

STAY ACTIVE WITH SUSTRANS

WEEK 3: VIEW FROM YOUR WINDOW



The Challenge

Send 30 second video of a poem, story or drawing about the view from your window. How does it make you feel? What do you like/dislike?

How to stand out

We're looking for engaging descriptions, drawings, poems or stories of the view. It's good if you can explain why you like or dislike certain things, too. The challenge is all about being creative with what you can see from your window.

How to enter

- Upload your video to Facebook or Twitter using the hashtag #SustransActiveLondon
- If you don't have Facebook or Twitter, send your video to BikeItPlusLondon@sustrans.org.uk
- Please see our [website](#) and read our Terms and Conditions for more details.

Deadline

Send your video to us by **Wednesday 20th May** to be in with a chance of winning a bike or scooter.

What happens if I win?

- We will let the winner know on **Thursday 21st May**. We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter @SustransLondon

What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 20th May.

DID YOU KNOW...



If your window faces South, it will get the more sunlight during the day than any other direction.



In the 1600s, only the richest people had glass windows. They were a luxury.



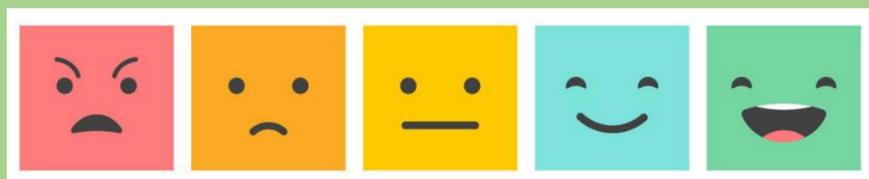
SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



[#stayactivewithsustranslondon](#)

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey