



CHALLENGE 2022



Università
della
Svizzera
italiana





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bike to work?

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WHAT IS *bike to work?*





WHAT IS *bike to work?*



- ✓ Biggest bike- and health promotion campaign of Switzerland
- ✓ Bike as a means of transport to go to work
- ✓ May and/or June
- ✓ Prizes with a total worth more than CHF 120'000.-
- ✓ Your company participates, teams of 4

« Biking through the streets
in the morning is great.
The fresh air really wakes
you up, and you have
already done your sports
exercise in the morning.»

Melanie H. (28) from Bern



OO PRO VELO



NUMBERS & FACTS 2021



2'150
Companies



16'258
Teams



60'255
Participants



15'606'211
Total kms covered



2'247'294
kg CO₂-equivalents

A campaign by PRO VELO Switzerland

For the promotion of health - since 2005.

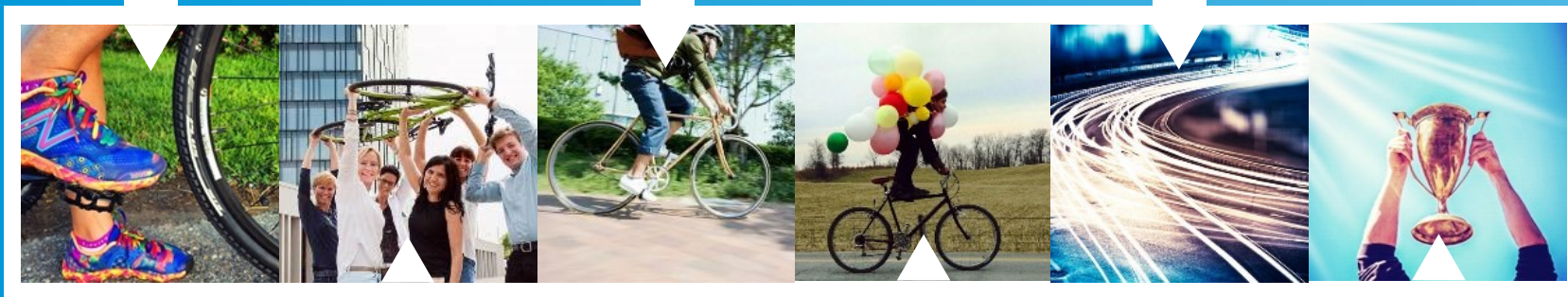


WHY PARTICIPATING?

