

ecoMobility Service – Workshops for Workplaces

Fuel Efficient Driving

Overview: Did you know that you can save as much as 40% in fuel costs, simply by driving more efficiently? This interactive workshop teaches drivers how to assess their driving habits and understand how it is affecting their wallets and the environment.

Who benefits from taking this workshop?

Whether a person is driving a company vehicle, claiming mileage on their own vehicle or commuting to work, knowing how to drive more efficiently saves money and reduces emissions. By offering this workshop a workplace can improve their bottom line and enhance their community image.

This workshop includes an overview of:

- ✓ Driving techniques to maximize fuel efficiency
- ✓ The impact of vehicle maintenance on fuel efficiency
- ✓ The impact of tire pressure
- ✓ Fuel efficient vehicles
- ✓ Car sharing – an alternative to owning a personal vehicle

Participants will also receive:

- ✓ A free tire pressure gauge
- ✓ A list of easy actions and reminders
- ✓ A vehicle mileage log book

Booking information:

The content and length can be tailored to your workplace needs.

Length: 1 hour (negotiable)

Cost: \$250.00 (Maximum 35 participants)

Requirements: Power point, table, chairs for participants.

Note: All resources and handouts are included at no extra cost.

**To book a workshop, please contact
EnviroCentre 613 580 2582 or visit www.envirocentre.ca**

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Commuter Cycling Skills

Overview: Cycling is a low cost, efficient and emissions free way to travel. This workshop is presented by a certified CAN-BIKE instructor, which is the national cycling skills program developed by the Canadian Cycling Association.

Who benefits from taking this workshop?

This workshop is ideal for anyone who wants to cycle with more confidence and comfort in an urban environment. Workplaces that are encouraging employees to implement sustainable transportation options in their commuting habits will demonstrate their commitment by providing this informational workshop to staff.

This workshop includes an overview of:

- ✓ What's needed to become a commuter cyclist – the simple guide to “gear”
- ✓ Information on route planning and efficient ways to navigate the city
- ✓ Lane positioning and visibility
- ✓ Safe and secure bike parking
- ✓ Cycling courses: CAN-BIKE course overview

Participants will also receive:

- ✓ Reflective strips for their bike
- ✓ An Ottawa cycling map
- ✓ Resources

Please note: An additional workshop that focuses solely on **bicycle maintenance** is also available. This is a separate hands-on workshop; however the same booking information applies.

Booking information:

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Length: 1 hour (negotiable)

Cost: \$250.00 (maximum 35 participants)

Requirements: Power point, table, chairs for participants.

Note: All resources and handouts are included at no extra cost.

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