

# Bike to work

## 16<sup>th</sup> edition May-June 2025

"Bike to Work" is a national action that was launched by Pro Vélo in 2005 to promote health in companies. It also allows to reinforce the links between colleagues, to discover another means of transportation to come to work, to take care of one's environment, to change ideas, to reduce stress and decompress, to continue to maintain one's mental and physical shape and to commit oneself to soft mobility.



Our impact in 2024 with few numbers:

<b>32,477</b> kilometers traveled	<b>105</b> colleagues spread across 30 teams	<b>4,677</b> kilograms of CO <sub>2</sub> saved
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Looking for a fun fitness challenge, to build relationships with your colleagues, and to help reduce CO<sub>2</sub> emissions during your commute?

La Mutuelle is pleased to announce that "Bike to Work" operation will take place throughout the months of May and June 2025. Form a team with colleagues, register online, and then use your bike on at least 50 percent of your workdays throughout the "Bike to Work" period.

## Registration:

To participate in "Bike to Work" you must first form a team, if possible, of 4 people, and then choose a funny and original name.

Team members do not need to have the same schedules nor the same route. In addition, one person per team can participate on foot, rollerblades, scooter, or other means. The goal is to cycle at least every other day.

The teams have the choice to participate in this operation during the month(s) of May and/or June.

If you would like to register, here is the procedure to follow, **the registration deadline is 30 April 2025 to participate in May and/or June and 31 May 2025 to participate in June:**

- Click on the following link: <https://www.biketowork.ch/en/register>;
- If you have already participated in a previous edition, please log in with your login details;
- In case of 1<sup>st</sup> participation, under "No profile yet?" click on "Create new profile", then complete the "Create a new profile" and "Address details" fields;
- Under "Join a company", select "Office des Nations Unies". Once selected, click on "Join Company";
- At this stage, you can either join an existing team or create your team (if so, follow the instructions).

Teams that reach the set objective will participate in the official competition provided that all participants have recorded their results by the 30 June 2025 at the latest.

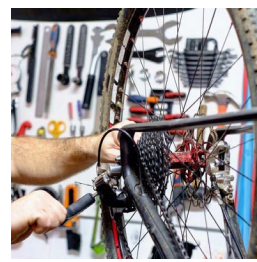
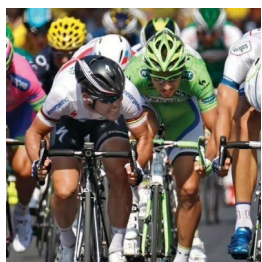
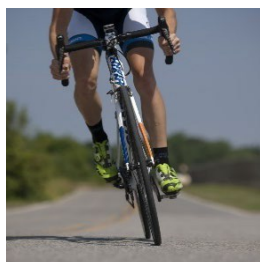
La Mutuelle encourages you to participate in this "soft" mobility activity and would like to remind you of the following safety measures:

Always wear highly visible clothing

Protect your head by wearing a helmet

Always respect traffic rules

Make sure your bike is in good functioning condition and properly equipped



For more information you can email us at [lamutuelle@un.org](mailto:lamutuelle@un.org)

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**La Mutuelle**

**Team**

*« We look forward to your participation in the 2025 challenge! »*

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