



Velomai 2020 Programme

Cycling challenge 1 – 31 October 2020

Register your rides on Velomai app : <https://webgate.ec.testa.eu/cycle>

EC CORPORATE PROGRAMME	
LOCAL EVENTS OPEN TO ALL STAFF (Brussels)	
24 September	<p>12:30 – 16:00</p> <p>Safe cycling in the traffic- 1st level – theory and practice</p> <p>Register in EU LEARN</p>
29 September	<p>13:00 - 16:00</p> <p>Apprendre à rouler à vélo dans le trafic en sécurité - 1er niveau – la théorie et la pratique.</p> <p>Register in EU LEARN</p>
29 September	<p>13:00</p> <p>Opening Ceremony hosted by the European Council with Ms Gertrud Ingestad (DG HR), Mr Ramón Chismol Ibáñez (European Council) & Mr Fergal O'Regan (European Ombudsman)</p> <p>International launch of Velomai 2020 via Zoom</p> <p>Meeting ID: 273 411 9225</p> <p>Password: 7535179812</p>
4 October	<p>14:00 – 16:30</p> <p>The park parade – 25km guided tour by bicycle of Brussels parks</p> <p>Adults and children welcome</p> <p>Registration : HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (with 'bike ride on Sunday' as subject line)</p>
5 October	<p>13:15 - 14:15</p> <p>How to bike in traffic - training course</p> <p>Departure : BERL Entrance opposite Old Hack Bar</p> <p>Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : 'Bike in traffic')</p> <p>Bring your bike (yours, service bike, Villo). Mask mandatory.</p>
6 October	<p>12:00 - 15:00</p> <p>Bike repair workshop at DEVCO</p> <p>Inner courtyard, DG DEVCO, Eurosquare, entrance via L-41</p> <p>By appointment only – 15 mins per person</p> <p>Registration : HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : 'Bike repair')</p> <p>Open to all Commission staff. Mask mandatory.</p>

<p>7 October Luxembourg</p>	<p>11:00 – 12:00 Online conference : Cycling in Luxembourg: (almost) everything you need to know Philippe Herkrath, Vélo Luxembourg Initiative Via Zoom - Meeting ID: 273 411 9225 Password: fit@work20 Register in EU LEARN</p>
<p>8 October</p>	<p>13:00 -16:00 Safe cycling in the traffic- 1st level - theory and practice Register in EU LEARN</p>
<p>13 October</p>	<p>12:30 – 14:00 Commuter Cycling is Healthy and Safe - update 2020 Lunchtime presentation on benefits of cycling and recent policy Zoom details : Meeting ID: 273 411 9225 Password: fit@work20 Register in EU LEARN</p>
<p>14 October</p>	<p>13:15 - 14:15 How to bike in traffic - training course Departure : BERL Entrance opposite Old Hack Bar Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : 'Bike in traffic') Bring your bike (yours, service bike, Villo). Mask mandatory.</p>
<p>14 October</p>	<p>12:00 – 14:00 Lunchtime bike ride with a Greeter Discover Brussels of the beaten track Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : Greeter) Detailed programme on Where2Go Meeting point: Entrance of MO34 building Bring your own bike (Villo, service bike...), your mask and... your smile Group limited to 6 participants; additional dates possible if groups are overbooked</p>
<p>15 October</p>	<p>13:00 – 16:00 Apprendre à rouler à vélo dans le trafic en sécurité - 1er niveau - la théorie et la pratique Register in EU LEARN</p>
<p>20 October</p>	<p>13:15 - 14:15 How to bike in traffic - training course Departure : BERL Entrance opposite Old Hack Bar Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : 'Bike in traffic') Bring your bike (yours, service bike, Villo). Mask mandatory.</p>
<p>21 October</p>	<p>12:30 – 14:00 Magic e-bike: how to turn a normal bike into an electric bike Practical advice on how to convert a regular bike into a super powerful e-bike in less than half a day. Zoom details : Meeting ID: 810 4417 2551 Password: fit@work20 Register in EU LEARN (to follow)</p>

22 October	<p>13:00 – 16:00 Safe cycling in the traffic - 1st level - theory and practice Register in EU LEARN</p>
22 October	<p>12:00 – 14:00 Lunchtime bike ride with a Greeter Discover Brussels of the beaten track Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : Greeter) Detailed programme on Where2Go Meeting point: Entrance of MO34 building Bring your own bike (Villo, service bike...), your mask and... your smile Group limited to 6 participants; additional dates possible if groups are overbooked</p>
26 October	<p>12:30-13:30 How to buy an e-bike – all you need to know from budget to motors to testing an e-bike. Register in EU LEARN Zoom details : Meeting ID: 972 3913 6110 Password: 2841025642</p>
29 October	<p>13:15 to 14:15 How to bike in traffic training course Departure : BERL Entrance opposite Old Hack Bar Registration: HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu (Subject : 'Bike in traffic') Bring your bike (yours, service bike, Villo). Mask mandatory.</p>
Mid November (date to follow)	<p>12:30 Closing ceremony with prize giving to shortlist of winners by Zoom Details to follow</p>

Events will take place in Brussels unless otherwise specified in the announcement.