

# DE WEEK ZONDER SPITS NEEDS YOU!

## FAQ

### WHEN IS IT?

From Monday 23 to Friday 27 March.

### WHO IS ORGANISING DE WEEK ZONDER SPITS?

Stichting Breikers is behind this campaign. Breikers helps large organisations in the Amsterdam region find smarter, more sustainable mobility solutions. We've noticed that lots of employers still cling to traditional office hours. But those office hours date back to a time when it wasn't possible to hold video calls, send emails or work in the cloud. Meanwhile, rush hour is getting busier and busier. So it's time for a change.

### HOW DID DE WEEK ZONDER SPITS COME ABOUT?

Our roads and public transport network are overcrowded. Nobody likes being stuck in a traffic jam or crammed into an overcrowded train. Every day 700,000 commuters travel into and out of Amsterdam, and the numbers are growing all the time. The average driver already spends about 60 hours a year in traffic jams in and around the city. De Week Zonder Spits, an initiative to promote a rush-hour-free week, aims to show people there's an alternative. In the week of 23-27 March, we'll be working from home for the first hour of each day. So you'll have a relaxing start to the day and avoid stress, traffic jams and overcrowding on your journey to work. You, the environment, and everyone else will benefit.

### WHY DE WEEK ZONDER SPITS?

De Week Zonder Spits is about you. Your journey, your stress levels and, above all, your own personal solution. The main reason that everyone starts work at 9 am is peer pressure. Yet you know that you'd be able to handle those emails just as efficiently from home, perhaps even more so. Our aim is to enable you and your colleagues to experience how easy it is to avoid rush hour. During the week, you'll learn how good it feels to be more flexible with your work and travel times. You'll learn how much you can gain and how little you'll lose (in fact, you'll lose nothing at all). It's possible – you just have to take the step. So what are you waiting for? And remember: if you manage to avoid travelling during rush hour then you've at least solved your own problem. De Week Zonder Spits will have been a success for you.

### CAN ANYONE TAKE PART?

Yes, everybody can register for De Week Zonder Spits. It doesn't matter where you live or work. However, it's important for you to coordinate with your employer and colleagues so everyone knows exactly what to expect.

### WHAT IS THE AIM?

To let as many people as possible experience how relaxed your working week can be when you're not stressed out by rush hour.

### DO I HAVE TO LEAVE MY CAR AT HOME?

No, not at all. It's not about how you travel, but when. That's why we've decided to work from home for the first hour of each day. The same applies to people who use public transport: take the tram, bus, train or metro an hour earlier or later.

### I NEED TO TRAVEL DURING RUSH HOUR FOR AN EXTERNAL APPOINTMENT, IS THAT OK?

Yes of course! But take a moment to reflect on how easily we make appointments during rush hour. Couldn't we schedule them a bit earlier, or later, or in a different location? And wouldn't a video call be just as good? It would save you lots of travel time in any case. You've got more flexibility in your calendar than you think.

### WHAT'S THE BEST TIME TO LEAVE FOR WORK?

We recommend that you set out or take a train before 07:30 am or after 08:30 am. That's peak rush hour on the roads and in public transport. The afternoon rush hour is between 4:30 pm and 6:00 pm. Tuesdays and Thursdays are the busiest days. So perhaps you could try leaving slightly earlier or later on those days.

### I'D LIKE TO TRAVEL OUTSIDE RUSH HOUR, BUT I'VE GOT TO TAKE THE KIDS TO SCHOOL, I'VE GOT FIXED WORKING HOURS....

It is what it is. Not everyone can be flexible with their travel times. Many jobs involve shift times that just can't be changed. But be creative: if you and your partner could take turns dropping the kids off at school, maybe you could take also turns avoiding rush hour. You'll soon see that missing it for even just a couple of days of week is a relief. If we work together to eliminate 5% of rush hour traffic, it will make a world of difference. We can do that, right?

### HOW CAN I TAKE PART?

Block out the times you'll be working from home in your calendar (even if it's only once or twice in the week). Think about the tasks you can do at home and shift them to the morning. The easiest option for you may be mobile working, or taking an alternative means of transport. So check out the various options before the week begins. Talk to your colleagues too and exchange any useful tips with them.

**Register at [www.deweekzonderspits.nl](http://www.deweekzonderspits.nl) for more useful tips & tricks!**

