



Active Travel Step Challenge



Comprehensive Information & Rules Guide:

Organised by:

Academy of the Near Future Youth Advisory Panel

Academy of the Near Future is a smart city education programme funded in collaboration by CONNECT Research Centre situated in Trinity College Dublin and Dublin City Council

1. What is the Active Travel Step Challenge?

The Active Travel Step Challenge is a friendly competition encouraging Transition Year (TY) students to become more active by walking, cycling or using other forms of physical movement. The goal is to promote healthier lifestyles, environmental awareness and community engagement through active travel.

As part of the Children's Movement Through the City initiative, the Youth Advisory Panel (YAP) supported by the Academy of the Near Future and Dublin City Council (DCC) has created this challenge to help students move more, track their activity and compete in a fun and sustainable way.

2. Duration of the Challenge

- Start Date: 9th November
- End Date: 15th November, 12:00 p.m.

Each TY class will participate separately and their progress will be tracked throughout the week.

3. How It Works

1. Forming Teams:

Each TY class forms one team.

Every class must nominate one team captain to coordinate and submit results.

2. Tracking Steps:

Every student tracks their daily steps using a smartphone, smartwatch or step-counting app (e.g. Apple Health, Google Fit, Fitbit etc.).

3. Reporting Steps:

- At the end of each day (or at the end of the challenge) students share their total step count with their class captain.
- The class captain collects everyone's totals and uploads them to a Google Form provided by the Youth Advisory Panel.
- Screenshots of each participant's step count must be included as proof.

4. Data Collection:

Each captain will also fill out a short survey at the end of the challenge to report:

- Total steps for their class
- Average steps per student
- Screenshots as verification

4. Rules

To ensure fairness and accuracy, the following rules apply:

1. Honesty:

All participants must report their *actual* step counts. Fake or edited screenshots are not allowed.

2. Proof Required:

- Each participant's step count must be backed up with a screenshot from a step-counting app showing the date and total number of steps.
- Screenshots must be genuine and correspond to the challenge week (9–15 November).

3. Team Effort:

- The final result will be based on the average number of steps per student in the class, not the total number.
- This ensures fairness for classes with different numbers of students.

4. No Cheating:

Any signs of false reporting (e.g., manipulated screenshots, using step simulators) will

disqualify the class from the challenge.

5. Team Captain's Role:

- The captain is responsible for collecting accurate step data and submitting it on time.
- Late or incomplete submissions may not be counted.

6. Submission Deadline:

All results must be submitted by 15th November, 12:00 p.m.

5. Evaluation Criteria

The winner will be determined based on the highest average number of steps per person within the challenge period.

- The Youth Advisory Panel will review all submissions and verify screenshots.
- Once verified, results will be final.

6. Announcement of Winners

- The winning class and school will be contacted via email after the results are verified.

7. The Prize

The TY class with the highest average number of steps per person will win a special prize, which will be awarded to their school.

Details about the prize and delivery arrangements will be communicated directly with the winning school's teachers and class captain.

8. Why We're Doing This

The Step Challenge aims to:

- Promote Active Travel - encouraging walking, cycling and other forms of movement as part of daily life.
- Support Health and Well-being - helping students understand the physical and mental benefits of staying active.

- Build Community and Teamwork - motivating students to work together toward a common goal.
- Raise Environmental Awareness - showing that choosing active travel reduces carbon emissions and benefits local communities.

This initiative is designed to be fun, engaging and educational, connecting students to both STEM concepts (through data tracking) and sustainable living.

9. Contact Information

If you have any questions or issues during the challenge, please contact:
Mariana Chihenseck Blanco - mariana@smartdocklands.ie
