
2025 Edition

Team challenge for sustainable mobility

How to combine sustainable commuting and building a stronger team spirit? With the [May Bike to Work Challenge](#), organized by [AutoMat](#) and accepted by Charles University on a university-wide scale!

We therefore invite all employees to join this team-based spring initiative, which serves not only to improve the urban environment by switching to [low-emission transport](#) (bike, scooter, walk, wheelchair, skateboard, etc.), but also to improve personal fitness and strengthen the team spirit within your faculty or unit.

Join the team challenge for cycling, scooter, walking and running enthusiasts!

Bike to work, walk or jog

1-31 May 2025

Form a team within a faculty or unit of the university. Register by 30. 04. 2025 for CU. First 17 teams receive a free entry fee!

Charles University

DO PRÁCE NA KOLE AUTOMAT

How to join?

The May challenge is aimed at **teams of 2-5 members**, who strive together during the whole month not only to achieve the highest number of kilometres driven or walked, but above all to maintain **as much regularity as possible!** After all, sustainability is about long-term goals.

But don't wait—sign up now! **Charles University is covering the entry fee for the first 17 teams as part of our commitment to sustainability.** So get your team together quickly and individually tick the option "My employer pays the participation fee" when [registering](#). Be among the first to take advantage of this great opportunity. If you register later, we will let you know about the possibilities to pay the entry fee.

In May, each of the participants will then **record their rides** in the Bike to Work portal. We will then conduct an evaluation and announcement of the winning teams within the UK - an event not to be missed!

Why get involved?

There are numerous reasons: From improved fitness, good mood after the morning activity and mental well-being through regular exercise, to promoting sustainable mobility, protecting the environment and contributing to a zero-emission transport infrastructure.

Indeed, the anonymised data of recorded routes is collected by Automat and helps cities to **build cycling and walking infrastructure** where it is needed and to improve problematic areas.

After a successful registration, all participants will receive contest **T-shirts made of bio cotton** or practical neck warmers – both with an original [Bike to Work logo](#) . Participants with 66% and higher regularity selected by a lot can look forward to great rewards such as bikes, scooters, package holidays, or tickets to various sports and cultural events. So be sure to sign up for the newsletter.

The theme of this year's May Challenge is the Path to Balance

Well being are nowadays often glossed over terms, which, however, do not often come up short in practical life.

But the May Challenge gives you the opportunity to combine activities that benefit your physical and mental health, reduce stress and contribute to healthy and sustainable cities at the same time. Leaving your car in the garage is easier than you think, and we believe that the great team spirit and joy of the challenge together will put a smile on your face every day! After all, a healthy lifestyle is all about



balance.

We look forward to numerous sign-ups and some healthy competition between the university teams!
If you have any questions, please do not hesitate to contact the CU coordinator, [Mgr. Carolin Pokorná](#) .