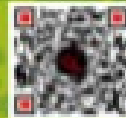


# VELOWALK LET'S DO THIS

#EUGreenDeal

## Programme of Events



**WALKING  
CHALLENGE  
1-30.04.2021**



**VELOMAI  
1-31.05.2021**

**Simpler.  
Smarter.  
Together.**



# VELOWALK LET'S DO THIS!



## Walking Challenge: 1-30 April 2021

Register your steps on the Walking challenge app:

<https://webgate.ec.europa.eu/play/fit/login>

## Programme of Events in April (also in [Where2Go](#))

Date	Event	Schedule	Organiser/Venue
<b>April &amp; May:</b> EMAS Campaign: <u>Greening the Commission: Let's Walk the Talk Together</u> 'PLOGGING INITIATIVE' organised by DG AGRI, DG EMPL			
<b>Photo contest</b> Themes of the month: <ul style="list-style-type: none"> <li>• 'Spring is Coming'</li> <li>• 'Interesting architecture'</li> <li>• 'Unexpected Curiosities'</li> </ul>			
08/04	<b>Lunchtime guided walk with Daniela (DG REGIO) in the Woluwe Park</b> <b>Registration@</b> <a href="mailto:Daniela.Weichhold@ec.europa.eu">Daniela.Weichhold@ec.europa.eu</a> <ul style="list-style-type: none"> <li>• Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>• Mask compulsory</li> </ul>	13.30/14.15	EC <b>Meeting point:</b> <b>In front of Beaulieu 1</b>
13/04	<b>Lunchtime guided walk with Daniela (DG REGIO) in the Woluwe Park</b> <b>Registration@</b> <a href="mailto:Daniela.Weichhold@ec.europa.eu">Daniela.Weichhold@ec.europa.eu</a> <ul style="list-style-type: none"> <li>• Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>• Mask compulsory</li> </ul>	13.30/14.15	EC <b>Meeting point:</b> <b>In front of Beaulieu 1</b>



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# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
17/04 to 25/04	<b>EMAS Spring Campaign: Spring Cleaning Trail (DGT)</b> More information <a href="#">here</a> Organiser: <a href="mailto:DGT-EMAS@ec.europa.eu">DGT-EMAS@ec.europa.eu</a>	Not Applicable	EC Venue: Not Applicable
19/04	<b>Conference: 'How to buy an e-bike', with Oliver,</b> President of the EUCG <b>Registration in EULearn for EC Staff</b>	16.00/17.30	EC <b>Visioconference via Zoom:</b> Link for non-EC staff <a href="#">here</a> Meeting ID: 856 7605 0996 Password:1982049826
22/04	<b>Lunchtime conference with Catherine (DG HR)</b> Coach in nutrition <b>'How nutrition improves your fitness and performance'</b> <b>Registration in EULearn for EC Staff</b>	11.30/12.30	EC <b>Visioconference via Zoom:</b> Link for non-EC staff <a href="#">here</a> Meeting ID: 879 5216 3574 Password: 2487092036 Link to join via Skype for Business <a href="#">here</a>
22/04	<b>Lunchtime guided walk with Daniela (DG REGIO) in the Woluwe Park</b> <b>Registration@ <a href="mailto:Daniela.Weichhold@ec.europa.eu">Daniela.Weichhold@ec.europa.eu</a></b> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	13.30/14.15	EC <b>Meeting point: In front of Beaulieu 1</b>



