



Walk Around the World

Achieve an active transportation goal

Although you likely never leave town on most of your walking journeys, the impact of your transportation choice is global. By choosing active transportation you are increasing your own fitness, while at the same time making the world healthier by preventing pollution. In your iwalk club package you received a Walk Around the World poster. Below are suggestions on how to use this poster to help students visualize their impacts, track their participation and success, and motivate continued participation.



Suggested Class activities: Measure how many Eiffel Towers (1,665 steps) your class climbs during a gym class stair climb. How many Leaning Towers of Pisa did you climb?

Suggested School Walk Activities: Determine how many trips up and down Mt. Everest your school made during your school's Terry Fox run or Arthritis Walk. Or see how many marathons you walked/ran collectively.



Suggested Year Long Activities: Pick a landmark on the map. Make a class (or grade or school) goal of walking there over the course of the year. Keep track of how many kilometres each member of **the iwalk club** walks to and from school and during in-school activities and total them up each month to show students how far they have travelled. Try walking the length of the Great Wall of China, across the Sahara desert, along the Suez Canal or the Amazon.

Below is a table detailing distances between various landmarks on the Walk Around the World poster and the amount of CO₂ (carbon dioxide) emissions that are being prevented by choosing active transportation instead of driving.

	Eiffel Tower	Great Pyramid, Egypt	CN Tower	Taj Mahal, India
Eiffel Tower	-	3,690km / 531 kg CO ₂	6,900 km / 994 kg CO ₂	7,740 km / 1115 kg CO ₂
Great Pyramid, Egypt	3,690 km/ 531 kg CO ₂	-	10,600 km / 1526 kg CO ₂	5,200 km / 748.8 kg CO ₂
CN Tower	6,900 km / 994 kg CO ₂	10,600 km / 1526 kg CO ₂	-	13,600 km / 1,958 kg CO ₂
Taj Mahal, India	7,740 km / 1115 kg CO ₂	5,200 km / 748.8 kg CO ₂	13,600 km / 1,958 kg CO ₂	-

These distances were calculated using www.webflyer.com - use this site to calculate distances between other cities around the world. Note: cities must have airports. The CO₂ emissions are calculated assuming 2.4 kg of CO₂ released per litre of gasoline and a gas mileage of 6 L/100 km.

This resource was produced for **the iwalk club**, an initiative of Green Communities | Active and Safe Routes to School