

# 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:

- a) **Win prizes** for you and your workplace
- b) **Claim rewards** by logging journeys
- c) **Follow and compete** against a rival workplace or department
- d) **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**

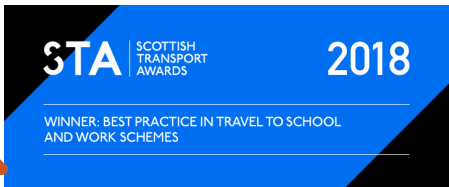
## How do I **Sign up?**:

- a) **Register your account:** visit [scotland.getmeactive.org.uk](http://scotland.getmeactive.org.uk) and click 'Register'
- b) **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
- c) **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)

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