



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

IN PARTNERSHIP WITH  
The Welsh Governments 'My Travel Pass' initiative



fyngherdyn  
teithio  
mytravelpass

ANNUAL REPORT 2019

# TRAVEL PLAN.



**PLATINUM AWARD  
FOR TRAVEL  
PLANNING IN THE  
WORKPLACE**

WELSH TRAVEL PLAN AWARDS



20 YEARS OF PROVIDING  
PUBLIC TRANSPORT IN CARDIFF



Cardiff Cycling Awards 2019 – Winner  
Most Cycle Friendly Business



IN PARTNERSHIP WITH



Cardiff bus  
bws Caerdydd



nextbike

## ABOUT US

# WHO WE ARE.

This 2019 Travel Plan is being published as we emerge from months of lockdown brought on by the Covid-19 pandemic; a period when travel ceased for all but essential purposes for everyone in the UK. Lockdown has had a significant impact on local, national and international travel and we have spent the last few months supporting the ongoing national effort and preparing for the significant changes needed to develop a 'new normal'. The best interests of our students, staff and wider community are at the heart of any decision-making regarding our return to the workplace and this principle has also been applied to our approach and commitment to sustainable travel.

As a University community we have made significant progress towards sustainable travel, acknowledged by the recent award of the Platinum Level for Travel Planning in the Workplace from the Welsh Government.

We are a University committed to 'doing its bit' to improving the environment and I am immensely proud of the progress that has been made in moving Cardiff Met towards creating an environment that supports and champions sustainable travel. As you read this plan you will see that it is full of examples which demonstrate real commitment to the goal of sustainable travel with deliverables that are measurable and enduring and which make a positive impact on our relationship with the environment in which we live, work and study.

As we move towards a new academic year and a rather different world from the pre-Covid one, students will have greater control over the 'when' and the 'where'

of their learning. For all students and staff who are returning to campus, they can be reassured that measures are being put in place to keep them as safe as possible, including significant changes on campus such as additional access to the city-wide cycle hire system, Next Bikes, and reducing the requirement for public transport.

This travel plan outlines the many ways in which we are contributing towards the reduction of carbon emissions and supporting alternative methods of travel including active travel that promotes and sustains physical activity. Delivering the goals outlined in the plan will also ensure our campuses are as environmentally friendly as possible and our University offers an environment that contributes to our health and wellbeing.

I very much hope you enjoy reading the plan and look forward to reporting on further progress in the years to come.



**CARA AITCHISON**  
Vice-Chancellor



## ABOUT US

## INTRODUCTION.



Cardiff Metropolitan University is one of the leading sustainable travel universities in the United Kingdom. Having a history of focusing on sustainable travel for its students, staff and visitors to ensure that the University continually reduces its impact on the environment, whilst contributing to the health and well-being of staff and students and being a responsible member of the local community.

### CARDIFF MET HAS ALREADY ACHIEVED THE CITY'S 2021 AND 2026 MODAL SPLIT FOR OUR STUDENT TRAVEL WITH A 76:24 USAGE SPLIT.

The University's commitment to sustainable travel was acknowledged by the award of the Platinum Level for Travel Planning in the Workplace from the Welsh Government.

We are highlighted by Cardiff Council as an exemplar organisation with regard to Travel Planning and regularly support other organisations seeking assistance in implementing travel plans in their organisations.

Ensuring that students and staff have good and easy access to all our campuses is an important part of the working and learning experience at Cardiff Metropolitan University. The travel plan is a student and staff working document that will evolve through monitoring and review to mitigate the travel related impact of our activities.

Cardiff Council introduced a new Transport Strategy in 2016/17 and Cardiff Met have agreed to work in partnership with the city towards the achievement of their main strategic aims, which are:

**Widening Travel Choices** – Making it practical for most daily trips to campus to be made by alternatives to the

car, such as public transport, walking and cycling.

**Demand Management** – Taking steps to reduce the demand for travel overall, and particularly by car.

**Network Management** – Using technology to make best use of the existing highway network, rather than building new roads that would generate more traffic.

