

BIKE TO WORK

14th edition May-June 2023

MAKE THIS 14th EDITION AN EXCEPTIONAL EVENT!!!



"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.

Looking for a fun fitness challenge, to build relationships with your colleagues, and to help reduce CO₂ 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 2023. Form a team with colleagues, register online, and then use your bike on at least 50 percent of your work days throughout the "Bike to Work" period.

Last spring, 76 colleagues divided into 20 teams covered 27,273 kilometers, and without forgetting the CO₂ savings, 3,927 kg.

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 2023 to participate in May and/or June and 31 May 2023 to participate in June:**

1. Click on the following link: <https://www.biketowork.ch/en> and select "Sign up here...";
2. If you already participated in a previous edition, you only need to login with your credentials;
3. In case of 1st participation, click on "Create a profile" then click on "Create a new account" and complete the fields;
4. Confirm your email address;
5. In the box "Name Company", enter "Office des Nations Unies" and click on "Join";
6. Click on "Create my team now" and complete the fields: team name, upload a photo/ a logo if you wish, or join a team by clicking on "Team Pool";
7. Enter the data of your teammates.

If you cannot find enough people to form a team you can use the "Team Pool" on the website once logged in or send us an email during the last week of April/May and we will put you in contact with other participants.

Teams that reach the set objective will participate in the official competition provided that all participants have recorded their results by the 30 June 2023 at the latest.

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

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

- a. Always wear highly visible clothing;
- b. Protect your head by wearing a helmet;
- c. Always respect traffic rules;
- d. Make sure your bike is in good functioning condition and properly equipped!

We look forward to your participation in the 2023 challenge!

La Mutuelle Team.