La Mutuelle

17th edition May-June 2026

Launched in 2005 by Pro Vélo, the national "**Bike to Work**" initiative aims to promote health within companies. It offers numerous benefits: strengthening bonds between colleagues, adopting a new way of commuting to work, protecting the environment, getting fresh air, reducing stress and relaxing, while maintaining physical and mental fitness. It is also a great opportunity to take concrete action in support of sustainable mobility.

Fancy taking on a fun sporting challenge, strengthening bonds with your colleagues, and helping to reduce CO_2 emissions during your commute? Take part in the "Bike to Work" initiative, which will run throughout May and June 2026, by choosing to cycle for your journeys between home and work on at least 50% of your working days during this period. No need to have the same working hours or route to be part of a team. And, good news: one person per team can also take part using other forms of muscle-powered transport (walking, rollerblading, scootering, etc.). The aim remains simple: cycle to work at least every other day. You can choose to take part in May, in June, or during both months!

Impact of teams during the 2025 initiative:

37,765 **Kilometers traveled**	**109** **colleagues spread accross 30 teams**	**5,438** **kg of CO_2 saved**

How to register?

Form a team with your colleagues, give it an original name, then follow these steps:

- Go to: https://www.biketowork.ch/en/register;
- Already registered? Log in using your credentials;
- First time participating? Click on “Create a new profile” and fill in the required information;
- Under “Join a company”, select **Office des Nations Unies**, then click to join;
- Join an existing team or create your own by following the instructions.

Please note the registration deadlines:

- Until **30 April 2026** to participate in May and/or June;
- Until **31 May 2026** to participate in June.

Teams that reach the set objective will automatically be entered into the official competition, provided that all members have recorded their results before 30 June 2026.

La Mutuelle encourages you to prioritize sustainable mobility and reminds you of the importance of following these safety guidelines, while taking extra care during your journeys:

Be visible by wearing the right clothing	Protect your head by wearing a helmet	Obey traffic rules	Make sure your bike is in perfect condition and properly equipped

To further improve cycling safety, Pro Vélo offers a scientifically validated online training program: www.levelupyourride.ch

For more information you can email us at *lamutuelle@un.org*

La Mutuelle Team

“We look forward to seeing many of you at the 2026 challenge!”