



TRAVEL PLAN

- ANNUAL REPORT 2014/15 -



'Gold Travel Planning in the Workplace'
Welsh Travel Plan Awards



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

"The Board of Governors and Senior Managers at Cardiff Metropolitan University (the University) recognise the obligation we have to adopt responsible attitudes towards the environment within which we live and work. The University is committed to the concept of sustainable development and the pursuit of continuous improvement in environmental performance.

The development of a Travel Plan for staff, students, visitors and business partners is a fundamental aspect of the University's Environmental Strategy. The aim is to minimise the impact of our generated travel and to set an example to our students which they will take with them into the world of work.

This Travel Plan update is intended to report upon the significant progress we have made in this area of our work and builds upon our successes to date.

Our plan continues to raise awareness of transport choices and, in consultation with internal and external stakeholders, to identify, prioritise and implement further initiatives that will deliver more sustainable ways of conducting the University's transport activities. The majority of our students live within the Cardiff boundary, and thus collaborating with many city partners including local transport operators is essential to ensure we have a broad range of travel options and supporting facilities.

It is significant for us that our modal analysis demonstrates continuing progress is being made as a result of our actions.

The commitment of Cardiff Metropolitan University is amply illustrated by the progress which has been made to date and by the framework which has been put in place to progress, steer and review the Travel Plan and to integrate it with city and regional sustainable travel developments."

**Professor
Antony J Chapman**
Vice-Chancellor



Introduction

Cardiff Metropolitan is one of the leading sustainable travel organisations in Wales. Having a history of focusing on sustainable travel for its students, staff and visitors to ensure that the University reduces its impact on the environment, contributes to the positive health and well-being of staff and students and is a responsible member of the local community.

As of 2013 Cardiff Metropolitan University has once again been rated as **one of the most environmentally friendly higher education institutions in the UK** by The People & Planet University League table. The University has been ranked second in Wales and nineteenth in the UK within the nationally recognised league table's 'First Class' category.

The University is ranked as the top 'new' university in Wales by the major university guides - The Guardian University Guide 2013, The Independent Complete University Guide 2013 and The Times Good University Guide 2013.

Our commitment to sustainable travel has grown year on year with the practice being embedded deep into the psyche of students and staff at Cardiff Met.

Since 2007 we have witnessed a **reduction of 12.2% in students and a 24.4% in staff using a car** as their mode of transport. This equates to a significant 1,281 students and 268 staff changing their preferred mode of transport in under seven years. That is the equivalent of **removing 1549 cars** from their daily commute or equal to laying **four miles worth of cars bumper to bumper!**

The following report highlights recent achievements and gives structure to future initiatives and priorities that will assist Cardiff Met's continued improvement and support of sustainable travel in Cardiff.

Cardiff Metropolitan University

Some Basic Facts

Founded in 1865 as the School of Art, Cardiff Metropolitan University is the oldest university in South Wales. Operating from two study campuses: Llandaff in the West and Cyncoed campus to the North-East of the city providing education for in excess of 13,000 full and part time students from more than 140 countries, with approximately 10,500 students based in Cardiff, supported by circa 1200 members of staff.

Student halls of Residence are based at Cyncoed Campus and Plas Gwyn Campus, along with several nearby private Halls of Residences with historical nomination agreements. The remainder of the student body largely live in the 'Student Community' of Roath and Cathays which is ideally located an equal distance from the two study campuses. Cardiff Met students make up around a quarter of the 40,000+ students (12% of city population) who study and live in Cardiff.

Located in an exciting, modern European capital city, Cardiff Metropolitan University is a global university. We are continually investing in our students' future and provide education and training opportunities that are accessible, flexible and of the highest quality to students from over 140 countries worldwide.

The university is integral to the City of Cardiff and we pride ourselves on being a strong, sustainable and student-centered university, focused on the economic, social and cultural wellbeing of Cardiff and South East Wales; promoting student employability, applied research and knowledge transfer.

Graduate retention at Cardiff Met is unsurpassed in the city with over a third of our students remaining in Cardiff following their graduation. Apart from providing Europe's fastest growing capital city with a skilled and educated work force, we ensure that our students graduate fully aware of how to continue to travel and live sustainably in Cardiff.

