

From 18/09 to 12/10: EUROPEAN WEEK FOR MOBILITY AND SUSTAINABLE DEVELOPMENT

ALL RESPONSIBLE, DO DIFFERENTLY!

Discover the program:

Challenge “BE WALK TOGETHER “Walking/Running”:

From 18/09 to 06/10/2023 : “Walking/running” challenge.

Physical inactivity has become a public health issue. This is why the challenge *Be walk together* is an opportunity to start or get back to daily walking.

How about taking advantage of the walking/running challenge to motivate you to walk?

The principle : Take as many steps as possible for yourself, your team, with colleagues or friends and walk as much as possible for 3 weeks.

Comment : alone or in a team of up to 8 colleagues, accumulate your daily steps from 18/09 to 06/10 using an application of your choice (download to your smartphone). Application example: Strava.

To participate is simple:

- **Step 1** : Assemble your team and send the list of participants before 09/15/2023 - 12 noon To via BALF DD
- **2nd step** : One participant per team will collect and send by email the weekly progress report via BALF DD

The winning team is the one whose members have accumulated the most steps (or kms) in proportion to the number of participants. At stake, a surprise prize for the winning team.

SIGN UP AND TOGETHER LET'S LIVE A BACK IN SHAPE 😊!

SEDD program + Results of the “mobility” survey of employees + RSO tree

- **18/09** : Broadcast of SEDD program and the results of the “mobility” survey on the intranet.
- **18/09** : Installing the RSO Tree on the Rouen site (+ current actions sheet). Also to be deployed on the 3 other sites.

MOOC Focus on energy sobriety

19/09 : Launch of the “Energy sobriety” MOOC (30 minutes) to all staff

To reduce our energy consumption and participate in the collective effort of energy sobriety and environmental protection, the Caf de Seine-Maritime supports you in achieving the objective set by the State to reduce our overall energy consumption by 10% by 2024.

Thus, you can benefit from a 100% remote awareness module to know everything about energy sobriety and implement concrete actions in your daily life. This e-learning module is structured around two axes: Understanding and Acting. It lasts only half an hour and provides essential knowledge on the subject.

How to benefit from it?

- First contact their HR department
- Then connect yourself to your S space.

09/19 to 10/12 : Communication campaign (Eco-gesture posters).

Launch of cigarette butt collection & recovery in Le Havre (ME'GO company)

09/19 at 11 a.m. : Awareness workshop staff in charge of cigarette butt management (PIM service + cleaning company).

19/09 from 11:30 a.m. to 1:30 p.m.: **Agent awareness workshop** (dining room).

Color walk (30 – 40 min) with the Rouen Normandy Metropolis):

21/09 : the 12h30 – 13h30 : “Surprise visit”, you like to stroll through your city, take the time to look up... So let's do it together and share a colorful look at this district, on the lunch break, in the company of a colorful guide too. Moment of relaxation guaranteed!

Registration and terms and conditions with your RSO referent, Karine DUVALLET via BALF DD

Workshop “How to be more (eco)responsible in the office”

28/09 : Awareness workshop "How to be more (eco)responsible in business" in Rouen (1h30). See with the service provider ME'GO.

05/10 : Awareness workshop “How to be more (eco)responsible in business” in Dieppe (1h30). See with the service provider ME'GO.

KLAXIT workshop + workshop on the Sustainable Mobility Package (FMD)

06/10 : Atelier KLAXIT + Atelier FMD on Rouen.

12/10 : Atelier KLAXIT + Atelier FMD on Elbeuf.

The Sustainable Development unit offers you a Klaxit workshop on the Rouen site during your lunch break. Find our partner's stand in the catering room and ask all your questions.