



Wellbeing survey results

June 2020

Sustainable travel section

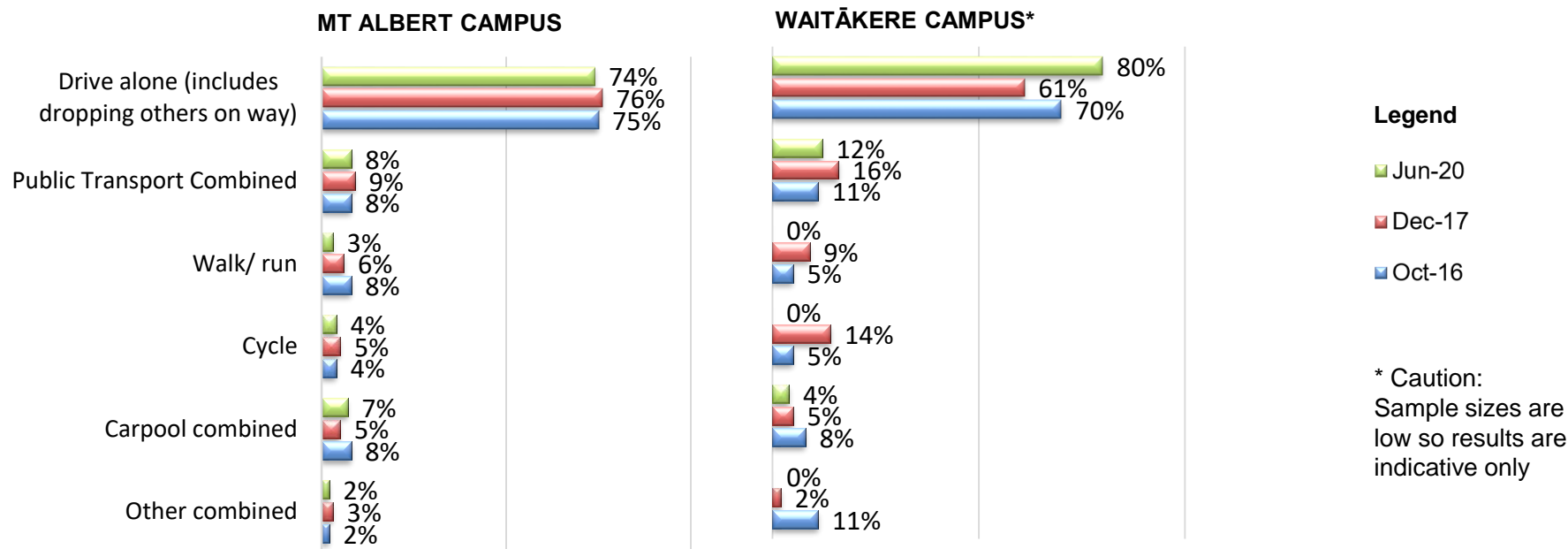
The wellbeing survey this year had five sections:

1. The Wellness Programme
2. Mental Health and Stress Management
3. Flexible work arrangements including lessons learnt about working from home during COVID time
4. Christmas close-down period
5. Sustainable Travel

This report presents the analysis of the results for the last section, the Sustainable Travel. Results for the first two sections [can be viewed here](#), and results from Flexible work arrangements and Christmas close-down sections can be accessed in a [third, separate report](#).

The main mode of transport

The majority of staff continue to drive alone to work for both campuses. There has been no change in the main mode of transport for staff over the past four years with the only statistically significant change being a decline in staff walking/ running to the Mt Albert campus from 8% to 3% over the past 4 years.



