

Companion:

- Is an adult who takes two or more children to school.
- Parents or other resource persons locally (pensioners etc.) can take part.
- This means that busy parents only have to take the children to school once a week instead of five times. You will also be together with the children in a more active way, rather than sitting passively in the back seat of a car.
- "Companion" is a safe, secure and eco-friendly way of taking your child to school. Even walking part of the way is better than not walking at all.

Companion Oslo (Følgesvenn Oslo) to encourage children to walk to school at www.folgesvenn.no



Links to useful websites:

- Active schoolchildren, a cooperation between The Social and Health Department, The National Highway Authority, The Police and "Trygg Trafikk" Road Safety Institute at www.aktiveskolebarn.no
- "The Walking Bus" from Fredrikstad at www.gaabuss.no
- The Stabekk Project, Stabekk school in association with Trygg Trafikk at www.stabekkskole.no
- 1-2-30, a cooperation between 8 National Government Departments to get people in motion at www.1-2-30.no
- The National Association for the promotion of Physical Activity in Schools (LFF) has distance Certificates for walking, cycling and skiing at www.lff.no
- The National Association of Cyclists, information to adults and children at www.slf.no
- "I walk to school" is an international movement to get more children to walk to school at www.iwalktoschool.org
- Trygg Trafikk, traffic safety at www.tryggtrafikk.no
- The National Highways Authority at www.vegvesen.no
- Miljøagentene, children's own environment site at www.miljoagentene.no
- Grønn Hverdag environmental information for daily life at www.gronnhverdag.no
- Website with advice on practical climate measures at www.klimatiltak.no



Walk, don't drive!



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Engelsk

Traffic Safety

- Safer journey to school
- Pedestrian/bicycle instruction
- High visibility vests
- Cycle helmets



Did you know that?

- The use of high visibility vest has sunk drastically over the last few years
- There is a special "be seen day" each autumn
- Only 15 of 202 persons injured in traffic accidents in 2004 used a helmet
- A car travelling at 30 kph. needs 13 metres to stop
- 43% of Norwegian children are driven to school
- 66% of Norwegian children live within 2 km of school

Health

- Physical activity
- Gives you surplus energy
- Socially inclusive and fun
- Gives you a sense of achievement



Did you know that?

- The "Walk-to-school-day" is 18. October
- Road traffic is the main cause of air pollution
- Physical activity is important for a child's growth and development
- All children and youths ought to be physically active at least 60 minutes each day

**Knowledge + skills
= attitudes**

The Environment

- Fewer cars - saves energy
- Eco-friendly - less pollution
- Reduces CO2 emissions
- Fresh air



Did you know that?

- a quarter of Norway's climate pollution comes from the transport sector, incl. Cars
- There is a "Leave your car at home day" on 22. September
- More than half of all daily journeys are less than 5 km. long.