



❖ In 2003, 28 per cent of University staff said they usually walked all or most of the way to work. In 1998 the figure was only 19 per cent.

4. Look beyond the obvious

Even if you live too far away to walk or cycle to work, going from door to door by car isn't the only option. Some people choose to park a short distance from their actual place of work so they get a brisk walk at the beginning and end of the day.

Folding bicycles are proving increasingly popular, with users enjoying a short cycle ride at the beginning or end of their journey by car or train.

Joining up with other colleagues who live close to you and sharing a car with them can bring social as well as environmental benefits.

For some people, the solution to commuting problems lies in varying their working hours. This is not always possible, of course, but you may want to explore the possibilities with your line manager. The University's guidelines on flexible working are available at www.bristol.ac.uk/pwe.

❖ Over £200,000 has been spent on physical travel facilities, eg locked bike sheds, at the University precinct over the past five years. This investment has resulted in a six per cent rise in the number of staff who are regular cyclists.

5. Be counted

Every other year, the Travel-to-Work Implementation Group (TWIG) carries out a staff survey to find out how University

staff travel to work and to seek their views on a range of transport issues. The results influence the way the University's transport policies are developed and where priorities are assigned. Next time the survey comes your way, make sure you have your say!

❖ As at July 2005, half of all members of the University's staff live three miles or less from their place of work.

6. Get the information you need at the click of a button

A wealth of travel-to-work information is available on the University web via the PWE home page. Please go to www.bristol.ac.uk/pwe/ and click on 'Travel to Work'.

What have we forgotten that's important?

As with the previous four leaflets in this series (*Making internal email a blessing rather than a curse*, *How to be an effective leader*, *Managing time more effectively* and *Dealing with bullying*), your comments would be welcome. Please email pwe-feedback@bristol.ac.uk. For more information on PWE at Bristol, take a look at www.bristol.ac.uk/pwe.

Storing your copies

The *Positive Communications* leaflets are proving popular. As a result, we hope to continue to issue them to current and new staff throughout 2005/6. A folder to store them in is available (into which back issues will be placed for new staff). If you would like a folder, please email pwe-feedback@bristol.ac.uk and one will be sent to you.

Positive Communications

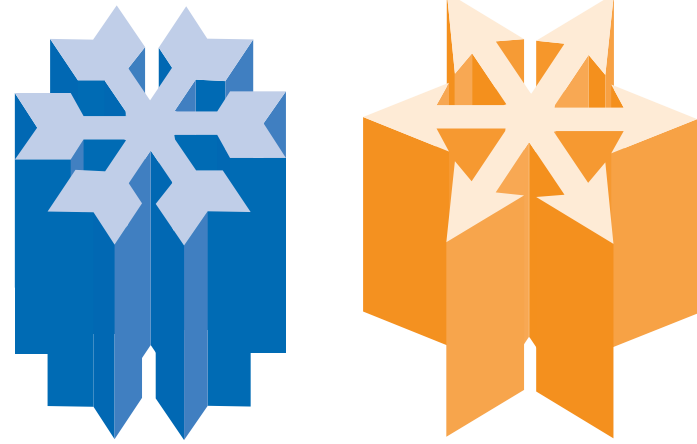
An initiative is under way to create a more positive working environment. A group of academics and support staff is leading the implementation of an improvement plan drawn up after a major staff survey.

One step the group is taking is to produce a series of advice sheets – called *Positive Communications* – on issues raised by staff. The advice will always be brief and practical.

If you need all or part of this publication in an alternative format, eg in Braille, in larger print or on tape, please call 928 7776.

Issue Five:

Commuting made easier



A positive start and finish to the working day

The quality of our daily experience at work is affected by what comes at either end of it – ie, the commute. For some of us, it's a walk in the park (perhaps literally). For others, it's a nightmarish crawl in rush-hour traffic. The commute can help us gear up for and wind down from each working day, or it can induce the kind of stress that takes the shine off our weekday lives.

This issue of *Positive Communications* outlines what the University is doing to reduce the pain of getting to and from work, explains what you can do to help yourself and sets out the benefits to people and the planet of good commuting habits. It also offers a smattering of intriguing facts and figures.