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
27/04	<p><b>Lunchtime guided walk with Daniela (DG REGIO) in the Woluwe Park</b></p> <p><b>Registration@<a href="mailto:Daniela.Weichhold@ec.europa.eu">Daniela.Weichhold@ec.europa.eu</a></b></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	13.30/14.15	<p>EC</p> <p><b>Meeting point: In front of Beaulieu 1</b></p>
27/04	<p><b>EUSA Online talk</b> <b>'The Social Neuroscience of how to train Mind and Heart'</b></p> <p><b>Speaker: Prof. Dr Tania SINGER</b> <b>Social neuroscientist, psychologist, world expert on empathy and compassion</b></p> <p><b>Registration in <a href="#">EULearn</a> for EC Staff</b></p>	12.30/14.30	<p>EC</p> <p>Visioconference via Zoom:Link for non EC staff: - CONNECT THROUGH THE ZOOM APP (not the internet browser) - MEETING ID: 862 1805 6809 - MEETING PASSWORD: Events2020 - NAME YOURSELF AS FOLLOWS: LASTNAME Firstname (Institution/Service).</p>
29/04	<p><b>Workshop: Bike repair – CANCELLED</b></p> <p><b>Registration@<a href="mailto:HR-AMC-DM24-WELLBEING@ec.europa.eu">HR-AMC-DM24-WELLBEING@ec.europa.eu</a></b></p> <p>Priority to EC Staff</p>	12.00/15.00	<p>EC</p> <p>Joseph II 79 Inner Courtyard</p>
30/04	<p><b>Lunchtime guided walk with Caroline (DG HR) (in French)</b> <b>'Brussels in transition'</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b><a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></b></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	<p>EC</p> <p><b>Please see annex for more details (Theme/Meeting point)</b></p>



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# VELOWALK

## LET'S DO THIS!



Velomai: 1-31 May 2021

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

### Programme of Events in May (also in [Where2Go](#))

Date	Event	Schedule	Organiser/Venue
Photo contest	<b>Themes of the month:</b> <ul style="list-style-type: none"> <li>• 'Funny Moments'</li> <li>• 'Romantic Moments'</li> <li>• 'Hope'</li> <li>• 'Green Deal'</li> </ul>		
02/05	<b>Park Parade Bike Rides on Sunday afternoon with Frans (DG BUDG)</b> , member of the EUCG <b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a> <ul style="list-style-type: none"> <li>• Group limited to <b>4 participants</b> (up to 5 if accompanied by his/her partner/spouse or kid(s) and in compliance with the other applicable sanitary measures</li> <li>• Mask compulsory</li> </ul>	Starts: <b>14.30</b>	EC Meeting point : <b>Parc Cinquanteenaire Merode Entrance</b>
03/05	<b>Safe cycling in traffic: training sessions with Carolien (DG SCIC)</b> Member of the EUCG <b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a> <ul style="list-style-type: none"> <li>• Group limited to the authorized number of participants, in compliance with the current sanitary measures (<b>5 maximum</b> independently of the rules in force on that date)</li> <li>• Mask compulsory</li> </ul>	<b>13.15/14.15</b>	EC Meeting point: <b>Berlaymont Esplanade opposite the Old Hack Bar</b>



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
04/05	<p><b>Workshop: Bike repair - TO BE CONFIRMED</b></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu">HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu</a>            Priority to EC Staff</p>	12.00/15.00	EC Meeting point: Berlaymont esplanade
04/05	<p><b>Cycling in the Tervuren Parc with Laurence (PMO)</b></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	EC Meeting point: Palace of Colonies Paleizenlaan 3080 Tervuren
06/05	<p><b>Guided lunchtime bike ride with Kim</b>            Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	EC - Brussels Greeters Please see annex for more details (Theme/Meeting point)
06/05	<p><b>Cycling to and around the office with Piotr (OLAF)</b></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu">HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu</a></p>	12.30/13.45	EC Esplanade OLAF Joseph 30
07/05	<p><b>Lunchtime guided walk with Caroline (DG HR)</b>            (in French)            'Brussels in transition'            Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	EC Please see annex for more details (Theme/Meeting point)



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
09/05	<p><b>Park Parade Bike Rides on Sunday afternoon with Frans (DG BUDG)</b>, member of the EUCG</p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to <b>4 participants</b> (up to 5 if accompanied by his/her partner/spouse or kid(s) and in compliance with the other applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	Starts: 14.30	EC  Meeting point: Parc Cinquantenaire Merode Entrance
12/05	<p><b>Guided lunchtime bike ride with Kim</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	EC - Brussels Greeters  Please see <b>annex 1</b> for more details (Theme/Meeting point)
12/05	<p><b>Safe cycling in traffic: training sessions with Carolien (DG SCIC)</b> Member of the EUCG</p> <p><b>Registration@</b>  <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the current sanitary measures (<b>5 maximum</b> independently of the rules in force on that date)</li> <li>Mask compulsory</li> </ul>	13.15/14.15	EC  Meeting point: Berlaymont Esplanade opposite the Old Hack Bar