By 2021 Cardiff Council's aim is for 50% of all journeys to be undertaken by sustainable transport. In the following five years, to 2026, efforts will then be focused on delivering further improvements to increase the proportion of green transportation in Cardiff to 60%. Achieving the aspirational target of a 60:40 modal split.

**Cardiff Met has already achieved the City's 2021 and 2026 modal split for our student travel with a 76:24 usage split.** Continuing efforts are being made to further improve our staff modal figure of 46:54 usage to meet the aspirations of the Council by 2021.

Our most recent work with Cardiff City Council has been consultation on the proposed cycle superhighway and the introduction of the NEXT Bike public cycle hire scheme. We are keen to continue our partnership and assisting the Council wherever we can towards achieving their main sustainable travel priorities.

The following report highlights recent achievements and gives structure to future initiatives and aspirations.



CARDIFF METROPOLITAN UNIVERSITY

# SOME BASIC FACTS.



20 YEARS OF PROVIDING  
PUBLIC TRANSPORT IN CARDIFF

Founded in 1865 at 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 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 1400 staff.

Student Halls of Residence are based at Cyncoed and Plas Gwyn Campus where 950 students reside either on campus or within a 15 minute walk. Annually these halls are supplemented by a further 600+ bedrooms, which are secured under nomination agreements with private halls providers and are located within walking distance of our academic campuses. The remainder of the student body largely live within the 'Student Community' of Roath and Cathays, which is ideally located an equal distance between Llandaff and Cyncoed campus. Cardiff Met students make up over a quarter of the circa 45,000+ students who study and live in Cardiff.

The University is integral to the City of Cardiff and we pride ourselves on being a strong, sustainable and student-centred university, focused on the economic, social and cultural wellbeing of Cardiff and South East Wales. 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 and greenest capital city with a skilled and educated work force, we ensure that our students graduate fully aware of how to travel and live sustainably in Cardiff, recently named the UK's most livable city.



**AIMS & OBJECTIVES**  
**THE OVERARCHING AIM OF CARDIFF METROPOLITAN TRAVEL PLAN IS TO:**

REDUCE CAR JOURNEYS TO CAMPUS AND THE DEPENDENCY ON VEHICLES TO SUPPORT ITS BUSINESS ACTIVITY.

**This will be achieved by the following objectives**

- The development and promotion of sustainable alternatives to car travel.
- Increase awareness amongst students and staff of the health and well-being benefits of sustainable travel and an active lifestyle.
- Work in partnership with our student body and local community to promote sustainable travel and a social responsibility through student 'real world' projects.
- Investment in appropriate facilities and equipment to support active travel and lifestyle.
- Working in partnership with Cardiff City Council and key stake holders to enhance the potential impact of our efforts.
- Contribute to the local transport network whilst lessening our impact on the community and enhancing public services.

# HEALTH & WELL BEING STRATEGY.

“

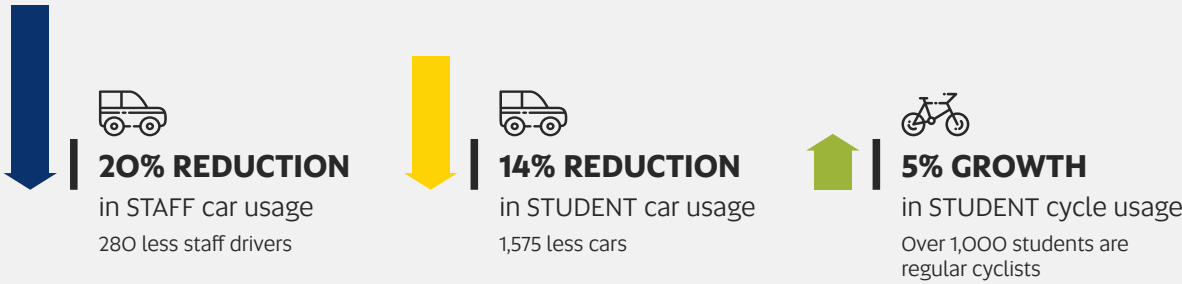
*“Cardiff Met aspires to be a healthy, sustainable and values driven University and encouraging staff and students to exercise and engage in other positive lifestyle choices is seen as being vital to corporate success. Being active is known to enhance both physical health and well-being and active travel (cycling, running, walking or using public transport) is an ideal way to exercise and can easily be built into daily routines. Using active travel to commute to, from and between our campuses also has the added benefit of helping to reduce the University’s carbon footprint so positive gains can be achieved for staff, students and planet.”*

