

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 **STARTING AUGUST**

[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

Défi
sans auto solo

FREQUENTLY ASKED QUESTIONS

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

Starting August 26, 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.

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.

Défi sans auto solo

UNE SEMAINE POUR SE SURPASSER !