Llandaff Campus Travel Infrastructure

- Dedicated cycle path that safely delivers students and staff to the Cycle Hub via the perimeter of the campus.
- Card access, secure storage for 120 bicycles and external storage for a further 50.
- Purpose built showers, lockers, storage and drying facilities for both male and female students/staff in the new Cardiff School of Art & Design.
- Campus facilitated by two bus stops immediately outside receiving three Rider services and two Cardiff Bus services hourly on a term time basis.
- Carshare2CardiffMet car parking spaces in favoured location at the front of the campus.
- Parking restrictions for students and staff residing within two miles of the campus.

Cyncoed Campus Travel Infrastructure

- Residential accommodation for 554 first year students negating the need for a car.
- Card access, secure storage for 80 bicycles and external storage for a further 40.
- Shower and storage facilities for cyclists and walkers via Tennis Centre and Gym.
- Cardiff Bus and Met Rider services decanting onto campus five times an hour.
- Walkable proximity to the preferred residential locations for second and third year students, as well as local shops, bars and amenities.
- Carshare2CardiffMet car parking spaces in favoured location at the front of the campus.
- Student Union minibus fleet and dedicated free buses for evening events.
- Campus night time managed Taxi rank.



Since the introduction of the Health & Well Being strategy in 2008, the most recent survey illustrates that:

- 70% of Met staff exceed the recommended guidelines on physical activity
- Staff who engage in cycling to work each week also have much less absence from work

Aims & Objectives

The overarching aim of Cardiff Metropolitan University is to:

- Reduce single occupancy car journeys to campuses and the dependency on vehicles to support its activity.

This will be achieved by the following objectives:

- The development and promotion of sustainable alternatives to single occupancy car travel.
- Increase awareness amongst students and staff of the health and well-being benefits of sustainable travel and active lifestyles.
- Promote the ethos of sustainable travel and a sustainable campus through student 'real world' projects.
- Investment in appropriate facilities and equipment to support active travel and lifestyles.
- Promote and share good practice with local organisations, business and Cardiff City Council.



Cardiff Met aspires to be a healthy and sustainable University. Health and Well-being is a core element of the University's Corporate HR Strategy and commitment to supporting active travel is recognised as being key to its continued success. Staff and students are encouraged to be active, eat well, live well and be healthy. It has long been known that regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Walking, cycling or using public transport (active travel) to get to and from the University is good for health and along with car sharing can help reduce the University's carbon footprint and help achieve healthy and sustainable campuses.



Christopher Deacy MSc Dip2OSH CMIOSH

HR Manager (Occupational Health, Safety & Well-being)
Cardiff Metropolitan University

Travel Planning *in the Community*

Cardiff Met has a long and proud history of introducing sustainable travel initiatives not just to our students and staff but also within the local community. Some of these have included:

- Expansion of public bus service routes connecting Cardiff East and Cardiff West.
- Additional bus stop and increased frequency of public services to Cyncoed.
- Historically hosting public on street bike hire scheme on all campuses.
- Reducing city centre traffic congestion by offering affordable parking facilities for Cardiff events.
- Founder member of the Cardiff HE/FE Sustainable Travel Group.

Personalised sustainable *travel advice*

Cardiff Metropolitan University is always happy to share its experience in travel planning and encouraging sustainable travel amongst students and staff.

Apart from working collaboratively with numerous travel organisation, over the past two years the University has provided travel planning advice for institutions seeking to formulate or expand existing travel plans in South Wales including:

- Cardiff University
- Liberty Living Plc
- Victoria Halls Plc
- PHS Group
- MS Society Wales
- Pedal Power

Traveline Cymru

Cardiff Met's relationship with Traveline Cymru has existed since 2007 offering personal travel plans for students and staff alike. Traveline Cymru frequently visit Cardiff Met throughout the academic year offering impartial advice on sustainable travel and personalised travel plans. In 2013 the university was approached to feature as an exemplar of collaborative work with Traveline Cymru through the medium of a Case Study film.