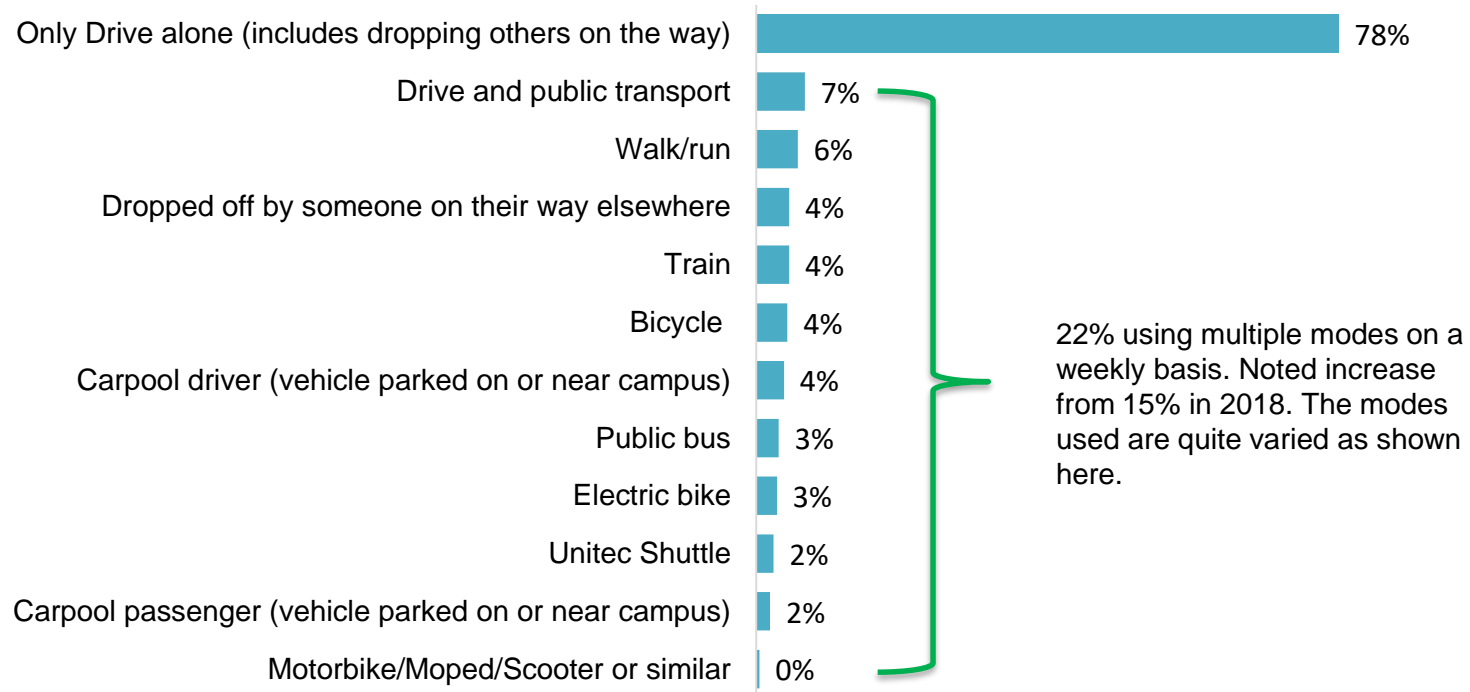
Note: There have been a number of changes in staff over the year since the benchmark survey which may have had an impact on main mode of travel

Sample Size

(Jun 2020, Dec 2017, Oct 2016) Mt Albert n=(491, 591,541), Waitākere n=(25, 45,64)

The mixed modes of transport

Despite driving being the main mode of transport, there has been a decrease in staff that only travel this way (85% in 2018, 78% in 2020) and subsequent increase in those that use other modes at least once a week.



