

## Our work with workplaces

Cymraeg



Our workplaces projects support employers across Wales to empower their staff to leave the car at home and travel to work by public transport, bike, foot or car share.

Most commuting journeys in Wales are made by car, often over short distances. While jumping in the car can seem the most convenient option, it can also be the slowest, most unpredictable, and most stressful. Employers have so much to gain from encouraging staff to travel to work actively and sustainably:

- › Cycling or walking to work is a great way to keep fit. Staff that travel actively are more productive, efficient and alert in work and take fewer sick days. Discover more [benefits to active commuting](#).
- › Cycling, walking, public transport and car sharing reduces car parking demand and congestion in the surrounding area.
- › Public transport makes travel time more predictable, reducing the stress of traffic jams and running late for work. It also frees up the commuter's time, allowing them to make a call or read on their way to and from work – and it's often quicker, too!

- › Promoting sustainable travel will reduce an organisation's carbon footprint, and enhance corporate social responsibility, achieving a greener, more positive public image.

We have helped many Welsh organisations think differently about travel, including Welsh NHS sites, Lloyds TSB, Admiral Insurance, BBC Wales and the Royal Welsh College of Music and Drama. Want your workplace to get involved? **Get in touch!**

## The Cymru Travel Challenge

In July we ran our third **Cymru Travel Challenge**, a fun, interactive challenge where employees log sustainable journeys whilst competing against friends, colleagues and other workplaces in Wales. Here's a roundup of the challenge's results:

1 – 31 July 2017

[travelchallenge.getmeactive-cymru.org.uk](http://travelchallenge.getmeactive-cymru.org.uk)

# THE CYMRU TRAVEL CHALLENGE JULY 2017



**1,614**  
participants



**126**  
workplaces



**14,967**  
journeys



**£15,629**  
cash saved

### THE CHALLENGE:

Funded by Welsh Government, the free month-long Challenge saw people compete against one another to see who could clock up the most walking, cycling, public transport and car-sharing journeys to win prizes.

### HOW:

Participants used the online platform to set targets, log their sustainable journeys and get feedback on their progress throughout the Challenge.

**2,817,840**  
calories burnt  
(that's 11,182  
doughnuts!)

**13,421kg** in  
CO2 saved

### JOURNEYS LOGGED:

<b>5,240</b> WALKING	<b>4,983</b> CYCLING	<b>1,996</b> CAR SHARING
<b>1,174</b> BUS	<b>454</b> RUNNING	<b>4</b> SCOOTING / SKATING
<b>1,116</b> TRAIN	<b>14,967</b> total	



I feel healthier, livelier & more awake each day

Jade H

Shocked how much money I have saved in just 1 week from car sharing!

Michelle L



### 2017 TOP TEAMS:



Bi-Polar UK

### 2017 INDIVIDUALS:



Nicky B  
NHS Wales



Newydd



Capita Property & Infrastructure



Intellectual Property Office



Dwr Cymru Welsh Water



David F  
NHS Wales



Sarah Y  
WWF Cymru



Andrew P  
NHS Wales



Natalie W  
DVLA

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