

# Défi sans auto solo

2022 Edition

## COORDINATION GUIDE



## ABOUT THE *DÉFI*

*Défi sans auto solo* is a friendly free competition between Quebec organizations and institutions under the theme of sustainable transportation.

**Our goal: To promote the usage of any sustainable mode of transportation to employees and students of the province during the week of September 19 to 25, 2022.**

Organizations with the best results will become winners of their region. Participants can win many prizes.

## WHY PARTICIPATE?

- Make employees and students who drive try any sustainable mode of transportation;
- Reward current sustainable transportation users;
- Educate employees and students on sustainable transportation benefits;
- Get tangible data about employees and students' commuting habits (modes of transportation used, distance travelled, greenhouse gases emissions);
- Claim your engagement towards sustainable transportation.

## SUSTAINABLE MODES OF TRANSPORTATION



**Active transportation (biking, walking, running)**  
Integrate physical activity into daily commuting.



**Public transit (bus, metro, train)**  
Take advantage of commuting time to read or work.



**Carpooling**  
Split commuting costs and enjoy good company.



**Teleworking**  
Reconcile work time and family life or reduce travelling during rush hour.

## TO PARTICIPATE IN THE DÉFI

To participate in the *Défi sans auto solo*, the organization must select a coordinator who will ensure the smooth internal execution of the *Défi*. That person will be in charge of enrolling the organization and promoting the activity to encourage employees to participate.

Follow these three steps to ensure the smooth execution of the *Défi* and maybe succeed to rank among the three best organizations in your region:

- 1 Enroll your organization **AUGUST**
- 2 Promote your organization's participation to employees **AUGUST-SEPTEMBER**
- 3 Invite employees/students to participate **SEPTEMBER**

[Links](#)  
[Website](#)  
[Tools](#)

*\*Don't forget to share your organization code with employees or students.*

## HOW TO WIN THE DÉFI

Winners of the *Défi sans auto solo* will be selected based on four criteria:

- **Participation rate:** percentage of employees/students participating in the *Défi*;
- **Modal shifting rate:** percentage of employees/students who usually use single occupant vehicle that chose an alternate solution during the week of the *Défi*;
- **Usage of a sustainable mode of transportation rate:** percentage of employees/students that developed a habit of using a sustainable mode of transportation;
- **Reduction of greenhouse gases:** total of greenhouse gases not emitted by using sustainable modes of transportation during the week of the *Défi* (according to FAQDD's calculator).

### SOME TIPS

Hold a **second draw** to reward participants and promote *Défi sans auto solo*!

Highlight **sustainable modes of transportation** that are available from your organization and promote incentives to participants.

If you have questions, don't hesitate to contact *Défi's* team.

### DID YOU KNOW

For the past 13 years, each year had more

**4,130**  
participants

**347,979**  
kilometres  
travelled

**65,776**  
kg of GHG not  
emitted

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# FREQUENTLY ASKED QUESTIONS

## **How can employees/students of my organization participate in the *Défi*?**

Starting in September, participants will be able to download the *Défi sans auto solo* mobile application on their phone. **They will then need to link their account to your organization using the code that you provided to them beforehand.**

As coordinator, you will see employees/students linked to your organization on your dashboard. You will be able to follow in real-time the user list, kilometres travelled, greenhouse gases reduction, and the number of trips by mode of transportation.

**You will be notified by email when participant registration opens.**

## **I can't choose my organization's region in the enrollment form on *Défi's* website.**

It is possible that your work computer settings are blocking some features of the website. Use your cellphone or your personal computer if you have this issue.

## **Employees/students from my organization are teleworking/distance-learning. Can they join the challenge?**

Yes. We ask them to enter the distance they would have travelled if they went to work/school. This data allows for calculating greenhouse gas not emitted by avoiding travel.

## **What modes of transportation are eligible to participate in *Défi sans auto solo*?**

All daily travels are eligible: going to/from the workplace, school, grocery store, daycare, etc.

## **How can employees/students from my organization win prizes?**

Participants must complete the *Défi* to win prizes. To do so, they must

- Enroll in *Défi sans auto solo* under the *Défis* tab BEFORE September 19;
- Complete 10 sustainable trips during the week of September 19 to 25 and confirm them under the *Sessions* tab (when they achieve this goal, participants automatically gain 500 points)
- Points must be exchanged for vouchers in the app store.
- Participants have until October 7 to exchange their points. Winners will be drawn in the following weeks by Centres de gestion des déplacements du Québec and winners will be contacted directly.

**More questions? Read [Défi sans auto solo FAQ](#) or [mobile application FAQ](#).  
To contact us, write to [defisansauto@acgdq.com](mailto:defisansauto@acgdq.com)**

OUR DIAMOND PARTNERS



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