

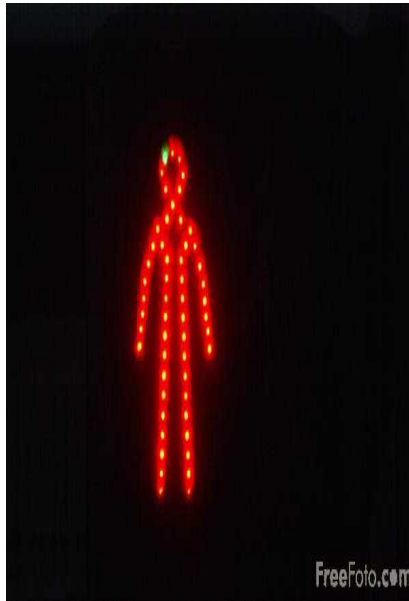


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Worksheet 1: Creating a persona

Job

free time



Appearance

Where he/she cycles

Why he/she cycles

Problems he/she faces when cycling

Worksheet 2: Cut up one set for each group of students. They divide them into two groups: 'good things about cycling' and 'bad things about cycling.'

<p>If you ride a bicycle you don't use petrol or other fossil fuels, so you are not emitting carbon dioxide into the atmosphere and contributing to climate change. Ride on!</p>	<p>Cycling in the rain is not many people's idea of a good time. You get wet, dirty, and cold. Not a good way to arrive anywhere!</p>
<p>We all know cycling is great exercise. As one doctor told me, in his experience the longest living people are ballroom dancers and cyclists.</p>	<p>A bicycle is easy to steal. Even with the best lock, you might go back to find your bike only to find its gone</p>
<p>It is hard to know what makes cycling so enjoyable. Maybe the combination of fresh air, the smooth motion and the exercise. Anyway, you soon realise why people get obsessed!</p>	<p>Sadly many people don't cycle because it's dangerous. Outside Amsterdam or Copenhagen, road systems often aren't designed with cyclists in mind. Car drivers go too fast, or aren't properly trained how to share the roads with cyclists.</p>
<p>Look how cars have taken over our cities. The poisonous fumes, the aggressive speed of these machines endangering our lives, the traffic jams; wouldn't our cities be better places if we replaced the cars with bicycles?</p>	<p>Not all cities have cycling facilities like cycle paths and secure bicycle parking. This can make life very difficult for cyclists.</p>
<p>On a bicycle you don't get stuck in traffic jams. Much of the time a bicycle is a much quicker way to cross a city than almost all other forms of transport.</p>	<p>Cyclists are exposed to the pollution from all the cars, buses and lorries on the road, and this can take the pleasure out of cycling.</p>

Worksheet 3: What could you do to reduce your emissions?

Ask questions around the class.

Would you be able to?

	my answers	Name:
cycle to work instead of driving		
take public transport instead of driving		
go on holiday by train instead of flying		
grow your own vegetables		
insulate your home		
reduce the amount of meat you eat		
plant a tree		
buy fewer new things		
have the air conditioning on less		
recycle your rubbish		
put solar panels on your roof		
turn your heating down 2 degrees		