The film can be viewed at:

www.traveline-cymru.info/case-studies/traveline-cymru-cardiff-metropolitan-university-video-case-study/

Sustrans

Cardiff Met has worked collaboratively with Sustrans for the past five years in various guises including:

- Sustrans supporting Cardiff Met's Active Travel week with the provision of DR Bike and Cycle Maintenance sessions.
- The Live Well - University Travel Challenge.
- Presenting at Sustrans Sustainable Travel Conference.
- Cardiff Met as a case study for Sustrans nationwide Travel Planning in the Education Sector.



Neil Woollacott, Cardiff Met Travel Plan Manager with Caroline Lucas, Leader of the Green Party of England and Wales

SEWTA

Continued support from the South East Wales Travel Alliance has resulted in provision of a permanent changing facility following a pilot scheme contributed to by SEWTA. Cardiff Mets commitment to sustainable travel was recognised by SEWTA at the Welsh Travel Plan Awards 2012 with the award of a Gold Level for Travel Planning in the Workplace.

HE/FE Green Travel Group

As founder members in 2010 of the Higher Education / Further Education Green Travel Group we frequently share Cardiff Mets experience in travel planning at quarterly meetings, offering opportunities to colleagues in the education sector to work collaboratively with Cardiff Met.

Cardiff Council

Cardiff Council have afforded continued support to Cardiff Met in assisting us in taking a holistic and proactive approach to our operations.

The Cardiff Met approach to sustainable travel is widely recognised as 'Best Practice' within the higher education sector in South East Wales.



Real stories of staff who have changed their travel modes with the assistance of Cardiff Met

“

Just to say how great I'm finding the new shower facilities at Llandaff!

I've just come back to work after being on maternity leave, and I'm cycling in to work early then having a run before work so the showers have been brilliant. They are clean and spacious, and crucially, have hot water. The hairdryer and lockers are also really helpful.

”

Running To Work | Dr Ashley Morgan

Constellation Subject Leader Cardiff School of Art & Design

“

I have been commuting from Bristol by train and bicycle on average 3 times per week since last May. Prior to this I mainly commuted by car. I obtained a Brompton folding bike through the University cycle scheme, which had good tax advantages. The bike folds down into a very small package and fits into the luggage rack on the train. My journey by car is between 50 and 60 minutes each way. The commute by bike (3.5 miles from home to my local station and then 2 miles from Cardiff Central to Llandaff) takes a little longer (around 90 minutes door to door) but gives me 45 minutes free time on the train.

I have significantly reduced my annual mileage (from around 18,000 miles to 8,000) and car maintenance and bridge toll etc. I have managed to maintain a better level of fitness as I have continued cycling through the winter. Prior to commuting by bike I would generally only cycle at the weekend in winter. I also find it very convenient to combine exercise while commuting.'

”

Cycle Commuting | John Cappock

Chief Operating Officer/Prif Swyddog Gweithredol

Plan
Cycle Share
Environment
Sustainable
Travel
Work
Cardiff
Nature

n Car
re Well Being
ment
ability
Run
Rider
f Walk
e Active

“

A few years ago, I found myself without a car and decided to postpone getting a replacement and to see if I could survive without one for a while. I soon discovered that I could buy a Met Rider bus pass for a mere £23.50, a fraction above the cost of onsite parking and I decided to give it a go.

I now find myself financially better off, with no more road rage to deal with or parking problems, the bus driver takes care of that whilst I quietly read my book and no more surprise maintenance bills or MOT costs a few weeks before Christmas. I also found myself walking more and feeling the benefit of that as well.

Sure I miss the car sometimes but hey! I can afford a taxi and always hire a car for long weekends away. So all in all it's been a very positive change.

”

Met Rider | Phil Martin
Teaching Resources

“

Since CSAD moved to Llandaff Campus in June 2014 I have been able to walk to work instead of having to drive. It's such a nicer and calmer way of arriving and leaving work than being stuck in traffic in the centre of Cardiff.

I'm lucky enough to walk through Llandaff Fields on my route, I love watching the trees change colour throughout Autumn, even though the weather can be unpredictable I still enjoy the walk, but had to invest in a unfashionable waterproof poncho! It's cheaper, better for the environment, keeps me fitter and is a great way to de-stress after work.

