

WHY PARTICIPATE?



EXPERIENCE HAPPINESS

Already after 20 minutes of exercise your body releases the messenger substances serotonin and dopamine.

PROMOTE TEAM SPIRIT

You ride together in a team, you exchange experiences and motivate each other.

SAVE THE ENVIRONMENT

Go to work by bike and avoid producing CO₂- and fine particle emissions.

IMPROVE YOUR FITNESS

30 minutes exercise a day have a significantly positive effect on your fitness and health.

1.

FORM A TEAM

Register at biketowork.ch for Challenge 2024 and invite your team members. Teams can consist of 1 – 4 members.

Note:

- E-Bikes are permitted.
- A combination of public transport and bike is allowed.
- One member per team can compete on foot.
- During home office days, every bike trip counts as a commute.

You can find the detailed game rules at biketowork.ch.

Registration deadline:

- Participation in May: 30 April 2024
- Participation in June: 31 May 2024



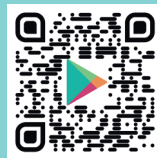
2.

COLLECT BIKE DAYS

Go to work by bike as often as possible! Fill out your personal calendar – simply online or via app.



With the app, you can access the calendar at any time. You can also track your kilometres automatically.



Deadline for entries in the online calendar:
3.7.2024 at 11.59 pm

Share your best #biketowork moments on Instagram.



3.

WIN PRIZES

If you use your bike on more than 50% of your working days, you automatically take part in the prize draw.



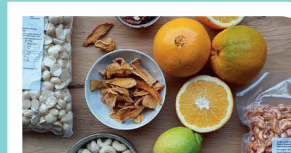
Clothes & bags



Bikes & bike rentals



Travel & excursions



Food & drink



Sustainable



Accessories for bikes

All individual and team prizes can be found at biketowork.ch.

Win prizes worth a total of over
CHF 140'000.-