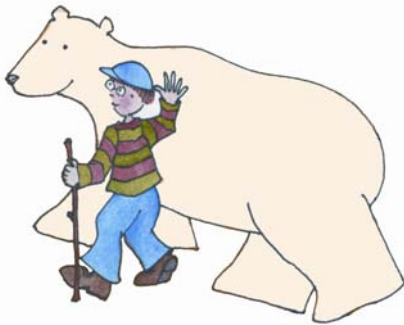


Chart your Course Around the World



So.....you've decided to walk around the world. Here are some hints on how you can track your journey and help students visualize their impacts, track their participation and success, and motivate continued participation.

Step 1: Select your goal destination. Depending on the size of your class/school and the time available to participate your goal could be to walk to a Canadian destination, a place you are studying in geography such as Ayers Rock or the Leaning Tower of Pisa, or to complete the ultimate challenge of walking around the world.



Step 2: Measure distance walked. Have each student measure the distance from their home to school using a meter roller, a pedometer or by recoding the time it takes to walk home multiplied by the distance each student walks in 1 minute. Or use our data; the average distance an Ontario student walks to an elementary school (each way) is 0.5 km.

Step 3: Chart your progress. Record distances walked on a chart or periodically tally walks recorded on student's IWALK Club cards (multiply each walk by the distance walked). Have a student add up class totals weekly or monthly and mark your progress on a map. Remember.....walk the distance from your school to Toronto first, (use a map of Ontario to help you) add that distance to those on the chart below. Contact us for a copy of our Cross Canada Walking Poster.

Ideas for destinations include:

	Iqaluit, Nunavut	Rio De Janeiro, Brazil	Leaning Tower of Pisa	Ayers Rock, Australia	Moosonee, Ontario	Around the world (equator)
Distance in km between various destinations and Toronto	2,330 km	8270 km	6,840 km	16,300 km	848 km	40,076 km
CO ₂ Emissions between Toronto and various destinations	336 kg CO₂	1,191 kg CO₂	985 kg CO₂	2,347 kg CO₂	122 kg CO₂	5771 kg CO₂

These distances were calculated using www.webflyer.com -use this site to calculate distances between other cities to select different destinations or routes (Note cities must have airports). The CO₂ emissions are calculated assuming 2.4 kg of CO₂ is 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