”

New Walker | Carys Worsdale
Programme Administrator: Illustration, Product Design

Social Media Campaign

Cardiff Met has embraced the advances in social media as a preferred means of communicating sustainable travel messages to the student community. Six months before their arrival at Cardiff Met, new students are encouraged to join the various social media platforms listed below to help them make informed decisions about their travel requirements whilst in Cardiff. These messages are then reinforced following their arrival.

The Cardiff Met App

Is an invaluable phone/tablet app that provides essential course and university information as well as a live link to the Rider timetable, Bus Alerts, Cycle store locations and changing facility details.

Facebook

Met Rider Services, nightly super market bus times and cycling in Cardiff promoted via the Halls & Housing Facebook page.

Twitter

The official Cardiff Met and the Cyncoed Campus Fellow feeds used to continually update students regarding travel options and announcements.

Halls Online Induction

Promotion of sustainable travel. Induction completed by all 1750 resident students prior to key allocation.

Halls Net

Internal internet home page site with announcements regarding travel and life in Halls.



MyCardiffMet
our free mobile app for students

Library Services Bus Times Pocket Guide PC Availability Virtual Learning
Locations Emails News My Details E-Payments

Available on
iPhone | iPad | Android | Web App

Download for your device at
cardiffmet.ac.uk/mycardiffmet

Cardiff Metropolitan University | Prifysgol Metropolitan Caerdydd

Travel Mode Summary

The following pages consist of a summary of the main modes that students, staff and visitors use to travel to campus. The substantial reductions we have achieved in single occupancy vehicle use have been achieved through continued campaigns and new initiatives.

Walking

Recent years have seen an increased trend in both students and staff choosing to walk to campus as both an environmental and healthy lifestyle choice. **The 2013 survey indicated that over a quarter of students and 14% of staff now daily walk to campus.**

Travel Mode	Student Data %			Staff Data %		
	2009	2011	2013	2009	2011	2013
Walking	23.0	26.9	27.9	5.8	7.9	14.0

These improvements have been supported through the addition and promotion of:

- Access to shower and changing facilities with lockers.
- Walk to Work free breakfast packs available four weeks a year.
- Free pedometers permanently available for staff and students who wish to monitor their exercise.
- Health & Well Being Walk the World campaign.
- Increased awareness amongst students and staff of safe walking routes to and from the campuses.



Staff walking increased from 5.8% in 2009 to 14% in 2013

Future Initiatives

- ★ Win a pair of Walking or Running shoes competition.
- ★ Provision of umbrellas and ponchos for inclement weather with green travel messages for students.
- ★ Ensure that nomination agreements with private halls of residence are within easily walkable locations.
- ★ Encourage the formulation of a student and staff hill and mountain walking society.

“

I have been walking to and from work for a year now, since I moved closer to the campus.

Initially I thought it would be an inconvenience as I used to drive to work, however after a few weeks of walking you soon get used to it. As I live close, the time taken to walk in is only about 15 minutes longer than if I were to drive, and half my route involves walking through the park which is always a nice way to start the day. Walking also gives me a chance to stretch my legs as most of my day is spent sat behind a desk. I love the free breakfasts we are frequently given to encourage us to travel sustainably.

As well as the desperately needed exercise, I save money on petrol and parking so walking makes perfect sense.

”

Ian Williams
Senior Technical Support Officer



Running

Cardiff Mets Health & Well Being initiatives have helped support a healthier lifestyle amongst both staff and students alike, so much so that members of staff frequently use the run to work as part of their training regime.

2014 marked the first year of Cardiff Met's partnership with the Lloyds Bank Cardiff Half Marathon, as one of the official race partners sponsoring 90 places for staff and students to enter. Its a great opportunity for the University to show the strength of support towards the second largest half marathon in the UK.

www.cardiffhalfmarathon.co.uk

Future Initiatives

One of the celebratory events for the Cardiff Met 150 year anniversary year is the increasing of our presence in the Cardiff Half Marathon to 150 staff and students entrants for the race on 4th October 2015.

