

FACTS & FIGURES

THIS IS WHY WE'RE TAKING PART

Wondering why it's important to take part in De Week Zonder Spits? Here are the benefits of working from home for the first hour of each day.

You're bound to have noticed that Metropolitan Region Amsterdam is getting busier and busier. The population here is growing three times as fast as it is in the rest of the Netherlands⁽¹⁾. Every day almost 700,000 commuters travel in and out of the region⁽²⁾. That's on top of the regular local traffic. So it's no wonder that the roads and transport network are so crowded.



The average driver already spends more than 60 hours a year in traffic jams in and around Amsterdam⁽³⁾. That's not surprising, since 44% choose to travel by car (31% by bike and 20% by public transport)⁽⁴⁾. As traffic levels continue to rise, traffic congestion is also increasing by more than 10% per year⁽⁵⁾. With De Week Zonder Spits, an initiative to promote a rush-hour-free week, we aim to show that there's a different way.

Avoiding traffic jams and rush hour during your journey to work will not only get you from A to B quicker, but will also reduce CO2 emissions⁽⁶⁾. Travelling by bike brings personal benefits too. Your fitness will improve by 13% and sickness absence will decrease by an average of 1.3 days per year⁽⁷⁾. What's more, extra exercise will reduce stress and improve your mental health. Travelling outside rush hour shortens journey times, improves physical and mental health and sleep, and reduces your BMI⁽⁸⁾.

In short, it's high time to start avoiding rush hour. We can do it by leaving home an hour later, working from home more often or cycling to work. Work together to devise solutions that suit your situation and see how you can make the most of De Week Zonder Spits. If you have any questions, please don't hesitate to contact us (info@wijzijnbreikers.nl).

We wish you lots of luck and look forward to working together to beat the rush hour! And remember, the rush hour may still be hectic, but if you don't take part in it, that's a win for you!

(1) Public Transport Authority Amsterdam (Vervoerregio Amsterdam), Regionale thermometer mobiliteit 2017. (2) Metropolitan Region Amsterdam, Economische Verkenningen, 20 (3) <https://www.rtlnieuws.nl/nieuws/artikel/2759531/nederland-fileland-gemiddeld-52-uur-vast>, 2013 data (4) [v] Public Transport Authority Amsterdam (Vervoerregio Amsterdam), Regionale thermometer mobiliteit 2017. (5) <https://www.crow.nl/kennis/bibliotheek-verkeer-en-vervoer/kennisdocumenten/de-wegen-slibben-dicht,-hoe-komt-crow-aan-die-info> (6) CROW, <https://kpvdashboard-20.blogspot> (8) <https://www.rivm.nl/documenten/brochure-gezondheidseffecten-van-reizen-met-auto-of-trein-in-woon-werkverkeer.com/> (2014) (7) Survey by TNO, commissioned by the Ministry of Health, Welfare & Sport and the (former) Ministry of Transport, Public Works and Water Management (2009)

