

# STAY ACTIVE WITH SUSTRANS

## WEEK 10: LOVE YOUR JOURNEY

# GOLD EDITION

To mark the 10<sup>th</sup> week of Stay Active With Sustrans, we're holding a special Gold Edition challenge. Everyone who takes part wins something and you're in with the chance to star in a Sustrans video!

### The Challenge

Sustrans is creating a brand new video called 'Love Your Journey' and we want YOU to be the stars.

Love Your Journey will look at how life slowed down during lockdown, enabling us to appreciate the world around us a little more and to savour our journeys. We will think about how we can keep enjoying our journeys, even when lockdown is lifted!

### What you should do:

We're looking for videos which show how your journeys changed during lockdown.

When the rush of London stopped, did your journeys become more calm? Did you get more time to enjoy nature, to look up at the trees and birds? Did you discover new places? Did you begin to use a bike or a scooter more often? Did you get more time to talk with your family as you walked to the park?

You can send clips of you walking, cycling, running, wheeling, scooting, skipping. Show us your favourite trees, your favourite sights. There's no limit to what you can submit, so long as it shows you enjoying your journey. This week, there's no time limit either. So get creative!

In your video, **there's no need to have a script or to speak** because there will be music and a voiceover, so we want you to be creative and show us instead!

### DID YOU KNOW...



During lockdown, cycling levels rose by 300% on some days!



Spending time in nature has been shown to be good for mental health.

We recommend you watch [this video](#) for examples of what we are looking for, to make sure your video gets included!



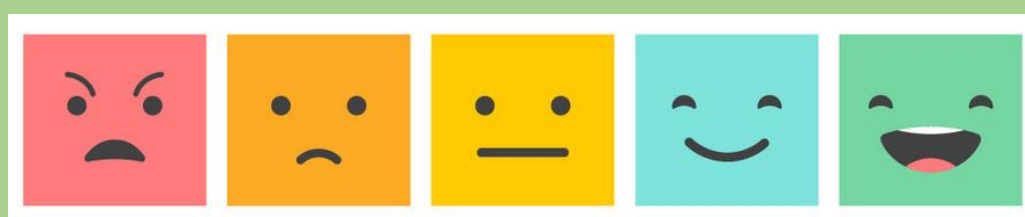
## SHARE YOUR CLIPS!

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#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey



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### What happens if I win?

This week's challenge is especially exciting because everyone wins something! We hope to include as many of your clips as possible in our 'Love Your Journey' video. So long as you follow the instructions on the previous page and check out [our video](#) for examples, you're likely to make the cut.

Everyone who stars in the video will receive a Sustrans goodie bag. Everyone who takes part, regardless of whether you make the cut, will get a certificate.

There will still be an overall winner of this week's challenge. That winner will receive a brand new bike or scooter.

We will contact all entrants individually to let you know the outcome.

### How to stand out

We're looking for you to capture the mood of your lockdown journeys, whether that be calm, exciting or full of wonder. We'd love to see good camera angles and artistic shots but mostly we are looking for something that is meaningful to you.

### How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to [BikeltPlusLondon@sustrans.org.uk](mailto:BikeltPlusLondon@sustrans.org.uk)
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please include your written consent for us to use your content in our 'Love Your Journey' video.
- Please see our [website](#) and read our Terms and Conditions for more details.

**Please include your written consent for us to use your content in our 'Love Your Journey' video.**

### Deadline

Parents/carers – upload or send the video to us by **Wednesday 15<sup>th</sup> July** to be in with a chance of winning a bike or scooter.



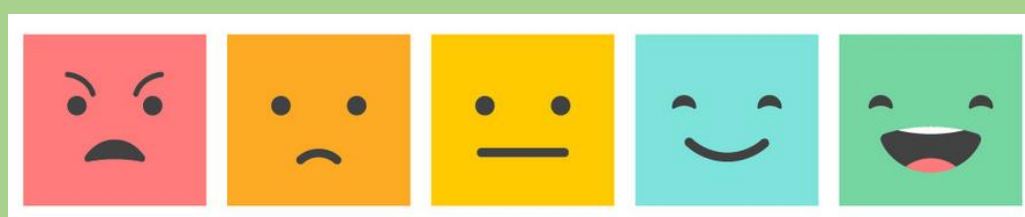
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