps catch any people that behave badly and also acts as a deterrent for any anti social behaviour.

Help points

These are dedicated places available to passengers at bus, train and tram stations as well as on the trains so you can ask important questions. There are also alarms for emergencies.

Revenue Inspectors

These are people of authority who check there is no one behaving badly and make sure everyone has a valid ticket.

Patrolling the Network

There are over 2,500 police officers present all over the transport network.

What do Transport Police Teams do?

Officers are here to reassure you, making you feel safer when using public transport. They tackle issues around crime and anti-social behaviour, which are important.

You have the right to travel on public transport without feeling worried or scared.



POLICING!

Police Officers are around everywhere you go on London Transport services - they are there to help with and listen to any concerns you may have and of course catch any baddies!

Reporting a crime

If you ever are unfortunate enough to witness a crime or become a victim of crime, do not stay quiet. Make sure you alert the police or a member of transport staff as soon as you can and make a report so that the offender can be caught.

If you are worried about talking to the police for any reason you can always call Crimestoppers anonymously on 0800 555 111.

If the crime does not warrant a 999 call you can always find your local policing team by visiting www.met.police.uk or www.btp.police.uk





Anti-social behaviour is not cool:

You could lose your zip oyster card and right to free travel if you do not behave properly, so remember these TfL rules when using public transport.

No playing loud music, no smoking or drinking alcohol (both illegal under 18yrs), respect other people on the bus/train/tube and do not graffiti, spoil or damage anything on purpose - even as a dare.



BEST BEHAVIOUR

If you break the behaviour code of your 11-15 Zip Oyster photocard, your concessionary travel could be withdrawn.



TELL SOMEONE

If you are a victim of bullying or have a complaint against the driver or passenger assistant, please report this to your teacher and tell your parents.

Did you know... that some buses are fitted with up to 15 CCTV cameras!

Stop, Look, Listen

Below you can see 15 words that you will need to find in the word search, the words can be found vertically, horizontally or diagonally!

Bus
Bike
Fun
Home
Journey
Pollution
Pupil
School

Station
Safe
Train
Ticket
Trip
Transport
Walking

J	P	F	U	N	S	S	V	B	I	K	E	S
O	I	L	P	V	S	T	A	T	I	O	N	U
U	T	F	O	A	W	A	L	K	I	N	G	S
R	H	E	L	T	C	P	U	P	I	L	O	T
N	O	I	L	L	F	S	C	C	P	S	T	R
E	M	D	U	C	O	O	A	I	U	Y	I	A
Y	E	C	T	L	T	O	R	F	L	D	C	I
G	X	H	I	B	R	T	H	M	E	F	K	N
E	L	B	O	U	I	A	T	C	U	T	E	Y
T	R	A	N	S	P	O	R	T	S	O	T	R

BE SAFE

DID YOU KNOW
Each year around 4,200 children are injured and killed on our roads, make sure you are not included in this statistic.

Always remember the following:

DON'T GET PREOCCUPIED!

- ▶ You should always be aware of your surroundings, so never listen to loud music or answer your phone when travelling, especially when crossing roads
- ▶ Make sure that keeping up with your friends and chatting isn't taking all of your attention.

RISKY BUSINESS

- ▶ Always try and cross the road somewhere where drivers can easily see you
- ▶ Avoid crossing roads when there are buses and lorries about, as the drivers can't always see the whole way around the vehicle
- ▶ Be especially cautious when weather conditions are poor or it is dark as this will make it more difficult for drivers to see you.

BE AWARE

- ▶ Keep your eyes open and look all around before crossing
- ▶ Listen for vehicles, but be aware some are almost silent so always double check
- ▶ Always double and triple check before stepping into the road.

ATTENTION

- ▶ Always continue checking the road for any activity even when you are on it
- ▶ Try and make eye contact with drivers to ensure they've seen you; it doesn't always work but may help
- ▶ Always walk and never run across roads, you don't want to trip! Make sure you use crossings wherever possible.

NO PUSHING

KEEP CONTROL

- ▶ Bus stops and stations have the potential to be hazardous places especially when busy. Stay calm and don't get involved with any pushing or shoving that might be going on
- ▶ Always hold on or sit down when possible in moving vehicles.

PHONE FRENZY

Mobiles are a great way to stay in touch with friends and family, play games and search the internet but they really can provide a lifeline if you are in trouble. The downside is that mobile phones are an easy target for opportunistic thieves, police even suggest getting older models that won't be so appealing.



DON'T CARRY YOUR PHONE WHERE IT CAN EASILY BE SEEN!

BULLYING

Lots of people experience bullying in their lives and it is nothing to be ashamed of. The move to your new school will mean you are exposed to a much bigger range of people and you may not always get on with everyone. The important thing to remember is that you should never put up with it, always tell someone. If you need any advice or help contact:

www.childline.org.uk
www.kidscape.org.uk
www.bullying.co.uk



INCOMING CALL...

Bullying by phone can be a horrible experience if you are on the receiving end. Anonymous calls and nasty text messages at all hours; again the key is to not put up with it. Tell an adult you trust and remember no one deserves to be bullied and it is definitely not your fault. Call Childline free on 0800 1111 or visit www.childline.org.uk or www.stoptextbullying.com



LEARN MORE ABOUT YOUR BOROUGH

Why not visit the Haringey website for more useful information. Also find out what's happening in your borough.



GET ONLINE...
www.haringey.gov.uk/smartertravel

For more information:
Smarter Travel, London Borough of Haringey
Phone: 020 8489 5351
Email: smarter.travel@haringey.gov.uk
Website: www.haringey.gov.uk/smartertravel