

# Adapting your commute

## Beyond lockdown



### Background

All our lives have been affected by COVID-19. For many of us this has meant a forced change to our working pattern, place of work, commute, business travel and exercise opportunities. However, this is a great time to consider making some of these changes more permanent.

Sustrans encourages employers to support staff making **positive changes** to your commute, working practices and business journeys.

### Positive changes

#### Working at home

Now you're an expert at working at home, will your employers consider this as a longer term option? Many jobs can be carried out just as successfully from home as from an office environment.

#### Online meetings

Driving or flying to meet clients means we regularly lose time that could be spent on other tasks. Online meetings have become widely accepted, and continuing to hold some appointments remotely could reduce overtime and lower stress levels.

#### Public transport

Local transport operators should provide you with the latest information on your route. However, if you don't feel ready to return to public transport, what are the options? Speak to your employer about increased working from home, or look into alternative options such as walking or cycling.

#### Walking & cycling

Walking and cycling are great alternatives to travelling by car or public transport. If you feel unable to walk or cycle the full commute, consider building up to it, practicing your route on a weekend, or even doing it a couple of days a week.

Read our Top Tips for home working and an active commute overleaf.

### Travel statistics



56% of all car driver trips are under 5 miles (2018)



Research shows adults who cycle regularly have fitness levels of someone up to 10 years younger



55% of people feel more stressed as a result of their commute (2016)

**“Working from home has been amazing. Lovely not to waste 1.5h of my life sat in a car doing nothing useful.”**

Lena, Software engineer

**Sustrans is the charity making it easier for people to walk and cycle.**

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

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# Top Tips

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### Working from home

Working from home is a new experience for many. Sustrans have compiled a list of tips to support happy and successful home working.

- Set up your workspace: take time to get it right. Ensure you're comfortable and away from the bustle of home life.
- Write a to do list for the following day. Acknowledge when you work best and use that to plan your working day.
- Work in chunks and take regular breaks to move, go outside, rest your eyes and refocus.
- Try to work to a routine and have a set finish time. Then switch off your computer and phone.
- Carry on commuting: starting and ending the day with a walk or cycle helps keep a routine and boosts your wellbeing.
- Keep in touch: Embrace technology, be sociable and regularly communicate with colleagues.

### Cycling to work

Now is a great time to consider more active ways of getting to work. Here's the Sustrans guide to commuting by bicycle.

- Get your bike out of the shed or if you need one, ask your employer about the Cycle to Work scheme.
- Learn how to check the bike is safe to ride. Our 4 minute bike safety M-Check video provides some useful tips.
- Plan your route using local cycle paths and apps such as Google Maps, Komoot or Cycle Streets to avoid busy roads and junctions.
- Practice cycling your commute to see how long it takes and to build up your confidence. Take it at your own pace and give yourself plenty of time.
- Check out what facilities your workplace has in terms of bike storage, showers and changing space if needed. Plan your kit in advance.
- Enjoy your new commute!

### Handy links

[Sustrans Cycles for Key Workers](#)

[Sustrans Space to Move campaign](#)

[Bike safety M-Check video](#)

[How to plan a route video](#)

[More cycle to work tips from Sustrans](#)



**“I am planning to utilise the quieter roads to build my confidence [cycling]. It is a great way to start the day and wind down on the way home.”**

Clare, Practice Nurse

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