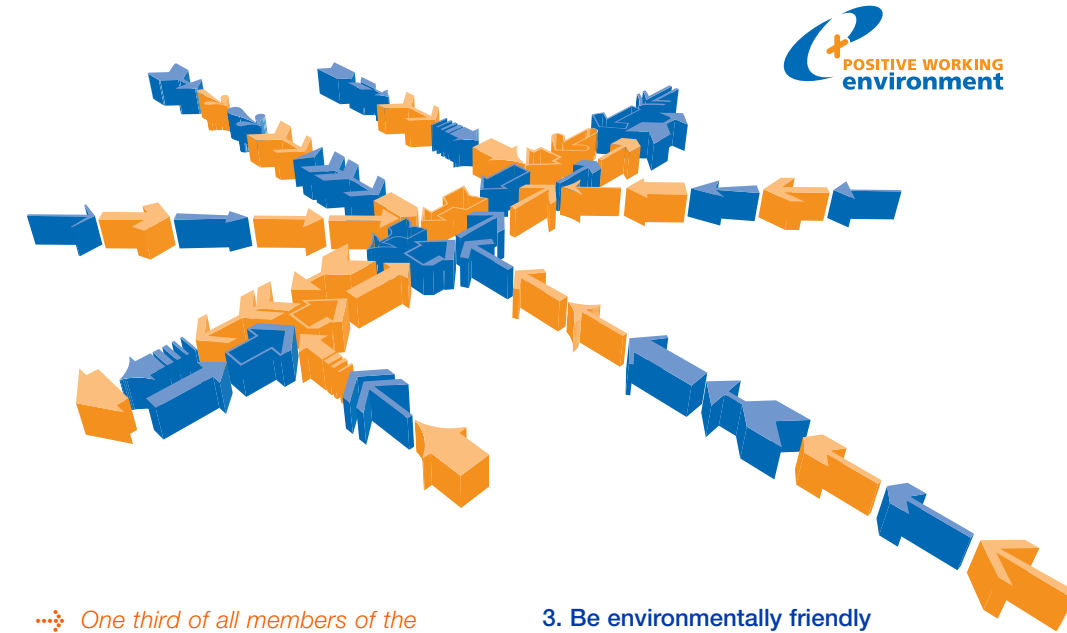
1. Benefit from the travel plan

Under its travel plan (available via www.bristol.ac.uk/pwe), the University:

- provides easy-to-access information on all travel options
- pays for a range of good quality facilities and services, including:
 - the free shuttle bus
 - car parks at the University precinct
 - locked and undercover bicycle parking locations
 - showers

- pedestrian routes and maps
- a database to help you find people who go the same way as you so that you can start a car-sharing team
- offers interest-free loans to help spread the cost of travel-to-work-related expenditure, eg buying a bicycle or motorbike, bus or train passes, or NCP season tickets
- organises travel-to-work events, such as the bike breakfast held during Positive Working Environment (PWE) Week in September 2005.

Acquaint yourself with the plan – it could make a significant and positive difference to your working life.



❖ *One third of all members of the University's staff were single-occupant car drivers in 2003. A survey taking place in 2005 will tell us how this has changed in the past two years.*

2. Improve your health

With busy work and personal lives, many of us find it difficult to find time to exercise. But research consistently shows that people who incorporate physical activity into their daily lives are at a lower risk of a range of health problems, including diabetes, heart disease, stroke, cancers and osteoporosis. One of the easiest ways of boosting physical activity is to include walking and cycling in the daily routine, such as during the journey to work. The message from health professionals is that active people suffer less from stress and sickness.

3. Be environmentally friendly

Making responsible travel choices is one of the most effective ways you can reduce the carbon dioxide (CO₂) emissions you generate. CO₂ is a greenhouse gas, and one of the main causes of climate change. Over a year, a 15-mile daily commute by car generates about 15 per cent of the average household's annual emissions. By switching to a less CO₂-producing mode of transport, the emissions you are individually responsible for will be significantly reduced. This contribution goes far beyond your work locality and ensures you'll be promoting a positive global environment.

❖ *If everyone needing to park in a University car park travelled by a different mode of transport on one day a week, on the other four days they would find a space with no trouble at all.*