

# Be your Workplace Captain

Join the Scottish Workplace Journey Challenge

## About the Challenge

The Scottish Workplace Journey Challenge is a fun and sociable way to increase walking, cycling and public transport journeys and cut car use within your organisation.

Colleagues compete to climb a leader board by logging their journeys online.

“Sign up your workplace for the chance to win a £50 Tiso voucher.”

There are lots of reasons to take part:

- Win prizes for you and your workplace
- Claim rewards by logging journeys
- Follow and compete against a rival workplace or department
- Explore the National Cycle Network throughout Scotland using the website virtual journey feature



## Be a Captain

Anyone can register a new workplace or organisation to the Challenge.

When you register a workplace you become the workplace captain:

- Access and edit your workplace profile
- Pass on the role of captain
- Create and delete teams within your workplace
- Compete between nearby workplaces

We make it **easy** for captains to promote the Challenge.





## Make your challenge a **success**

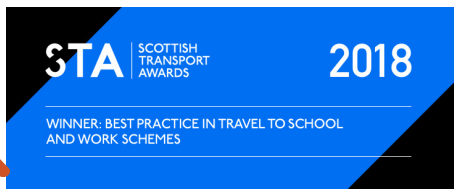
### How do I Sign up?:

- Register your account:** visit [scotland.getmeactive.org.uk](http://scotland.getmeactive.org.uk) and click 'Register'
- Register your workplace:** check your workplace hasn't already registered using the drop-down list. Click 'create a new workplace' and enter the details for your organisation
- Promote the Challenge:** access the resources on the 'Spread the Word' tab. We will also email you tips on how to promote the challenge in your workplace.

Are you **Up for a Challenge?**

**Compete** against other workplaces, or rival teams to log the most walking, cycling, and public transport journeys.

**Take part** as an entire workplace, or a team of colleagues to climb the leader board and win prizes!



Got any questions? Email [challenge@sustrans.org.uk](mailto:challenge@sustrans.org.uk)

[www.scotland.getmeactive.org.uk](http://www.scotland.getmeactive.org.uk)

[www.sustrans.org.uk](http://www.sustrans.org.uk)

Sustrans is a Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)

Company Limited by Guarantee no. 1797726

© Sustrans 2019 Photography: Sustrans

  
**sustrans**  
JOIN THE MOVEMENT