

Good practices in the Green Office tutoring process

Good practice title	Competition „Your steps count”
Good practice photo(s)	
Name of Office	Põlva County Administration
Type of Office (sector)	Public administration
Website	https://polva.maavalitsus.ee
Country	Estonia
Tutor name	Karin Kilk
Environmental aspect/management aspect	Communication, involving employees, transportation
Description of good practice (max 250 characters), including the aim of the activity; indicator(s); used measures and tools; results and achievements; communication related activities.	<p>The employees of Põlva County Administration have a free yearly access to Põlva Sports Centre (swimming, water aerobics and gym). In April, which is the month of the heart, a competition called “Your steps count” was held among the employees to determine the most active employees. Each employee was given a diary where they had to mark down their sports activities and the minutes for it.</p> <p>The aim of the competition was to bring more attention to the month of the heart and to health.</p> <p>There were posters hung up on different places in the office inviting employees to enter the competition. Individual approach was also used.</p> <p>The results of the competition were announced in the intranet, where all the competitors got a recognition.</p>
Cost/payback period	-
Challenges in implementation	Unfortunately only women took part of the competition. Although there are many active men among the staff, none of them took the effort to mark down their sports activities and be a role model to others.

Replicability (yes/no)	
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