



**For 27 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 1<sup>st</sup> – 31<sup>st</sup> of May 2023 and everybody is welcome to bike along!**

By using your bike – as opposed to many other means of transportation – you help reducing CO<sub>2</sub> emissions while also doing good to your own physical and mental health. For instance, a single person may reduce CO<sub>2</sub> 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.

## 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 80 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. 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](http://www.vcta.dk)

## QUESTIONS?

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

### THE CAMPAIGN SPINS LIKE THIS

- *You and your team bike to work as many days / May as possible.*
- *Every day you bike to work, the team gets one point*
- *All cycle days count no matter how far, fast, or slow you go.*
- *Cycling to the bus or train or just cycling to work and taking the train home also counts.*
- *The more points you and your team have, the greater your chance of winning great prizes.*