Cycling

Cardiff Metropolitan University has the largest work based Bike User Group in Wales with in excess of 300 members of staff regularly cycling to work. In addition to this, over 700 students have currently requested card access to the cycle stores be added to their ID card.

Our continued focus on cycling as a preferred travel method for staff and students has resulted in 7.1% of students (745) and 11.7% of staff (146) cycling regularly. This has been supported by the University free breakfast scheme which has witnessed in the past three years an average of 308 members of staff annually participating in the Cycle or Walk to Work weeks. Cardiff Met having provided a staggering 6,565 free healthy breakfasts during this period.

Travel Mode	Student Data %			Staff Data %		
	2009	2011	2013	2009	2011	2013
Cycling	4.2	5.3	7.1	7.0	12.4	11.7

Recent cycling initiatives have included:

- The Cycle Hub at Llandaff – a direct cycle lane from the front of the campus that safely skirts the perimeter and delivers the user safely to the cycle stores and shower facility.
- The purpose built Cycling changing, storage and shower facilities that opened in September 2014 in the new Cardiff School of Art & Design.
- The relocation and extra provision of cycle storage on both Llandaff and Cyncoed Campuses.
- The 28 days a year of FREE breakfast for staff who opt to cycle or walk to work.
- Removal of Cycle stands at front of Llandaff Campus due to ongoing thefts and relocation to a safer environment within the campus.
- Provision of Grade 10 security D-Locks for to purchase at £20 from Print Studios. RRP £69.99

Student Cycling increased from 4.2% to 7.1%

- Extension of Cycle purchase window to six weeks, with the addition of a dedicated member of staff to facilitate and promote the initiative resulting in 61 participants in 2013.
- The annual provision of 1,000 Cardiff cycling maps courtesy of the Cardiff City Council given to staff and students.
- Dr Bike sessions on campus several times a year courtesy of Sustrans.
- The clearance of Western Avenue bridge of leaf litter annually providing safe cycling for students and the general public.

Future Initiatives

- ★ Two new cycle stores, consisting of a further 80 spaces, scheduled for installation in Spring 2015 at Llandaff Campus and a further 10 external stands at NIAC on Cyncoed Campus to assist with increasing demand.
- ★ Clearance of old bicycles from all campuses in May 2015 to be donated to local Cycle Training Wales to be repaired and reused within community.
- ★ Explore options with local organisation CYCLO Terrapi regarding the introduction of cycle hire for resident students and introductory cycle tours of Cardiff upon arrival.
- ★ Consultation with Cardiff City Council on their new proposed communal cycle hire scheme.
- ★ Explore long term lease agreements between the university and students for bicycles.
- ★ Increase the frequency of cycle maintenance workshops on campus for students and staff.
- ★ The introduction of a member of staff on each campus for emergency cycle maintenance.
- ★ Replacement of pool bikes, with a guaranteed cycle loan for staff and students to facilitate getting home should your cycle be damaged.



Met Rider

Since the Met Rider was launched in 1997 usage has grown from just 100 permits a year to in excess of 2300 passes a year, making it the largest student bus service in Wales. The Rider offers students and staff an affordable and subsidised method to travel safely around the city of Cardiff. Student passes are valid from 1st September until 30th June each year and cost under £6 a week for the entire year. Staff passes are valid for the entire year at under £24 a month which is deducted monthly throughout the year.

During the 2013/14 term the service peaked at 6,000 individual journeys being made weekly on the Rider with 130,000 journeys being taken in total that year. It is not just members of Cardiff Met that benefit though, as the Rider is a public service linking Cardiff East and West with routes that did not previously exist.

The 2013 Student Travel Survey illustrated that of the 1277 respondents, 508 (39.8%) confirmed they have used the Rider to attend Campus during the past year. Of 427 staff respondents 79 (20.1%) confirmed they had used the Met Rider in the past year to either travel to campus or between campuses.

The recent closure of the Howard Campus has led to an improved Rider service and delivery, which has been assisted by Cardiff Bus providing a double service six times a day of a bendy bus on the peak routes. Alongside this, the frequency of the 52 Service has increased to Cyncoed Campus following the removal of the 52A Cardiff Bus service.

