**Many employees come to work by car. This causes traffic jams, high costs for parking lots and avoidable CO2-emissions.** The use of public transport, in combination with the bicycle, is an alternative we strongly recommend to our employees. Cycling especially, is beneficial for the health and saves money.

<Company logo>

<May>

<Year>

Contact: <Name>, <mailcontact@companyname.eu>

Contact: <Name>, <mailcontact@companyname.eu>

<Company logo>

**How do you come to work?**

Public transport by bus, metro and train is inexpensive and often more reliable. It provides spare time for reading or communication.

* **Bikes don’t produce emissions!** If your way to work is shorter than 5 km, you can save 350 kg of CO2 emissions per year by cycling instead of taking the car.
* Studies indicate that cycling about 30 km a week – 3 km to work one way, **decreases the risk of coronary heart disease by 50% and boosts your immune system,** so you can ward off colds and minor infections more easily.
* Cycling a distance of 3 km to work over one year ads up to 1,400 km. In comparison to the car, this saves about 400 Euros.

To support cycling, <Company> provides bike-facilities to all employees. Job bike is an option for employees who do not possess a bike. Why not also ask for possible support in public transportation?

***TIP: Consider an E-Bike for longer distances!***

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