**CHRISTOPHER DEACY** MSc Dip2OSH CMIOSH  
Assistant Director of HR  
(Occupational Health, Safety & Well-being)  
Cardiff Metropolitan University



## TRAVEL PLAN ACHIEVEMENTS

Since the introduction of the Travel Plan Strategy, The University has achieved:



The results of the Biennial student and staff travel survey, along with post code analysis and business data are analysed to reassure performance.



TRAVEL INFRASTRUCTURE

# LLANDAFF CAMPUS.

Llandaff Campus is home to the Cardiff School of Art and Design, Cardiff School of Management and Cardiff School of Sport & Health Sciences. This is a busy and bustling campus. With millions of pounds of recent investment, it offers state-of-the-art learning facilities for our students.

The campus offers excellent sporting facilities, student union, on-site shop, coffee bars, including Costa and Starbucks and food court. The campus is located approximately two miles from the city centre, surrounded by numerous parks, playing fields and the historic village of Llandaff.

NEXT Bike partnership with dedicated facilities on campus and the University have sponsored 1200 free student and staff memberships each year.

Dedicated cycle path that safely delivers students and staff to the Cycle Hub with card access, secure storage for 180 bicycles and external storage for a further 50.

Purpose built showers, lockers, storage, maintenance and drying facilities for both male and female students and staff located in the 'Cycle Hub'.

Campus facilitated by two bus stops immediately outside receiving three Rider services and two Cardiff Bus services hourly during term time. Further bus stops within a ten minute walk of the campus receiving seven other Cardiff Bus services 12 times an hour.

No student parking on campus

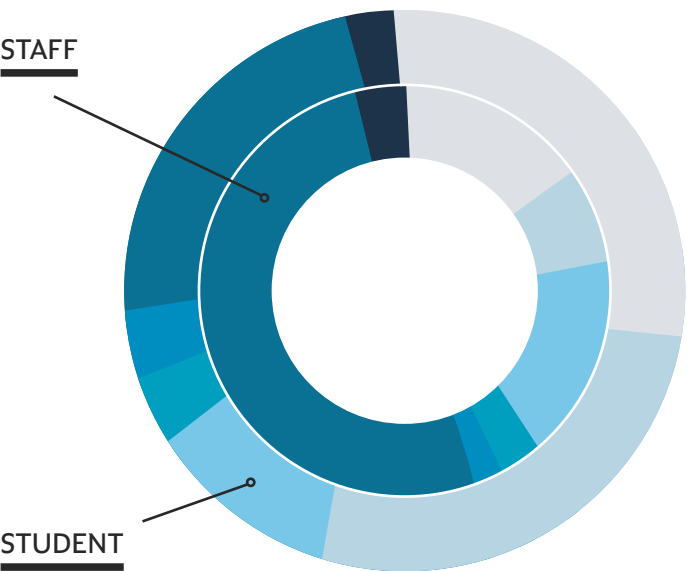
Staff residing within two miles of Llandaff Campus are excluded from parking on the campus and encouraged to travel sustainably.

**CARDIFF MET HAVE ASPIRATIONS TO MAKE LLANDAFF PEDESTRIAN FRIENDLY BY REMOVING ALL PARKING AT THE FRONT OF THE CAMPUS**



## HOW STUDENTS & STAFF TRAVEL TO LLANDAFF CAMPUS

STUDENT TRAVEL SURVEY, 2018/19



WALK		BUS	
Student	27%	Student	28%
Staff	16%	Staff	8%
CYCLE		CAR SHARE	
Student	11%	Student	4%
Staff	16%	Staff	3%
TRAIN		CAR	
Student	3%	Student	24%
Staff	2%	Staff	51%
UBER/TAXI			
Student	3%		
Staff	4%		



TRAVEL INFRASTRUCTURE

# CYNCOED CAMPUS.

**Cyncoed Campus is home to the Cardiff School of Education & Social Policy and the Cardiff School of Sport & Health Science.**

A busy campus that offers on-site accommodation and a purpose-built Campus Centre. The campus offers excellent sporting facilities, on-site shop and coffee bars. The campus also acts as the head office for the Students and Athletics Union. Annually around 70,000 local children and 20,000 external visitors attend the sports facilities.

