



List of Activities

TO REPORT YOUR ACTIVITIES, [GO HERE](#)

BRING A BICYCLING PRESENTATION TO YOUR SCHOOL

[Local Motion's Everyday Bicycling Program](#) is a suite of workshops that are inclusive and accessible to be as inviting as possible for anyone who is interested in bicycling more. Local Motion's workshop leaders are all experienced transportation bicycle riders who work hard to create a welcoming and inspiring atmosphere that recognizes that everyone will engage in bicycling at their own levels.

We offer workshops for people of all ages (including school groups). There is no limit on the number or content of workshops Local Motion can bring to your school.

You can also get credit for hosting another organization's bicycling presentation.

RUN A BIKE SAFETY PROGRAM AT YOUR SCHOOL

Bring Local Motion's Bike Smart program to your school! [Local Motion's Bike Smart](#) program includes a 20' trailer with everything you need to run a bike skills training program, including bikes and helmets, which is accompanied by a games-based bike skills curriculum.

This program is free for all Vermont schools. Slots are limited

You can run your own program, and receive credit as well

BIKE TO SCHOOL DAY

Schools encourage students and staff to bike to school, aiming for 100% participation, but any participation is considered a success.

Note: Schools generally give participants the option to walk and use scooters as well as using bikes.

CARPOOL DAY

Run an event at your school where you encourage families and co-workers to carpool to school on a certain day (or days!)

Note: Great for rural schools!

INCORPORATE TRANSPORTATION INTO YOUR CURRICULUM

Contact Vermont Energy Education Program (VEEP) to get support for adding sustainable transportation to the curriculum, or create your own curriculum sequence on sustainable transportation.

VEEP has curriculum resources available on its website and is also available to consult with teachers or students on transportation curriculum, personalized learning, or projects.

DATA COLLECTION

NOTE: This section is ONLY for reporting how your students get to work on a NON-EVENT day (i.e. a "regular day with no special events happening").

We want to know if your students' travel behavior has changed over time!

Capture data on all the different ways your school community gets to and/or from school in the Fall, and again in the Spring, to help identify any transportation behavior changes in your school.

Data collection needs to be performed during a regular (non-event) week at school. Count how students and staff travel to (or from) school for 2-3 days near the time you first sign up for Way to Go!, and again for 2-3 days of similar weather when the challenge is wrapping up.

Note: This is a great way to engage volunteers and students!

Data Collection Form

- Create an account (it's free and easy).
- If your school is already on the list, and you don't have access, e-mail education@localmotion.org to get access.
- You can create an electronic form (for help, e-mail education@localmotion.org for assistance).

Or you can utilize this form

- Two or three days' worth of data is best.
- Please collect data on two or three of these days: Tuesday, Wednesday, Thursday.
- Please choose days that don't have special Way to Go! events scheduled
- Each classroom should receive this tally.
- Enter the data (if using a paper form) on saferoutesdata.org, or send scanned forms to education@localmotion.org to enter data.

DESIGN YOUR OWN

The sky is the limit! If it is sustainable-transportation related, we already love it!

PARK AND WALK DAY

Everyone parks at a location that is along a safe route to school, and families, co-workers and students all walk together the rest of the way to school.

Note: Great for rural schools!

PARK(ING) DAY

What is PARK(ing) Day? It's a day when people put a temporary mini-park in a parking spot instead of a car! It's a fun way to demonstrate how much of our land is taken up by cars!

PARK(ing) Day (Vermont) is scheduled for 5/16, but you can run the event on any day that works for your school.

How it works

1. Talk to your principal/school administration and get permission for the event and work with them on the logistics, safety and location at least a few weeks in advance. (Preference is for high-visibility locations that are also safe)
2. Once you have chosen your location (at least one, and hopefully many! parking spots), have people sign up for their own "mini-park" and let them come up with their own fun themes for their park.
3. On the day you've chosen for your PARK(ing) Day, have people start setting up their mini-parks in their designated PARK(ing) spot. Ideally, the mini-parks will be set up all day, but even just a half-hour of mini-park enjoyment is a great way to show how our land could be used in many different ways for our community.
4. Make it fun! Have a party! This is meant to be a light-hearted playful event!

ADDITIONAL RESOURCES: [PARK\(ing\) Day Manual](#)

While this manual is for the use of a metered parking spot, you can use a lot of the same tips for decorating your parking lot spot!




PROMOTE GO!VERMONT APP

Share the [Go!Vermont App](#) with families and staff!

Go! Vermont is a resource for finding greener travel options like carpool, vanpool, bus, bike or telecommute. You can also track your greener trips with Go! Vermont and earn rewards.

[Join today](#). It's easy and free!

How It Works

Take Greener Trips  Telecommute from home, bike to a friend's house, take transit, or carpool with other Go! Vermont members. Just don't drive by yourself.	Record Your Trips  Record your greener trips in your Go! Vermont account and track the money you save, the emissions you prevent, and your Go! Vermont points.	Get Rewards  Redeem your points for restaurant coupons, retailer discounts, and tickets to shows & attractions. It's free and easy to do, so join today .
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Looking for an e-mail template to send out to your coworkers to promote the Go!Vermont app? We've got one! [Go!Vermont Sample E-mail Template](#).