The three key barriers to sustainable travel

Majority of the barriers have remained the same since the 2017 survey. The two exceptions are mentioned below

Driving is the only practical option

Living a long way from campus and not having public transport available, or having to drive to access it is a barrier for some staff

Staff who start early in the morning or finish late at night feel it would be too difficult to carpool or use public transport

Family commitments and schedules make it too difficult for some staff to use alternative forms of transport at present

Needing access to a car to travel during the work day, or to get to places quickly after work are necessities for some staff

Alternatives are time consuming and costly

The increase in commute time is a turn-off for many staff

Lack of direct routes to Unitec Mt Albert campus and most having to walk extra 15min from either of the town centres is an issue

Additional cost involved with using public transport was mentioned only once this year. Instead the comments highlighted negative experiences during HOP card trials due to waiting times, the no show buses and consequently missed connections

There is a lack of satisfactory end of trip facilities at Unitec

Having access to clean, private shower facilities and lockers large enough to store clothes is necessary to encourage more staff to consider walking, running or cycling to work

This year majority of the comments were about the need for lockers, and for cyclists, the key barrier is the lack of safe and easily accessible bike storage

The three key barriers to sustainable travel cont'd

Themes	Examples of comments
Driving is the only practical option	<ul style="list-style-type: none"> <i>My role is teaching and I live in Mt Wellington. So my time is not like working hours. Public transport and carpool are not my convenient options</i> <i>A 20km cross-town travel each way makes walking and biking impossible while public transport is possible it would add another half to one hour to an already long commute. I have done carpooling previously but that is no longer able to happen.</i> <i>I would love to use a different method of transport but due to my location it makes it difficult. I did investigate public transport but a 20 minute drive would take 2 hours via public transport. If there was a ferry from Beach Haven to Pt Chev I would absolutely consider biking to work any day the weather was appropriate!!!</i> <i>I would love to be able to travel to work by train but the trains to west Auckland only go to Swanson. I would happily not drive every day.</i> <i>It is really depending on what sort of family/personal life we have got. I have two teenagers who both are heavily involved with water polo sport and I do need to use my car, as I need to collect them from school and take them to the training, for example. I would like to bike to work once a week but not sure if that is realistic yet.</i>
Time consuming and costly alternatives	<ul style="list-style-type: none"> <i>Unfortunately, Auckland still needs to improve its public transportation. I tried the Monthly Hop card trial and it was a nightmare. I had to take 2 and sometimes 3 buses coming from the North Shore to Mt. Albert. Sometimes I was just not able to take the second bus because the first bus was late and then it ruined my rote. Or there was a day that the second bus were a few minutes earlier which made me miss this bus as well..."</i> <i>Unitec MUST provide a bus service for students and staff from around Auckland especially the Northshore as it is very time consuming and difficult to bus from Albany, Warkworth, Silverdale, Ower, Whangaparoa etc...Many students don't turn up to class claiming they live too far away and busing to Unitec is too difficult...</i> <i>I would suggest that, while great initiatives above, it should be noted that for some employees, the trip by bus/train/cycle is excessively long. Spending an 1 hour 20 minutes one way to work by using public transport is not a smart way of utilising time. Three hours out of a day on travel, in the Covid situation, for most was spent online working smarter...</i> <i>Advocate with AT for better bus service around Unitec/along Carrington road. I would gladly take the bus rather than drive but they are not frequent enough to be convenient.</i> <i>Ensuring that the Outer Link remains so I can use it from time to time.</i>

