

ARE YOU READY FOR DE WEEK ZONDER SPITS?

TIPS

This Monday we'll start participating in De Week Zonder Spits, an initiative to promote a rush-hour-free week. A whole week without stress, overcrowded public transport and traffic jams. By now you should have blocked out the first hour of each day in your calendar for working from home. If you haven't, please do it now. De Week Zonder Spits will be a team effort: we can't do it alone! Give each other a pat on the back if you manage to avoid rush hour and see for yourself how you and your colleagues can enjoy a less stressful start to the day.

Here are a few tips to help you:

- Think carefully in advance about the tasks you can do at home.
- Don't forget to inform your colleagues that you're taking part in De Week Zonder Spits. That will make it easier for you to work from home. And who knows, maybe they'll follow your good example!
- Think about the easiest way for you to avoid rush hour. Could you work from home, take an alternative means of transport or work in a coffee bar?
- Tell others about your experiences and exchange any useful tips with them. You may have the option of carpooling or perhaps you could start up a cycling competition?

Don't forget to register at www.deweekzonderspits.nl.

GOOD LUCK!

We hope that you all enjoy next week's campaign and that it's a great success. And we look forward to hearing and reading all about it. Share your experiences on Facebook, Instagram and Twitter using the hashtag **#DeWeekZonderSpits** or email us. That way, we'll give each other extra encouragement to make a success of De Week Zonder Spits.

Enjoy a more peaceful week at home and a less stressful commute!

We're delighted that you're taking part