PROMOTE VT WALK/BIKE CHALLENGE

Grab your bike, boots, or shoes and participate in the [Vermont Bike-Walk Challenge](#) to win prizes, save money, feel healthier, and cut pollution! This challenge happens at least twice per year through the [Go! Vermont smartphone app](#). Once you record the minimum number of biking or walking commutes, you'll be eligible to win prizes! Once you're using the Go! Vermont app, you will automatically be entered into the Challenge when it begins. You'll receive a message before the challenge starts as a heads-up, plus you'll get a message once you record the minimum number of commutes in the Challenge to be eligible for prizes! Want to get more comfortable biking? Join us for an [Everyday Biking workshop!](#) Or click here for some great [videos](#).

Here's how to join the Challenge:

- Download the "Go! Vermont" app to your smartphone (Search for "Go! Vermont" in the Apple App Store or Google Play) – or – click here and hit the "join" button to track trips online without a smartphone
- Complete your profile in the app or on the website
- Get biking, walking, or running and record your commutes!

Vermont Walk/Bike Challenge: every day in May

Record at least 12 bike, walk, or run commutes during the month of May to be eligible to win prizes from Local Motion and businesses around Vermont! Eligible participants will be randomly chosen and notified of their prize by mid-June.

Share the [Go!Vermont App](#) with families and staff!

Go! Vermont is a resource for finding greener travel options like carpool, vanpool, bus, bike or telecommute. You can also track your greener trips with Go! Vermont and earn rewards. Join today. It's easy and free!

PROMOTE WINTER WALK/BIKE CHALLENGE

Get your bike, boots, or shoes ready!

Ride a bike or walk for your commute (or part of it) at least two times between February 10th and 21st and become eligible for great prizes from Local Motion and partners!

Record at least two commutes under the modes "Bike," "Walk," or "Multi" in the [Go! Vermont smartphone app](#) between February 10th and 21st to be eligible to win prizes. These trips should not be recreational in nature. Prize winners will be chosen randomly from all challenge participants who record at least two trips during the Challenge. All participants are eligible for each prize, and participants can win multiple prizes.

Prizes include \$25 gift cards to amazing Vermont businesses like Darn Tough Socks, Outdoor Gear Exchange, Gardener's Supply, and Skinny Pancake, as well as season passes to the Local Motion Bike Ferry!

WATCH A WEBINAR

We've got two webinars you can watch! They are about 45 minutes long, and packed with lots of good information!

Go here to obtain the webinar links: [Webinar Form](#)

RIDE THE BUS DAY

Schools encourage all students who are eligible, to take the bus to school. Students who are not eligible for bus pick-up should walk, carpool or bike to school.

Note: Schools can add an additional challenge for students and staff to take public transportation if it is available in your region.

RESOURCES FOR RIDE THE BUS DAY

We've got some posters and social media posts you can use to promote your event!

- [Bus Week Poster](#)
- ["Coming Soon" Bus Week Social Media Post](#)
- [Bus Week Social Media Post](#)

RECURRING EVENTS

These are events that you run regularly at your school (ex: Walking Wednesdays).

You can also get Recurring Event points if you bring Vermont Energy Education Program (VEEP) (or another sustainable transportation curriculum) to more than one class at your school.

SCHOOL TRAVEL PLAN

What is a School Travel Plan?

A School Travel Plan is a written document that outlines a school and community's intentions for enabling students to walk or bike to and from school. It is developed through a team-based approach that involves the school, experts, and often, members of the public. The team works together to identify barriers to walking and biking and develops strategies to address them. [Learn more here.](#)

You have FOUR ways to earn points through a School Travel Plan:

1. Creating a new School Travel Plan
 - We'll help provide you with information and connect you with experts to maximize the success of your plan
2. Having an existing School Travel Plan
 - Your school did all of that work, so you should get credit for it!
3. Utilizing your existing School Travel Plan
 - Sometimes those plans get created, and then end up on the shelf, gathering dust. Utilizing your travel plan to inform your Safe Routes to School or Way to Go! work will also earn you points.
4. Updating your existing School Travel Plan
 - A quick review of your school travel plan may reveal that you've achieved a lot of your previous goals, or that the infrastructure situation around your school has changed, or you may have new, exciting goals for your school.
 - We'll connect you with support and experts to help you update your travel plan!

WALK OR BIKE TO A FIELD TRIP

Do you have a great field trip location near your school? Perhaps your school is located near a farm, another local business, a park, etc? Walking or biking with your students to that field trip location is a great way to encourage healthy habits, as well as saving money on transportation costs for the field trip!

Note: Great for rural schools!

WALK TO SCHOOL DAY

You can run this event anytime during the school year that works for you.

Schools encourage students and staff to walk to school, aiming for 100% participation, but any participation counts as success.

WINTER WALK TO SCHOOL DAY

Promote year-round healthy habits! It's a great way to get kids to try being outdoors even when it's cold!

Note: We'll also provide special incentives to help motivate your students (like hot chocolate or other goodies!)

PROMOTE ACTIVE TRANSPORTATION TO STAFF

Send out an e-mail to your coworkers providing resources to promote or encourage active transportation. [Go here for a sample e-mail](#) to send to your coworkers.

One resource is through earning credit at VEHI PATHpoints--specifically, the "Keeping Fit and/or Adventure" by recording walking and biking in their PATH account Progress Log. Visit www.tomypath.com to login or create your PATH account. Click "contact us" for further guidance.

SHARE YOUR STORIES

We want to see what you and your school have been doing! Send us your stories (with photos!) of your sustainable transportation successes! We want all of your great stories about getting kids and their families to use sustainable transportation to get around.

How it works:

1. Write a paragraph (or two) about your success story (including what you did, when you did it, and any interesting facts that might inspire or engage people)
2. Find some photos associated with your event
3. E-mail them to info@waytogovt.org
4. Repeat!