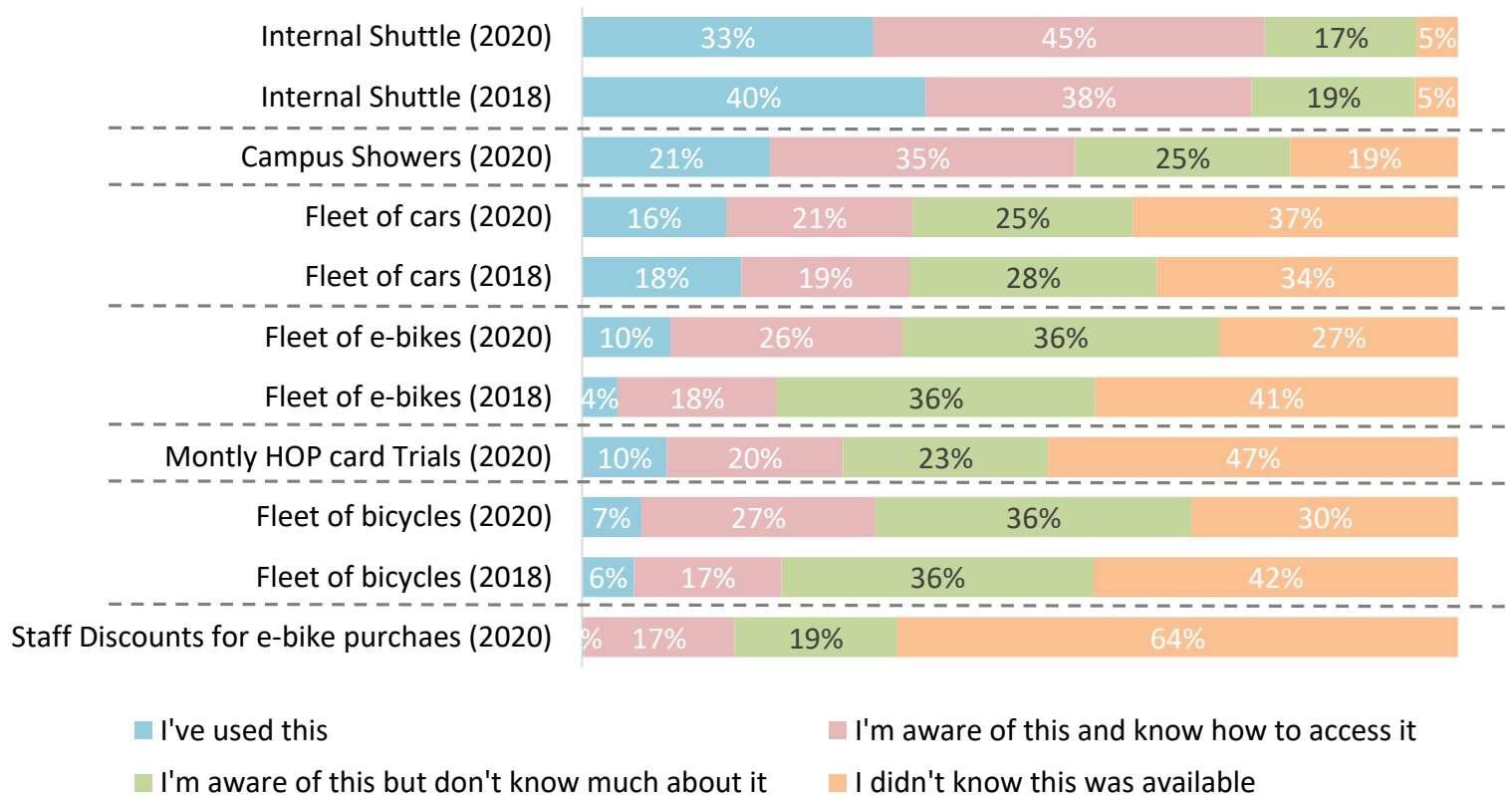
The three key barriers to sustainable travel cont'd

Lack of satisfactory end of trip facilities

- *The thing that would make it much more likely for me to leave the car at home would be locked bike storage with swipe card access so that if the weather turns to custard I can take public transport home and leave the bike on campus without having to worry that it will disappear or be damaged.*
- *The "campus showers" are very disingenuous. The ones I have access to are not going to help because:*
 1. *They are not private facilities – I can't lock out my colleagues which is unacceptable*
 2. *They are the worst showers I have ever used.*
- *More internal bike storage on campus so people can get around campus on bikes.*
- *Power points in shower and/or hard-wired hair dryers available.*
- *It would be good to have somewhere to hang and dry my cycling clothing on wet days. I feel sorry for my colleagues (in our compressed office space) who have to see and smell my bike gear all day long.*

