

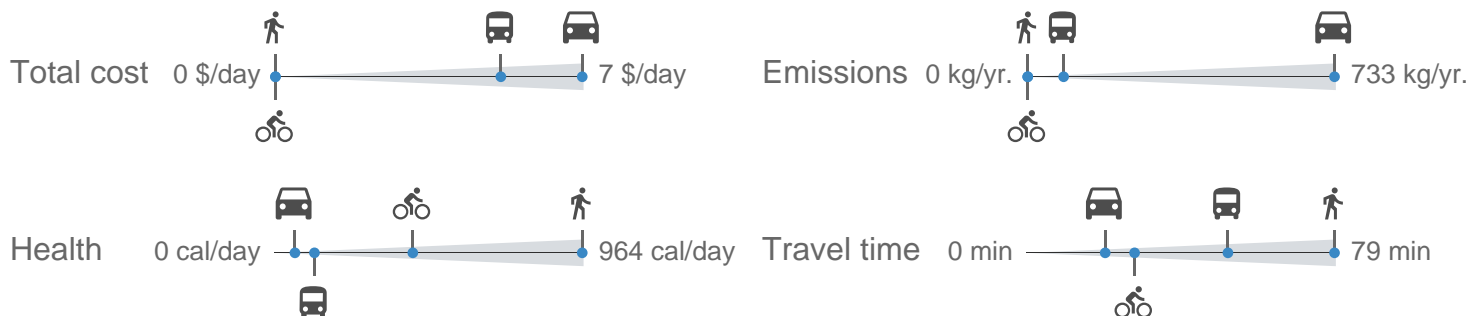


PERSONALISED JOURNEY PLAN

Sample Plan

11 Herdman St, Hoon Hay, Christchurch 8025, New Zealand

How do the different modes compare for your journey to work?



Public transport is an easy and hassle-free way to get to work that is more environmentally friendly than driving, plus you get some exercise walking to your stop. Your travel would cost **\$5.10 per day** with a Metrocard (\$8.00 without) and take **49-54 minutes** each way.

- Find the best route for your journey: <http://metroinfo.co.nz>
- To get a free Metrocard email travelwhiz@abley.com

Cycling is cheap, fast, and good for you and the environment. It would take you between **26 and 29 minutes** to cycle to work, but you will burn **431 calories per day**.

- Ample secure cycle parking is located in the basement
- There is a free shower, including towels and soap, located in the office

Walking is fun, free, environmentally friendly and great exercise. It would take you **79 minutes** to walk to work, but you would burn **964 calories** per day – that is the equivalent of 3 cheeseburgers!

Driving to the office would take you about **15 minutes** (up to 25 minutes if parking off-site). Including fuel and parking, driving will cost **approximately \$6.94-\$14.44 per day**. Over a year driving to work will see you getting less incidental exercise and **producing 733kg of CO₂**.

- You can save money by carpooling: see <http://smartravel.org.nz> to find someone to travel with
- If you have no option but to drive you can book an onsite car park through <http://travelwhiz.abley.com/ParkingWhiz>

Other suggestions and information:

- Free showers, including towels and soap, are available
- Use your wellness package for lights, rain gear, etc.
- Free backpack covers are available
- Make use of pool bikes for work trips or errands
- There is a 'guaranteed ride home' policy

CHECK OUT
TRAVELWHIZ.ABLEY.COM
FOR MORE INFO.

ANY QUESTIONS
CONTACT:
TRAVELWHIZ@ABLEY.COM