

CYCLING IN BRUSSELS – A GUIDE FOR NEW ARRIVING TRAINEES

Cycling is often the quickest means of transport in a city, it is cheap and keeps you fit! As new arriving stagiaires that like cycling in everyday life all face the same questions, EC trainee's of the summer session 2014 and the EU Cyclist's Group (EUCG) have gathered the most important information for you so that you can get started with cycling from the very beginning of your stay in Brussels.

How to...?

... buy a second hand bike?

- At one of the "[points vélo](#)" (e.g. in the railway station underneath the European Parliament) or at the second hand shop "[les petits riens](#)".
- Avoid places like the Gare du Midi market; chances are big that you buy a bike stolen from someone else.

... use the Villo!?

- This Brussels wide bike rental system has stations all over the city and the first 30 minutes of every ride are free! You can get a 1 or 7 days pass at many stations with your credit card (1,70€ / 7,50 €) or a one year pass (ca. 32€) on www.villo.be. Don't forget to cancel your yearly subscription when leaving Brussels at the end of your traineeship to avoid a tacit renewal.
- Check out their website for special offers for Mobib' card holders.
- The App "[AllBikesNow](#)" helps you finding the nearest docking station to take or return a villo bike.

... find your way around Brussels?

- Buy the official Brussels cycle map for only 1€: indication of cycling routes & paths, steep hills, bike (repair) shops and the public transport network, accompanied by a street index. Contact Kerstin Ringler of the EUCG via outlook. (digital version [here](#))

... get your bike repaired?

- Quick and cheap bike repair at the "[points vélo](#)"; more bike shops offering repair services are indicated on the map (see above).
- Repair it yourself using repair kits & pumps available in some 40 Commission buildings (ask at the reception).

... park your bicycle safely and avoid theft?

- Attach it to the cycle rack in the garage of your Commission building.
- Tips on how to avoid theft on the [GRACQ website](#) (in French).

... use the Commission service bikes?

- As an EC trainee you have access to the so called [service bikes](#) the Commission provides to help you get from one building to another during your working day. Almost 300 service bikes are spread over most Commission buildings in Brussels (see [list](#)). You must return them to the building from which you took them on the same day. Ask the security guards in the garage or at the main reception.

... get rid of your bike when you no longer need it?

- You can easily sell them to new stagiaires (e.g. via facebook).
- If you just want to get rid of it, give it to the "[points vélo](#)".

Also good to know

- [Take a shower ;\)](#): There are showers in most Commission buildings that you can use after a bike ride or a lunch run in the park. See [here](#) if your building has one.
- [Ride safely](#): Experienced and certificated trainers help you gain more confidence when cycling in Brussels: Sign up at [Bike Experience](#) or contact [GRACQ](#) (English at the bottom of the page).
- [Promote cycling](#) by participating in the "[critical mass](#)", a bike demonstration taking place every last Friday of the month (starting 6pm, Porte de Namur).
- [Discover Brussels by bike](#): [Pro Velo](#) and [Brussels Bike Tours](#) or [Cactus&Co](#) offer guided bike tours throughout Brussels on different topics.
- [For further info](#), activities etc. regarding cycling in Brussels check out [Pro velo](#), [Bruxelles Mobilité](#) (in Dutch & French), [GRACQ](#) (in French) and [Fietserbond](#) (mostly in Dutch).

About the EU Cyclist's Group



The [EUCG](#) encourages the daily use of bicycles by all EU staff in Brussels and promotes a more bicycle-friendly environment through a variety of campaigns. They get involved in the Commissions internal mobility policy (e.g. by influencing on the [mobility plan](#)) and collaborate with local authorities and other cyclists' organisations on the city level.

Everybody interested in cycling and sustainable mobility is invited to get in touch with them, for instance to organize a bike ride like the one in summer 2014: The Green Subcommittee and EUCG collaborated to organize a bike lunch ride and group picnic which was a great success. Contact via outlook: EC EUCG COMMITTEE. For trips in the surroundings of Brussels: Frans Nijs.