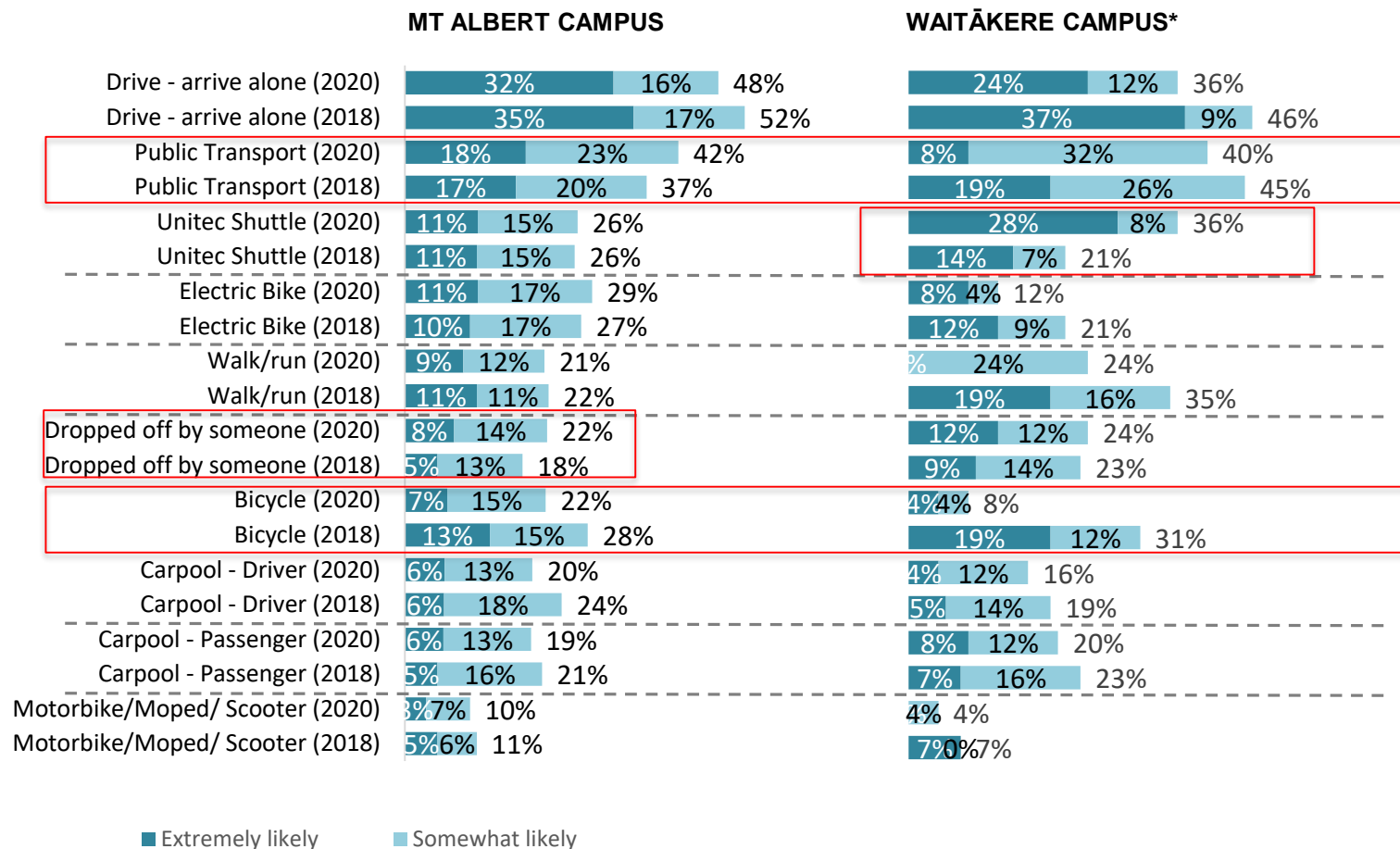
The awareness and use of initiatives

Awareness of Unitec's internal shuttle remains high with a slight decline in usage shown over the past 2 years. Awareness of Unitec's fleet of e-bikes and bicycles has increased significantly since 2018, however actual usage has only increased slightly over the same period. Awareness of showers on-site is high (81%) and 21% of our staff have used them. 64% of staff aren't aware of the discount offered on e-bike purchases which presents an opportunity to communicate more widely.