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
16/05	<p><b>Park Parade Bike Rides on Sunday afternoon with Frans (DG BUDG)</b>, member of the EUCG</p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to <b>4 participants</b> (up to 5 if accompanied by his/her partner/spouse or kid(s) and in compliance with the other applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	Starts: 14.30	EC  Meeting point: Parc Cinquanteenaire Merode Entrance
17/05	<p><b>Conference: 'How to buy an e-bike' with Olivier</b>, President of the EUCG</p> <p><b>Registration in EULearn for EC Staff</b></p>	12.30/14.00	EC  Zoom Link for non EC staff: Meeting ID: 869 2961 7457 Password: 9920521964  Direct link: <a href="https://europa.zoom.us/j/86929617457?pwd=OXU0VERGRGtCWnBMSzZlUkQydIR4Zz09">https://europa.zoom.us/j/86929617457?pwd=OXU0VERGRGtCWnBMSzZlUkQydIR4Zz09</a>  Join by Skype for Business <a href="https://europa.zoom.us/skype/86929617457">https://europa.zoom.us/skype/86929617457</a>
18/05	<p><b>Cycling to and around the office with Piotr (OLAF)</b></p> <p><b>Registration@</b> <a href="mailto:HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu">HR-AMC5-CARING-FOR-PEOPLE@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/13.45	EC  Esplanade OLAF Joseph 30
18/05	<p><b>Safe cycling in traffic: training sessions with Carolien (DG SCIC)</b> Member of the EUCG</p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the current sanitary measures (<b>5 maximum</b> independently of the rules in force on that date)</li> <li>Mask compulsory</li> </ul>	13.15/14.15	EC  Meeting point: Berlaymont Esplanade opposite the Old Hack Bar





# VELOWALK

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18/05	<b>Workshop: Bike repair - TO BE CONFIRMED</b> <b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a> Priority to EC Staff	12.00/15.00	EC LOI 130
18/05	<b>Lunchtime conference</b> <b>'How physical activity acts on our mental wellbeing'</b> <b>Speaker: Dr. Grazia FEDERICO</b> <b>Psychologist - DG HR Medical service ISPRA</b>  <b>'Health benefits of walking'</b> <b>Speaker: Trudie VAN OS</b> <b>President - Cancer support group ISPRA)</b>	11.30/12.30	Elearn – zoom link tbc



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
20/05	<p><b>Guided lunchtime bike ride with Kim</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	<p>EC - Brussels Greeters</p> <p>Please see <b>annex</b> for more details (Theme/Meeting point)</p>
20/05	<p><b>Lunchtime conference with Catherine (DG HR)</b> Coach in nutrition</p> <p><b>'How nutrition and sleep boost energy'</b></p> <p><b>Registration in <a href="#">EULearn</a> for EC</b></p>	11.30/12.30	<p>EC</p> <p>Visioconference via Zoom: Link for non-EC staff <a href="#">here</a> Meeting ID: 893 9140 8394 Password: 4870938233 Link to join by Skype for Business <a href="#">here</a></p>
21/05	<p><b>Lunchtime guided walk with Caroline (DG HR) (in French)</b> <b>'Brussels in transition'</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	<p>EC</p> <p>Please see <b>annex 1</b> for more details (Theme/Meeting point)</p>
23/05	<p><b>Park Parade Bike Rides on Sunday afternoon with Frans (DG BUDG), member of the EUCG</b></p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to <b>4 participants</b> (up to 5 if accompanied by his/her partner/spouse or kid(s) and in compliance with the other applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	Start: 14.30	<p>EC</p> <p>Meeting place : <b>Cinquantenaire</b> <b>Merode Entrance</b></p>