fitness

environment

arrive faster



team-spirit

reduce stress

win



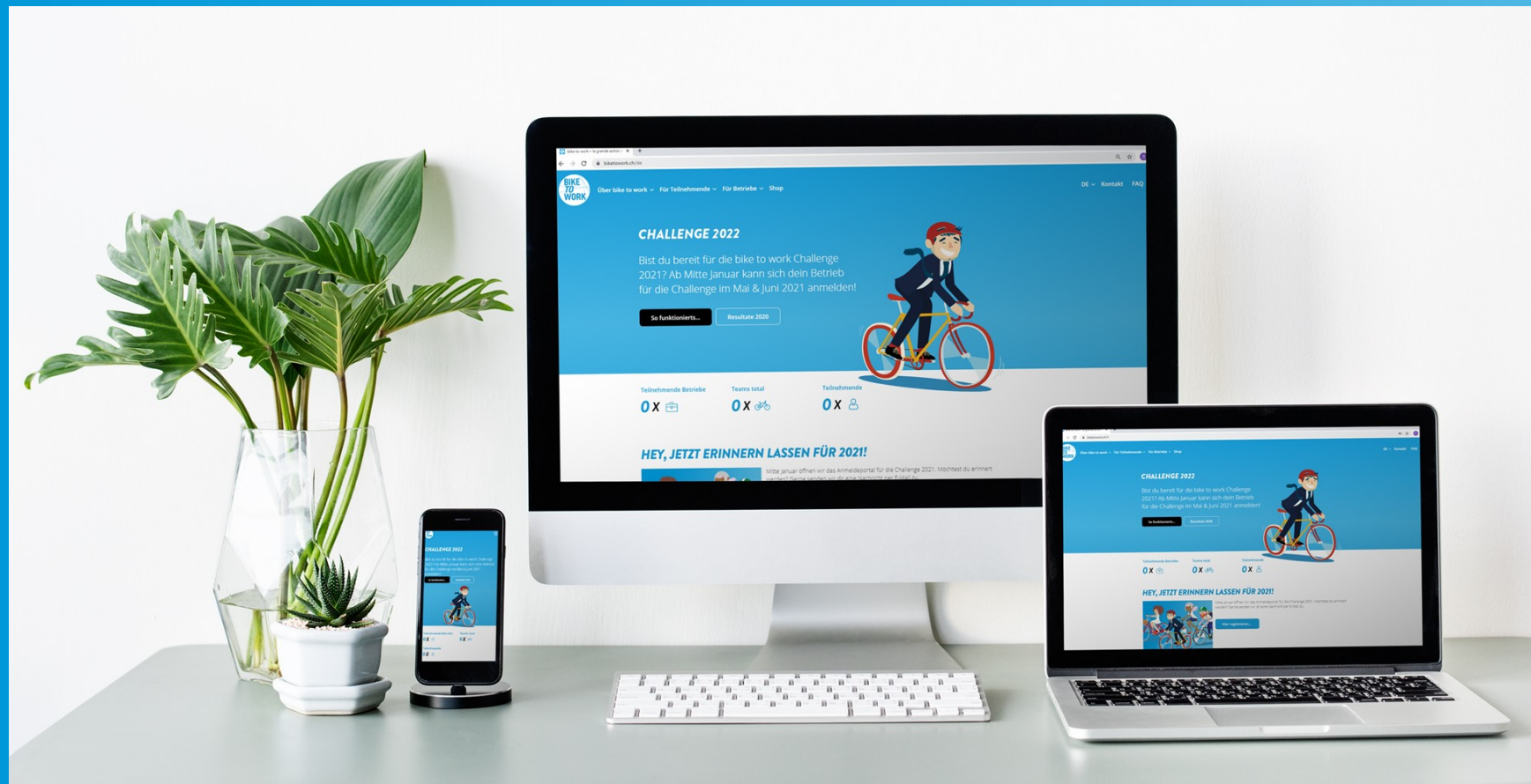
HOW DOES IT WORK?





THAT'S HOW IT WORKS

1. Create a profile at biketowork.ch





THAT'S HOW IT WORKS

2. Form a team



Invite colleagues to your team...

...or wait until you get an e-mail inviting you to join a team.



Maximum size = 4 persons

1-, 2- and 3- member teams only participate in the individual prize draw.



Team exchange

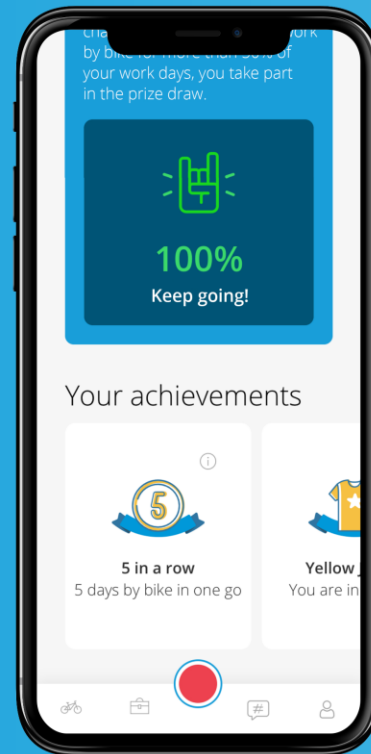
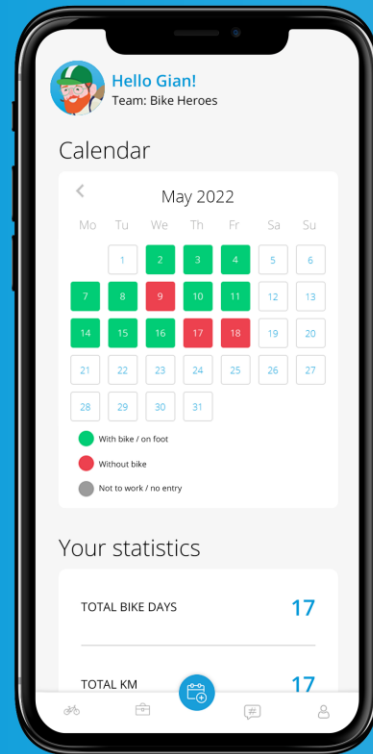
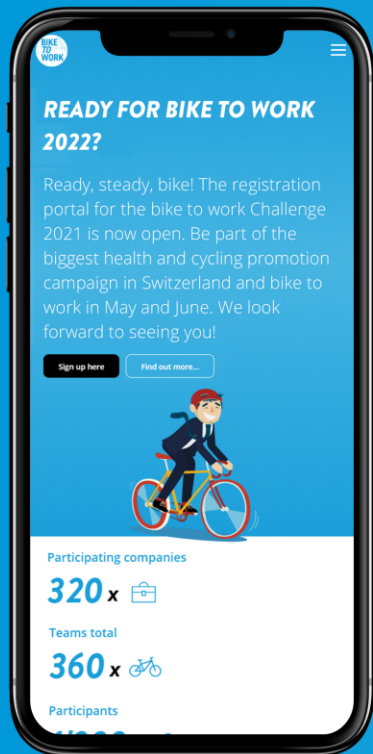
Use the team exchange to see all the teams in your company that still have room and join the team of your choice.