Providing on campus accommodation to 556 Cardiff Met students negating the need to travel to campus.

Card access secure storage for 80 bicycles and external storage for a further 40.

Shower and storage facilities for cyclists and walkers.

Cardiff Bus and Met Rider services decant onto campus five times per hour.

Preferred residential locations for second and third year students are walkable or a short bus ride from campus.

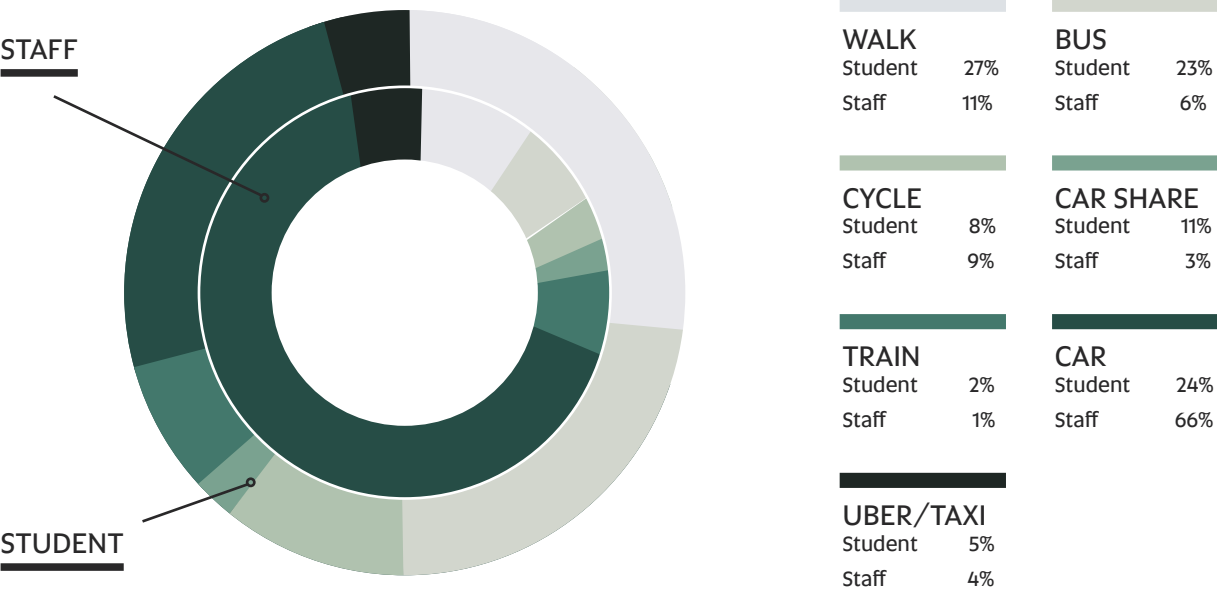
Student Union dedicated free buses for night time city centre events

Annually around 70,000 local children and 20,000 external adults attend the sports facilities.

NEXT Bike partnership with dedicated facilities on campus.



HOW STUDENTS & STAFF TRAVEL TO CYNCOED CAMPUS  
STUDENT TRAVEL SURVEY, 2018/19





## TRAVEL INFRASTRUCTURE

# PLAS GWYN CAMPUS.

The Plas Gwyn Campus is located in the pleasant cathedral 'city' of Llandaff which is conveniently located for students attending the Llandaff Campus and only two miles from the city centre. Plas Gwyn Halls is regularly serviced by the Met Rider which transports students between campuses and other Cardiff Bus routes.

Plas Gwyn consists of 393 single study bedrooms, all of which are self-catered and have en suite bathroom facilities. The rooms are grouped in flats of eight in which students share communal kitchen/dining areas. Suitable for Cardiff Met students studying at The Cardiff School of Management, Cardiff School of Art & Design and The Cardiff School of Health Science.

