

EP Take the Stairs Challenge 2018

Rules of the Challenge

ARTICLE 1

Scope and duration

As part of the Staircase Health Campaign, a 'Take the Stairs Challenge' is organized by the Office of Vladimir Manka, Quaestor of the European Parliament, in close cooperation with DG ITEC (Innovation, Performance and Internal Control Unit) and other EP services, for MEPs, Assistants and Staff in Brussels. The Challenge will start in February and run until June 2018. The Stairs concerned are in Altiero Spinelli Building in Brussels.

ARTICLE 2

Participants

The 'Take the Stairs Challenge' is opened to all Europeans in Brussels who possess an email (ending with "europa.eu") and owners of an up-to-date mobile devices (ios11, Android).

ARTICLE 3

Terms of entry

Prior to their participation, participants will have to register on the web-based application available on <https://epstairs.europarl.europa.eu>, by providing their professional email address (ending with "europa.eu"). The participants will then receive an email with an activation link, to gain access to the web-based app on their mobile devices. Please note that this activation process needs to be repeated if the participant uses another devices.

The registered participants will then be able:

- ⇒ to scan the QR code at the stairs' entrance, first, before climbing the stairs, and then, when exiting the stairs, to register their climb
- ⇒ to see their progress at the end of every stair climbing
- ⇒ to access their statistics per week and see their position in the global ranking
- ⇒ 10 participants for the period of a week and for all time
- ⇒ to share their results with the other colleagues by sending an email (optional)

The user can at any time gain access to the performance of 10 most performant participants.

Only the sum of all the climbed stairs will be displayed. It is not possible to access the performance per day of another user.

ARTICLE 4

Declaration of winners and access to results

There are three categories:

1. MEPs
2. APAs
3. Staff

The winner in all categories will be the participant with the highest number of stairs climbed during the period of the Challenge.

At the end of the Challenge, the name of the winners in each category will be announced on the different communication tools available in the EP (EP Intranet News, Newshound, TV screens).

ARTICLE 5 Awards

The winners in each category will be invited to an Award Ceremony that will take place in June 2018 in Brussels to receive the Stair Challenge Champion award 2018.

Happy stairs climbing
The EPSTAIRS Team