THAT'S HOW IT WORKS

3. Ride your bike and record the kms covered

Online at biketowork.ch or via App: tracking & direct kilometer entry





THAT'S HOW IT WORKS

4. Win prizes

Prizes with a total worth more than CHF 120'000.-

Individual and team prizes for 4-member teams

50% rule: bike to work at least every other working day

Automatic prize draw on the 7th of July 2022





GAME RULES





GAME RULES

1

Home office? Enter your private bike ride on home office days in the calendar.

2

One member per team can participate on foot, scooter, skateboard or other means.

3

A combination of public transport and bike is permitted.

4

A combination of bike and car is permitted.



GAME RULES

5

E-bikes are permitted.

6

If you use a bike for at least 50% of your workdays, you automatically take part in the prize draw.

7

All teams of 4 who meet the 50% condition can also win team prizes.





ADDITIONAL INFORMATION

Participation period: May-June 2022

When creating the account, please select "USI - Università della Svizzera italiana".

This initiative fits perfectly with PubliBike bike sharing (for those who do not have their own bike). At the main Park&Ride in Lugano there are several PubliBike stations where you can borrow a bike to reach your workplace (more information on the following [page](#)).



biketowork.ch



DATES

01.05.2022 Start
bike to work Challenge 2022



April 30th, 2022
Register your team



July 5th, 2022
Deadline for entering bike days



July 7th, 2022
Winners on biketowork.ch



SHARE YOUR EXPERIENCES

#biketowork



@biketoworkch



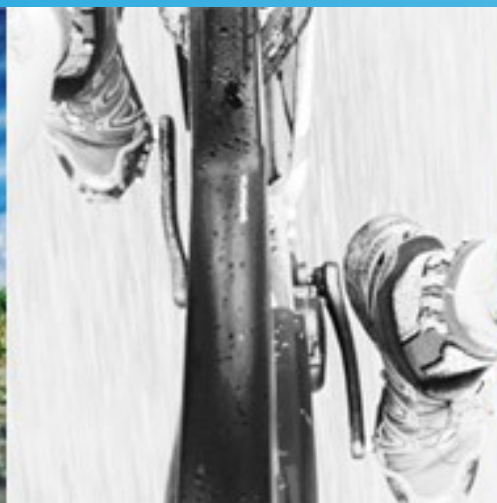
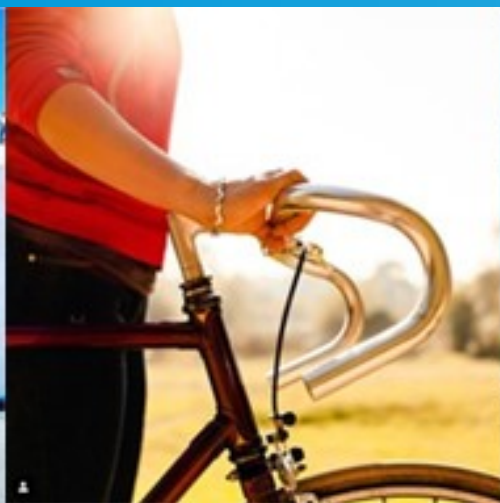
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MOVE YOUR TEAM! CHALLENGE 2022

RIDE NOW

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