Home to 391 Cardiff Met students and located within a 15 minute walk.

All weather card access storage for 80 bicycles.

30 car share spaces allocated for staff working at Llandaff.

Bus stop and bus lane on both sides of road at campus entrance.

6 minute cycling route to campus (4 minutes of which is traffic free).

NEXT Bike partnership with dedicated facilities on campus.

70% of residents either walk or cycle daily to Llandaff Campus.

Walking to Llandaff Campus film.





SUMMARY

# TRAVEL MODE.

The following pages provide a summary of the main modes that students, staff and visitors use to travel to campus. The published statistics have been obtained from the 2018/19 Biennial Student & Staff Travel Survey.



## WALKING & RUNNING

Over recent years we have witnessed a significant increase in both students and staff choosing to walk to campus, often driven through an environmental and healthy lifestyle choice.

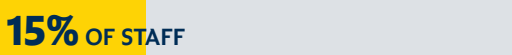
**Over the course of the Travel Plan we have seen a 9% increase in students walking to campus, and an additional 126 staff now walk to work.**

The increase in walking to campus has been encouraged and supported via the following initiatives:

- Access to showering and storage facilities
- Lunch time walking societies
- Walk to work free breakfast for four weeks a year
- Health & Well Being walking campaign

- Increase in awareness of how accessible our campuses are by walking.
- Improved safety along the Taff Trail
- Increase in students living within walking distance of campus.
- Annual participation in Active Challenges.
- Halls to Campus kitchen travel guide on all noticeboards highlighting walking routes.
- Cardiff half marathon sponsor
- Community litter picks and beach cleans
- The launch of the twice weekly 'Met Mile' for students and staff on both campuses.

**THE 2018/19 SURVEY HIGHLIGHTED THAT ALMOST A THIRD OF STUDENTS AND 15% OF STAFF NOW WALK DAILY TO CAMPUS.**



**NOW WALK TO CAMPUS**  
Student/ Staff Travel Survey November 2018

### FUTURE INITIATIVES WALKING

- The formation of a student and staff hill and mountain walking society.
- Provision of free umbrellas and ponchos for inclement weather.
- Student and staff lunchtime walking tours of Llandaff Village and Cathedral.
- Improve pedestrian signage at front of campus.
- Further promote existing shower/changing facilities to staff and students.
- Promote safe walking routes and health benefits.
- Park & Stride @ Plas Gwyn Campus.

### FUTURE INITIATIVES RUNNING

- Introduce Cyncoed campus running club.
- Promote Res Life participation in the Park Run.
- Increase awareness of changing facilities for students and staff running to campus.
- Lunch time running club at Llandaff Campus.
- Staff & Student Cardiff Sunday Park Run entry.



# COUCH TO 5K

## Starting Monday 28th January

Couch to 5k is a free running plan backed by the NHS. The 9 week plan involves 3 runs a week which gradually build up in duration over the weeks with the goal of being able to complete a 5km run at the end.

Follow us @CMetFit



MetCaerdydd  
CardiffMet  
CHWABAEONISPORT

**Sign up for your free programme at either our Cyncoed or Llandaff Fitness Centres.**

For more info go to <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

SUMMARY

# TRAVEL MODE.



## CYCLING



**IN 2019 WE WERE AWARDED THE MOST CYCLE FRIENDLY BUSINESS AWARD AT THE CARDIFF CYCLING AWARDS.**

Cardiff Met has the largest work based Bike User Group in Wales with around 340 members of staff regularly cycling to campus. In addition to this, 1685 students and staff currently have requested card access to the cycle stores and changing facilities.

We continue to focus on cycling as a preferred travel method for staff and students and have reaped the rewards with 13% of staff and 10% of students now cycling to campus on a daily basis. We continue to invest in the cycle infrastructure and annually encourage staff to take part in the Staff Cycle to Work Scheme through which this year 40 members of staff claimed a bicycle sourced via local small businesses.

