

WANT TO KNOW MORE ABOUT SUSTAINABLE TRAVEL?

CHECK OUT WHAT'S ON DURING SUSTAINABLE TRAVEL WEEK!



**PRE-REGISTRATION
REQUIRED**



14TH OF OCTOBER - SUSTAINABLE TRAVEL FAIR*

Join us alongside; The Bee Network, Halfords, Cycling UK and more to discuss sustainable and cheaper travel alternatives for staff and students!

10:00AM - 14:00PM - Main Foyer, University Place

☀️ **Physio Sessions for Active Travellers with UOM Sport**

9:15 - 10:15AM - 15 minute individual appointments

12:30 - 13:15PM - Group session: *Give Your Back Some Slack!*

14:00 - 15:00PM - 15 minute individual Appointments

☀️ **5k Group Run**

12:00 - 13:00PM - From Brunswick Park

Dr. Bike Maintenance Drop ins

10:00AM- 13:00PM - Students' Union Basement

15TH OF OCTOBER - CYCLING EVENT*

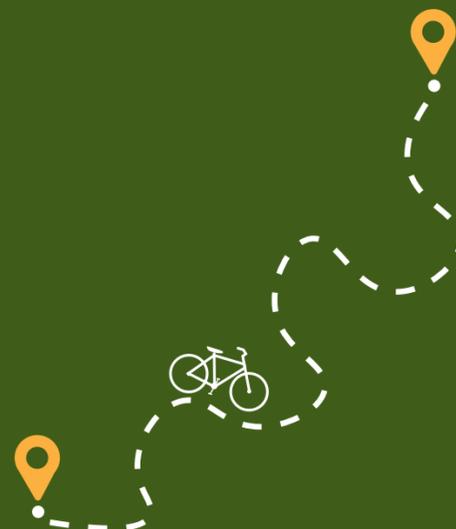


Group Cycling Rides

Two 45 minute bike rides starting at 12:00 and 13:30PM

Ask a Bike Mechanic! Drop in Session

11:00AM - 14:00PM - Students' Union Basement



16TH OF OCTOBER - WELLNESS FOR ACTIVE TRAVEL*

Yoga for Active Travellers ☀️

14:00 - 15:00PM Group Yoga - The Wellbeing Studio,
Simon Building

Tree Trail Walk and Wheel

13:00 - 13:50PM

Guided tour around the historic trees on our campus!
Meet at the Old Quad

5-8k Group Run ☀️

12:00- 13:00PM - From Denmark Road Sports Centre

*All these events are open to staff, students and our local community