

Workplace Travel Health Check

COVID-19 has dramatically affected the workforce and our preferences. This has impacted employee preferences for how they travel and where they work. Now is the time to improve sustainability and further support employee wellbeing.

As an employer, you may currently be rethinking your working from home and travel policies, reducing travel, and ultimately reducing your carbon emissions.

Measuring commuter emissions in a meaningful way has traditionally been put in the 'too hard basket' but this does not need to be the case. Abley's 'Travel Health Check' enables you to quantify emissions and costs, supporting good decision making and allowing you to publicise the benefits of changes to policies and behaviour.

Abley have a team of award-winning travel planners who specialise in bringing technology and spatial analysis solutions to our travel planning advice.

Our Workplace Travel Health Check includes:

- ✓ Best practice employee travel survey, spanning to pre-COVID and post-COVID behaviour, enabling the immediate quantification of policy impacts on Scope 3 commuter emissions
- ✓ 2x Pulse surveys (at 6 and 12 months), providing further quantification of impacts as you implement changes
- ✓ Audit of travel policies and facilities in your workplace, highlighting opportunities to support staff wellbeing and increase productivity
- ✓ Concise report including the results, insights and recommendations for supporting sustainable and healthy travel in your organisation e.g. parking policies, cycle end of trip facilities and e-bike considerations based on the travel survey and audit results.

On completion of the health check, Abley can also support your workplace to implement initiatives targeted at the recommendations and extend this to personalised journey plans for staff members.

Additionally, if you are considering moving offices, contact us for our office move support package.

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49% of adults

in NZ are not getting the recommended level of weekly physical activity.

<https://www.health.govt.nz>

A 25% reduction in sick days

has been observed through uptakes of 30 minutes per day of physical activity.

<https://assets.publishing.service.gov.uk>

Walking and cycling are termed **'active travel'** and contribute to physical activity.

Inactivity and sedentary behaviour is **as deadly as smoking** and is linked to obesity, cancers, heart disease and diabetes.

<https://www.nhs.uk/>

In office-based workplaces travel is often the **#1 source** of carbon emissions.

Transport makes up **21% of carbon emissions** in NZ and is a growing emissions source.

<https://emissionstracker.mfe.govt>

Bike stores are overwhelmed with the number of people wanting to continue cycling as a mode of travel.

