Hello ***[Name]***,

Big thanks for teaming up with us at [Organization Name}, leaders and advocates from across the country who are taking the Week Without Driving challenge, which will run from Monday September 30 to Sunday October 6 this year.

**First, why are we here?**

Imagine not having a car every day. That's the reality for people with disabilities, young people, seniors and people who can’t afford cars or gas. We encourage you to read about the experiences of nondrivers in this Washington state [story map,](https://docs.google.com/document/d/1tVwTsMeLIOxsiOEfa4F-p59oqlnwEEHRn0XzIsiqn6I/edit?usp=sharing) watch [this video](https://www.youtube.com/watch?v=NhvUaPXmI88) from last year’s Week Without Driving, and consider how nondrivers in your area may experience similar barriers with everyday mobility.

**How Does the Challenge Work?**

You can get around however you want, but the challenge is not to drive yourself in any car. This applies to all your activities — not just your work commute. If you normally transport other family members or friends, it applies to those trips too.

You can ask someone else to drive you, but make a note of how much you “owe” this person in their time, and if you felt obligated to support them in other ways (ie, doing all the dishes). You can use taxis or ride hail if they exist where you need to go, but again, think about how the cost could impact your decision to take this trip if this was regularly your only option.

**Keep this in mind!**

This isn’t a disability simulation or a test of how easily you can find alternatives. We know that it is far easier to give up your keys if you can afford to live in a walkable area well served by transit, or can outsource your driving and other transport and delivery needs to other people. *Having to drive during the challenge* ***does not*** *signify failure.* *The point is to consider how someone without that option would have coped, and what choices they might have made.*

Just as the week is not a simulation of how easily you can find alternatives, the week is not a celebration of car-free living or a Bike Everywhere event. If you live car-free or bicycle by choice, take this week to consider how you would get around without those options or if they were less available to you.

We strongly encourage you to treat the week like any other by not clearing your calendar or otherwise minimizing your typical travel during the week. Live your week as usual! Avoid stocking up or dodging commitments. If you reschedule something, think about how a nondriver would've managed.

We’ll provide you with tools to prepare for the #WeekWithoutDriving and prompts during the week to reflect on what you’re learning and share with your community and other participants across the country. Use #WeekWithoutDriving to share your prep and thoughts. Got questions? Just ask!

Keep an eye on your inbox for updates and tips as we gear up for this amazing challenge!

[your organization’s local contact and sign off]