



## Sign up for the travelwest+ Big Commuting Challenge and make your journey to work count

### We're signed up to the annual Travelwest Big Commuting Challenge and want to win!

From 6 June to 15 July 2016 organisations across the West of England will be competing against each other for six weeks by encouraging their employees to switch from their regular commutes to work by car, to more sustainable modes such as walking, cycling, car sharing, using public transport or any other more imaginative way they can find to travel!

Working from home or at an out of town shared public office space also counts towards removing vehicles off the road and reducing traffic congestion.

Last year around 3,500 people across the West took part, with an impact of employees making an average of 21% less single occupancy car journeys to their workplaces.

As well as the kudos of helping our organisation become the most environmentally friendly commuting workplace in the West; there are individual and team prizes on offer each week including cinema vouchers, shopping vouchers and National Trust vouchers.

You can share your experiences to encourage and motivate others to join in, by sending photos and posting blogs of your new ways to travel on the Challenge website.

Whilst the main challenge is targeted at encouraging new participants to switch from the car to alternative ways to get to work; there will also be mini-challenges to recognize and reward existing sustainable commuters.

So what are you waiting for? You can join in the fun and help our organisation win by signing up at [www.travelwest.info/bigcommutingchallenge](http://www.travelwest.info/bigcommutingchallenge) and logging your journeys to work.

#### By taking part in the Challenge you could

- Save money on your commuting costs
- Get fitter and lose weight if you cycle or walk to work
- Arrive at work feeling more relaxed if you take the bus/train
- Have more social time with colleagues if you car share
- Spend more time with your family and pets if you work from home
- Help contribute to a better environment and less congestion in your area

walk • cycle • bus • train • park & ride • car share

travelwest+

In association with



Bus

P + R

Park & Ride



Rail



Walk



Cycle



Drive



Motorcycle



Journey Planner