



Let's get moving this Walktober!

Get moving for our wellbeing, our community and our planet

My Walktober Journey Report

Whether you are trying a new way of travelling for the first time or your journey is active and sustainable on most days - we want to hear about it!

Your journey report could inspire others to give a more active and cleaner journey a go!



For the latest active travel news, like and follow

f @myjourneyhants

@myjourneyhampshire

X @MyJourneyHants

myjourneyhampshire.com/walktober

What is an active and sustainable journey?

An active and sustainable journey is a way of travelling that is physically active - like walking, wheeling, scooting or cycling - and has a lower impact on our environment. This can also include catching the bus, taking the train, lift sharing and using Park and Stride.

What should I include in my journey report?

- How you travelled – walking, wheeling, scooting, cycling, bus, train or using Park and Stride.
- Is it different to your usual way of travelling? If so, what did you enjoy about it and describe how it makes you feel?
- Or if you travel that way most days, tell us what you love about your journey and how it makes you feel.
- Any tips you would give others who would like their journeys to be more active and sustainable, especially if you came across any challenges.

How can I present my journey report?

- Write a report.
- Create a poem or a rap to describe your active journey.
- Draw your journey in pictures or draw a map.
- Make a collage of photos.
- Make a voice recording like a news report, diary, blog or podcast!
- Make a video report of your journey with a commentary.
- Create a PowerPoint presentation.

You can be as creative as you like! This will form your pupil competition entry.



For the latest active travel news, like and follow

f @myjourneyhants

@myjourneyhampshire

X @MyJourneyHants

myjourneyhampshire.com/walktober

How will I inspire others?

Sharing your experience of active and sustainable travel - and the benefits to you and the environment - could encourage others who usually travel by car to make a change. Here are some ideas of individual, class or school activities you could include in your report:

- Walked or wheeled to/from school for the first time.
- Swapped the car for the bike or bus.
- Located and used a Park and Stride.
- Helped set up a Park and Stride!
- Encouraged your school transport to switch engines off when stopped.
- Took part in a road safety walk or wheeling trip.
- Walked, wheeled or used public transport on a school trip.
- Joined a car free day or week.
- Been dropped at a friend's house and walked or wheeled from there.
- Found friends to lift share with.
- Used a friend's driveway and walked or wheeled the rest.
- Chose active travel for leisure – perhaps going to the shops or a club.
- Tried a more unusual way to travel such as a cargo bike, tag-along, recumbent bike, tandem, skateboard, ferry or running.
- You can also tell us about your adult(s) active and sustainable journeys!

Please do also tell us about active journey activities that may not be on this list!

How to enter the competition:

Submit your entry by Friday 7th November 2025.

Ask your parent or carer to visit myjourneyhampshire.com/walktober for competition details or drop a copy to your school's collection point if they have one available.

Please do not use any images which include identifiable people.

If you are submitting a written report, poem, drawing etc you could use our editable competition entry form, for the form see: myjourneyhampshire.com/walktober

You can also do this on your own paper if you prefer and use continuation sheets, just remember to add your name, age and school to each page!

For the latest active travel news, like and follow
f @myjourneyhants

@myjourneyhampshire

X @MyJourneyHants

myjourneyhampshire.com/walktober