

# Team Modeshift Events Calendar

## August 2022

Leave your car keys at home and enjoy exploring a new route on 2 wheels this summer. Remember there are many benefits and reasons to cycle to work.



Last chance to get your nominations in for Team Modeshift National Sustainable Travel Awards – visit our website to find out more!

Why not have your own mini games at home, enjoy trying some new sports or simply be inspired to be more active this summer.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31			28

Team Modeshift Get Active Summer Challenge

We challenge you to 30 minutes of active travel every day throughout August. Walking or cycling to work counts or loops around the garden or scooting to a summer club. Make your journey fun and active, share with us your photos and inspire others to get involved.

### What's coming up: September

- ★ 9th September World EV Day – celebrating sustainable e-mobility
- ★ 10th September World Suicide Prevention Day
- ★ 16th-22nd September TravelWise Week
- ★ 22nd September World Car Free Day
- ★ 1st-30th September Love to Ride's Cycle September