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
26/05	<p><b>Safe cycling in traffic: training sessions with Carolien (DG SCIC)</b> Member of the EUCG</p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the current sanitary measures (<b>5 maximum</b> independently of the rules in force on that date)</li> <li>Mask compulsory</li> </ul>	13.15/14.15	<p>EC</p> <p><b>Meeting place:</b> <b>Berlaymont</b> <b>Esplanade opposite the Old Hack Bar</b></p>
27/05	<p><b>Guided lunchtime bike ride with Kim</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	<p><b>EC - Brussels Greeters</b></p> <p><b>Please see annex for more details (Theme/Meeting point)</b></p>
28/05	<p><b>Lunchtime guided walk with Caroline (DG HR) (in French)</b> <b>'Brussels in transition'</b> Member of the <a href="#">Brussels Greeters</a></p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	12.30/14.00	<p>EC</p> <p><b>Please see annex 1 for more details (Theme/Meeting point)</b></p>



# VELOWALK

## LET'S DO THIS!

Date	Event	Schedule	Organiser/Venue
31/05	<p><b>Safe cycling in traffic: training sessions with Carolien (DG SCIC)</b> Member of the EUCG</p> <p><b>Registration@</b> <a href="mailto:HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu">HR-AMC-SC11-FIT-AT-WORK@ec.europa.eu</a></p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the current sanitary measures (<b>5 maximum</b> independently of the rules in force on that date)</li> <li>Mask compulsory</li> </ul>	13.15/14.15	<p>EC</p> <p>Meeting place: Berlaymont Esplanade opposite the Old Hack Bar</p>
	<p><b>Safe cycling training course – THEORY/Level 1</b></p> <p><b>TO BE CONFIRMED</b></p> <p>Session in FR Session in EN</p> <p>Registration in EULearn Open to EC Staff only</p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	TO BE CONFIRMED	<p>EC – OIB/PROVÉLO</p> <p>Visioconference</p>
	<p><b>Safe cycling training course – PRACTICE/Level 1</b></p> <p><b>TO BE CONFIRMED</b></p> <p>Session in FR Session in EN</p> <p>Registration in EULearn Open to EC Staff only</p> <ul style="list-style-type: none"> <li>Group limited to the authorized number of participants, in compliance with the applicable sanitary measures</li> <li>Mask compulsory</li> </ul>	TO BE CONFIRMED	<p>EC – OIB/PROVÉLO</p> <p>LOI 130</p>



# VELOWALK

## LET'S DO THIS!

### ANNEX

## THEMES & MEETING POINTS

### LUNCHTIME GUIDED BIKE RIDES with KIM

SCHEDULE (12.30/14.00)	THEME	MEETING POINT
06/05	Midi/Anderlecht from a new angle	<ul style="list-style-type: none"> <li>Midi Railways Station</li> <li>In front of Pullman's hotel, opposite to the taxis' station</li> </ul>
12/05	Do you know Pede?	<ul style="list-style-type: none"> <li>Metro CERIA</li> </ul>
20/05	From canal to canal	<ul style="list-style-type: none"> <li>In front of 'Le Walvis' café Antoine Dansaert 209, 1000 BXL</li> </ul>
27/05	From Flagey to Brugmann	<ul style="list-style-type: none"> <li>In front of 'Belga' café Place Flagey</li> </ul>

### LUNCHTIME GUIDED WALKS with CAROLINE (in FR) 'Brussels in transition'

SCHEDULE (12.30/14.00)	THEME	MEETING POINT
30/04	Squares' District & Schuman Roundabout	<ul style="list-style-type: none"> <li>Top of Marguerite Square, located below Ambiorix Square</li> </ul>
07/05	Leopold District	<ul style="list-style-type: none"> <li>Exit Trône metro station Rue du Luxembourg</li> </ul>
21/05	Etterbeek-Ixelles	<ul style="list-style-type: none"> <li>In front of the Europe Station Place du Luxembourg</li> </ul>
28/05	Schaerbeek Josaphat	<ul style="list-style-type: none"> <li>In front of the royal church of Sainte Marie Place de la Reine, 1030 Schaerbeek</li> </ul>



# VELOWALK

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