



we are  
**cycling**  
UK

# World Car Free Day

Give up the car for World Car Free Day

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On Thursday 22 September join Cycling UK and millions of others around the world to celebrate World Car Free Day and help free the streets of motor traffic.

# What is World Car Free Day?

World Car Free Day is an international awareness day, taking place on Thursday 22 September. It aims to encourage and inspire towns and cities across the globe to go traffic-free and help to promote a more sustainable way of travel.



Involve your organisation and take steps to improve your local area. It will motivate your employees to give cycling to work a try.

## How to take part

1



Go car-free and encourage staff to join: Challenge your staff or colleagues to go car-free for the day. Replace car journeys with cycling. Use Cycling UK's journey planner to help map out alternative cycle routes  
**[cyclinguk.org/journey-planner](https://cyclinguk.org/journey-planner)**

2



Reward staff with certificates (provided in your pack or download at **[cyclinguk.org/article/world-car-free-day](https://cyclinguk.org/article/world-car-free-day)**) and share cycling to work photographs around your workplace or via the intranet.

3



Why not calculate your carbon footprint? Showcase how much your workplace saved on carbon emissions. It is a fantastic way to show you are making an impact. Websites such as **[carbonfootprint.com](https://carbonfootprint.com)** will be able to help you calculate your journeys.

World Car Free Day is the perfect tool to enthuse your staff into cycling. Tweet **@wearecyclinguk** and show how your workplace got involved.



If you're not already a Cycle Friendly Employer, why not take Cycling UK's quiz to find out how cycle friendly your organisation is? Take the self-assessment today, it only takes around 15 minutes: **[cyclinguk.org/webform/cycle-friendly-employer-questionnaire-0](https://cyclinguk.org/webform/cycle-friendly-employer-questionnaire-0)**

*Thanks for taking part and making a difference to your staff, community and our shared planet.*