



WORLD CAR FREE DAY

Thursday 22
September
2022

**Why is car
free day
important?**

World Car-Free Day is a great opportunity for us to see less car traffic in our local areas, as well as explore other types of transport like walking, cycling and public transport.

Travelling to school or work by cycling or walking is a great opportunity to fit exercise into our day, which helps to improve our physical and mental health.

The single greatest cause of air pollution in London is polluting vehicles.

Air pollution can increase the risk of asthma attacks and the risk of having a stroke and heart disease in the future

Car emissions include greenhouse gases which contribute to climate change. Global warming damages the environment leading to more extreme weather such as heatwaves and flooding.

What will you do this World Car Free day?

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