

**Organization and country:** Bulgaria Training, Bulgaria

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**Name of the activity:** Car Free Day

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**Overview (What I am going to learn?):** Car Free Day encourages people to have a healthy lifestyle. There are many health benefits to ride a cycle or walk, instead of driving a car. It increases their strength and even helps to combat air pollution. Riding a bicycle or walking is considered to be a comfortable experience.

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**Objective (What am I going to learn it for?):** To stay healthier, burn more calories, strengthen the muscles, lower blood pressure and risk of other diseases, feel more energised and more productive during work, also help with air and noise pollution.

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**Materials:** Informational materials

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**Time:** It can be organized throughout a certain day, once per year, once per month or even one per week.

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**Target group:** All employees

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### Instructions for facilitators

1. Hold a meeting to discuss the idea, benefits and a sustainable transport plan.
2. Hold a Ride Share, Cycle, Walk, Public Transport Day at office.
3. Provide Employees with Trip Planning Assistance. Share non-driving options and the best routes from point A to point B using public transit, biking, walking.
4. Get involved with Bus and rail companies to promote public transport.
5. Organise a walking bus to work or to work from a parking area off site.
6. Try a Park(ing) Day activity. Just create a park in a car parking space. It costs almost nothing, but makes a big impact.
7. Provide Prizes and Giveaways such as healthy snacks, reduced worktime. You can contact local store

### **Tasks and procedure:**

1. Don't be negative about the idea
2. Think about the most convenient way for you after traveling by car
3. Think about how far you live from the office, how you move in your free time and whether it is possible to use alternative transport
4. Discuss with colleagues who live nearby the best route to the office and, if possible, go together.
5. Try to walk or ride a bike to your office in your free time. This way you will assess how much time you need and whether the chosen route is convenient.
6. Enjoy car-free travel. When walking you're not focusing on driving and you have time to see so many new things and immerse yourself in another world beyond the steering wheel.

### **Conclusion and evaluation:**

This is a great way to promote healthy lifestyle and to pay attention to pollution problems. Participants are encouraged to try out a non-driving mode, whether it's taking the bus to work.