For the 2013/14 academic year the Met Rider card production was expanded to the campus Print Studios delivering an immediate service for student applicants as opposed to a two day wait.



130,000
Rider
Journeys
taken
2013/14



Llandaff 44.9% of students and 15% of staff have used the Rider during the past 6 months.

Cyncoed 33.3% of students and 20% of staff have used the Rider during the past 6 months.

September 2012 saw the introduction of the Cardiff Met Study First programme providing a free inclusive Met Rider package for in excess of 200 students who reside within Community First areas in Wales.

Met Rider Alumni pass - Initial negotiations have begun with Cardiff Bus to assist in the students continued use of public bus services following graduation. A third of Cardiff Met graduates continue to live and work in Cardiff.

Nationals Student Housing Survey 2014 - 86% of students responded positively regarding the proximity of their halls to their study campus and the amount of time it would take them to travel.

“

I had one last year and it's the best thing I have ever bought, so this year I bought another one!

”

Tia Davidson

Sport & Exercise Science Year 1 Cyncoed Campus

“

I use it probably 5 times a day, its such good value. Why would I bring a car to university when there is the Met Rider?

”

Rebecca Conibear

SCRAM Year 1 Cyncoed Campus

Future Initiatives

- ★ Explore an inclusive Halls Rider package. In the 2013 Travel Survey 62% of Cyncoed and 67% of Llandaff based students stated that they would like the choice of having a Met Rider pass included within their Halls Package.
- ★ Explore feasibility of a salary sacrifice scheme for Staff Riders.
- ★ In the 2013 Travel Survey – Students welcomed the proposal of a loyalty discount for purchasing the Met Rider in their second and third years of study.
- ★ Explore the implications of the Rider Pass being valid for the entire year as opposed to September to June each year.
- ★ Encourage the opportunities for increased Cardiff Bus services to call at Llandaff.
- ★ Explore Rider and Rail links.
- ★ Increase awareness for students and staff of how to travel between campuses.
- ★ Explore similar arrangements with Stagecoach and Arriva Trains.



Student car usage down from 39% in 2009 to 27.1% in 2013

Staff single occupancy car usage down from 74.2% in 2009 to 58.3% in 2013

Car Share

Cardiff Met is a founder member of CarShare2Cardiff joining within the first week of the schemes launch in 2006. Since the introduction of the scheme the university has experienced fluctuating demand for car share spaces dependent upon the success on our periodic car share campaigns.

Improvements across all travel modes have naturally resulted in a positive reduction in car share demand, however the University has continued to increase participation.

Travel Mode	Student Data %		
	2009	2011	2013
Car share	4.2	2.7	7.0

The University currently has a total of 731 members (148 staff and 583 students) and 39 active groups registered with the car share scheme.



	Non Sharing		Car Share	
	Mileage of members in group if travelling separately	Mileage saved if members in group travel together	Tonnes CO2 of members in group if driving separately	Tonnes CO2 of members in group if driving separately
Per Week	5,618	2,969	1.4	0.74
Per Year	252,803	133,592	63.2	33.4

Our active car share groups reduced their car mileage by approximately 133,592 miles in 2013, which equated to savings of 33.4 tonnes of CO2.

Future Initiatives

- ★ Increase car share spaces in prime locations.
- ★ Coffee Car Share mornings offering free coffee and registration.
- ★ Explore Incentivise car sharing via reduction in parking charges.
- ★ Publicise Plas Gwyn Campus as a sharing location for thirty student sharers wishing to commute to Llandaff Campus.
- ★ A focus on allowing staff at Llandaff Campus residing within 2 miles being permitted to carshare. Currently staff living within a 2 mile boundary of Llandaff Campus are not allowed to bring a car to work.



Business travel

Business travel is an essential part of Cardiff Mets daily operations, but where applicable we always seek to ensure that staff are travelling via the most sustainable option. The University encourages staff to reduce their business travel via the utilisation of technology, such as web conferencing, virtual learning and one to one skype discussions.

With an expanding overseas student market, we will always have a necessity for air travel to promote the University and its courses. Where possible air travel is kept to a minimum with long haul visits being combined to several destinations in one trip rather than repeated long haul flights from the UK.

