

BIKE TO WORK

MAY 2021



For 25 years the campaign BIKE TO WORK has encouraged colleagues all over Denmark to use the bike for everyday commuting and transportation. It takes place 1st – 31st of May 2021.

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 seven gears, hydraulic brakes, and center engine from Bosch.

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. After a tough year in which we have been separated by the corona-pandemic this campaign can be a great way to unite with colleagues. If you are still working from home by the time, we reach May, we will make it possible and fun to attend from your home office.

As a participant you must use your bike as part of the transportation to work. You can combine biking with public transport or even with going by car some of the way. You register the number of days you bike on the campaign website and you can keep track of the progress of each team. 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



The campaign is organized by the Danish Cyclists' Federation. Register and read more on www.vcta.dk