



For 26 years the campaign BIKE TO WORK (VI CYKLER TIL ARBEJDE) has encouraged colleagues all over Denmark to use the bike for everyday commuting and transportation. It takes place 1st – 31st of May 2022 and everybody is welcome to bike along!

By using your bike – as opposed to many other means of transportation – you help reducing CO₂ emissions while also doing good to your own physical and mental health. For instance, a single person may reduce CO₂ emissions by 330 kilos per year by biking 6 kilometers back and forth every day. Add to that: that you burn an average of 280 calories per hour. You literally get your exercise done while commuting!

The BIKE TO WORK campaign gives companies and employees a fun incentive to contribute to these positive effects of biking. Team up with your colleagues and bike to work, while competing with teams from other companies.

The idea is to bike to work as many days as possible during the entire month of May. The more biking, the greater chance to win prizes! This year's main prize is an electric bike from Gazelle for everyone on the winning team! The e-bikes are hand-built in the Netherlands and perfect for everyday bike ride. It comes with hydraulic brakes, center engine from Bosch and many other quality components.

We celebrate Denmark's REAL cycling heroes

In May, we celebrate the Danish "Grand Départ" of the Tour de France 2022 with a tribute to all of Denmark's REAL cycling heroes: The everyday commuters that bike to work day after day. Throughout the campaign, we motivate and reward you and your team with trophies and "jerseys" - and you can also win prizes!



HOW TO PARTICIPATE

To join the BIKE TO WORK campaign in May you must enroll with a company team of 2 to 16 participants. The fee is 75 DKK per person. You may encourage your company to cover this.

As a participant you must use your bike as part of the transportation to work. You can combine biking with public transport or even take your car some of the way. You register the number of days you bike on the campaign website and here you can also keep track of the progress of each team. This year it's also possible to register cycling in your spare time in a separate competition. The lucky winners are revealed in the beginning of June.

Sign up at www.vcta.dk

QUESTIONS?

Contact us on tel. 33 32 31 21 (press 3) or vcta@cyklistforbundet.dk