The recent relocation of the Howard Gardens Campus to Llandaff and the removal of split campus studies has substantially reduce both student and staff travel during the day.

Pool Cars

The aim of the pool car fleet is to encourage staff to leave their personal vehicle at home and travel to the workplace via a sustainable mode. Once in work, staff are able to book a pool car via a central booking system. Our fleet agreement actively seeks to maintain an environmentally friendly fleet of cars for staff to use for journeys up to 100 miles.

There has been an Increasing reliance on the pool car vehicles, with their mileage increasing due to more staff travelling sustainably and using the vehicles for business travel.

Year	Trips	Mileage
2013/14	659	76,856
2012/13	658	61,429
2011/12	744	60,019
2010/11	3621	33,369

Staff are actively encouraged during term time to use the Met Rider bus service for free travel between the campuses with 20% of staff having used the Rider in the past year.

“

Since the introduction of a fleet of pool cars several years ago, I am now able to walk to work in the safe knowledge that if I need to travel during the working day I can access a pool car. On the odd occasion they have all been booked I have just hopped on the Met Rider, as staff can travel for free between campuses.

”

Karen Thorne
Deputy Hospitality & Catering Services Manager



	2007/ 08	2008/ 09	2009/ 10	2010/ 11	2011/ 12	2012/ 13	2013/ 14
Staff Car Mileage	292,000 miles	280,000 miles	265,000 miles	253,000 miles	236,326 miles	274,782 miles	266,192 miles

Staff Car Mileage

Historically the University has witnessed annual reductions in staff car mileage claims. In 2012 we introduced out-reach and community based academic programmes that may have contributed to the slight increase in 2012/13 but subsequent actions have assisted in the decline again in miles claimed.

University Supply Chains

We are currently investigating opportunities to reduce travel and transport related to University supply chains and try to influence positively where ever we can on suppliers and their delivery methods.

Driving Safety Scheme

Staff are able to undertake an in-house driving safely training course, which not only highlights road safety advice but also provides advice regarding driving sustainably.

Future Initiatives

- ★ Explore the practicality of electric fleet vehicles and the implementation of electric charging points.
- ★ Consider measures to offset the CO2 from staff business flight travel.
- ★ Investigate a tree planting pledge for every Cardiff Met graduate to offset their CO2.
- ★ Investigate Student Carbon Footprint - how many trees does it equate to? Cost of off setting.



Llandaff Campus c. 1954



Students' Union c. 1968



Cyncoed Campus c. 1970



Gareth Edwards 1960's



The Old Free Library c. 1865



Art School c. 1982

2015 events to commemorate *150 years of Cardiff Met* providing education in Cardiff

£150 off their Rider Price for three students to be drawn in October 2015
150 mile in work steps before Christmas challenge with free pedometers
£150 bike for students in WOW prize draw x3 150 staff Cardiff Half Marathon entrants to be run October 2015
150 Branding of Met Riders and on board information via screens

Supporting Initiatives

- ★ Travel Road show that visits each campus twice a year offering sustainable travel advice to students and staff.
- ★ Farmers Market on Cyncoed Campus negating the need for students to travel to supermarkets. Local community welcome to take advantage of the weekly fresh produce available at Plas Gwyn and Llandaff.
- ★ Travel Plan Working Group meet monthly to discuss new initiatives and promotions.
- ★ Corporate Staff induction for all staff includes a travelling sustainably section.
- ★ First year student academic course inductions now includes a section on travelling sustainably to campus.
- ★ International and UK students are provided with Met Rider information prior to arrival in their joining packs.
- ★ U-View screens located throughout all campuses regularly updated with sustainable travel and Health & Well Being messages targeted at students, staff and visitors.
- ★ ISO 14,001 certification held by the University since 2012.
- ★ Sustainable Campus Exchange - a 'round table forum' open to all who have an interest in sustainability at Cardiff Met and beyond.

150 | Cardiff
Years | Met
Mlynedd | Caerdydd



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Cardiff Metropolitan University

+44 (0)29 2041 6712

sustainability@cardiffmet.ac.uk

www.cardiffmet.ac.uk/Sustainability.co.uk



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