The appetite for change

Driving alone remains the main preferred mode of transport in the future, while appetite to start using public transport more is high and has increased over the past 2 years. Intentions to bike to work in the future has declined for both campuses.



Staff recommendations

Shuttle (28 mentions)

Needs to serve a wider area	<ul style="list-style-type: none"><i>Possibly, Unitec shuttles can ply to other pickup points (for staff) instead of only between campuses at least the morning and afternoon shuttles. Maybe, staff are willing to pay an extra monthly charge for the shuttle access from a closer point to their residence.</i><i>Run a direct bus from the shore / more support to North Shore and East Auckland staff</i><i>Maybe a few extra stops for the shuttle so I don't have to drive to catch it. If it ran between Henderson & Mt Albert with a stop in Te Atatu I would make use of it.</i>
Tweak the timetable	<ul style="list-style-type: none"><i>Have an early Unitec shuttle from Henderson to Mt Albert least 7.30am so we can get to Mt Albert by 8am</i><i>Campus shuttle should ... have proper timings according to shift schedules of staff (i.e. 5.15pm not 5.00pm start)</i>
Fill the AT's gaps	<ul style="list-style-type: none"><i>More shuttles between campuses during peak hours</i><i>Have bike rack on shuttle so we can put bike and/or e-bike with the shuttle</i><i>I would use the shuttle more regularly if it was to do pick-ups / drop off's from the AT bus stops along Carrington Rd</i>

Flexi-work arrangements (23 mentions)

Flexi- time	<ul style="list-style-type: none"><i>Help my manager understand that I can also work on the train/ bus - that I'm not running late or avoiding being here.</i><i>More flexible work hours so not so stressful to catch the bus in time!</i><i>Make hours more flexible to enable more car pooling.</i>
Flexi-location	<ul style="list-style-type: none"><i>As I live out West it may be good that I can travel and work from an office or space at Waitakere campus rather than having to work from Mt Albert Campus, if I didn't need to go to be there for the day</i><i>I live in East Auckland and in the event we move into new structure of under one entity I prefer to work at MIT</i><i>The best solution for my situation is to allow working from home on non-teaching days. This also reduces congestion and pollution on the roads for others</i>

Carpooling (18 mentions)

From a simple map to an app	<ul style="list-style-type: none"><i>Put out a staff map for those who want to share where they live and their times of work and are interested in carpooling</i><i>Would be great to have an app where each staff member would register their daily route. Then the app would suggest people on the same route to link together... Would be great both in terms of sustainability and building up cross-department connections.</i><i>If there is some list on Nest area wise, and we can see who all are from same area and get in touch for car pool</i>
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Transport of the future – EV, E-bikes, E-scooters



7.5 % of our staff (39 out of those that filled out the survey) have a hybrid or an electric vehicle.

"I have a pure EV car. It would be nice to be able to charge it while I'm at work, I would be willing to pay for the electricity needed, about 6 to 12 kWh a day."

"I do own an electric car that have used to drive to Unitec in the past. Wife is currently using it. An electric charger at Unitec would be great."

E-scooters and e-bikes got a mention too ...

"Would be great to have an electric scooter for travel around the campus. Very difficult to transport IT items on the electric bicycles"

"We have a number of electric bike and scooter that end up in the office. Maybe a secure charging storage shed would be ideal"

"I would be interested in e-scooters or e-scooter discounts. As I would need to travel along very busy and very narrow roads to Unitec bikes (e or other) seem a dangerous mode of travel"

"When the Skypath is built, I would consider using an e-bike... incentives to purchase e-bikes helpful"