**THE UNIVERSITY HAS OVER 1,000 STUDENTS CYCLING TO CAMPUS EACH WEEK!**

**THIS IS AN ADDITIONAL 500 STUDENTS PER WEEK SINCE THE INTRODUCTION OF THE CARDIFF MET TRAVEL PLAN.**

**AN EXTRA 500+ STUDENTS NOW CYCLING TO UNIVERSITY SINCE 2009. TOTAL FIGURE OVER 1,000 A WEEK CYCLING!**



<b>2018</b>	
STUDENT Cycling	10%
STAFF Cycling	13%
<b>2009</b>	
STUDENT Cycling	4.2%
STAFF Cycling	7%



**The student increase in cycling to around 1,000 a week has been supported by the following initiatives:**

IN PARTNERSHIP WITH THE COUNCIL WE INTRODUCED NEXT BIKES IN SEPTEMBER 2018. THE UNIVERSITY INVESTED IN THE INSTALLATION OF NEXT BIKE AT ALL ITS CAMPUSES AND HAS SPONSORED 1200 FREE MEMBERSHIPS PER ANNUM FOR STUDENTS AND STAFF.

**TO DATE WE HAVE 832 CARDIFF MET NEXT BIKE MEMBERS WHO HAVE UNDERTAKEN 18,894 RENTALS IN THE FIRST 12 MONTHS OF THE SCHEME.**

Installation of additional all weather cycle stores on Llandaff and Plas Gwyn Campus.

Installation of maintenance stand fixed pumps and maintenance tools on Llandaff Campus.

Annual participation in the Cycle to Work window hosted by Cycle-scheme.

28 days of FREE breakfasts a year for staff who cycle to work.

Annually donating unwanted bicycles to Cycle Training Wales (42 donated in 2018).

Providing heavily subsidised locks that are Thatchem 10 Security D-Locks

Resurfacing of the Llandaff Campus cycle lane.

Re-branding of the Llandaff Cycle Hub.

Cardiff Met staff and student cycling team.

Dr Bike – Bicycle MOT sessions every month during Community Day events.

Installation of cycle stands at Cyncoed Campus for visitor use.

Reconditioned bicycles sold on campus.

Biker buddy meeting times and points displayed in all Halls, allowing students to cycle in groups to their study campuses.



SUMMARY

# TRAVEL MODE.

FUTURE INITIATIVES  
CYCLING

We are working together with Cardiff City Council to explore the potential of connecting our campuses to the planned Cycle Super Highway.

Use student and staff inductions to promote awareness of cycle facilities at all our campuses.

Encourage the formation of a student Bike User Group.

Cycle meeting points for 'Buddy Journeys' to campus.

Continue to liaise with the council regarding lighting the Taff Trail.

Local cycle store discount for staff and students on producing valid Cardiff Met ID

Explore enhancing the Business rate for cyclists from 14p to 45p per mile.

Rebranding of the pool bikes to the name MET BIKE

Launch of Wheel Women. A new cycling programme aimed at getting more females out and about on their bikes by providing fun, friendly, social rides.

Bikeability maps that show graded routes by cycle ability and condition.

Promotion of Halls to campus routes



**NICOLE COOKE**  
MBE Olympic and World Champion cyclist  
Honorary Fellow of Cardiff Metropolitan University



SUMMARY

# TRAVEL MODE.



20 YEARS OF PROVIDING  
PUBLIC TRANSPORT IN CARDIFF



## MET RIDER ACHIEVEMENTS



**IN PARTNERSHIP WITH WELSH GOVERNMENT  
WE HAVE INTRODUCED THE ‘MY TRAVEL PASS’  
SCHEME REDUCING THE COST OF A MET RIDER  
PASS BY £90 FOR THOSE STUDENTS AGED 16-21**

Cardiff Met has been operating the Met Rider in collaboration with Cardiff Bus for over 20 years providing a bus service for students, staff and the public alike. Over a million journeys have taken place in this time period with the service having grown to reflect the changing requirements of students, staff and visitors.

Since the Met Rider bus service was first launched in 1997 usage has grown from just over 100 permits a year to circa 2,000 a year, making it the largest and the oldest student bus service in Wales. Student passes are valid from the 1st September until 30th June and provide unlimited use of to the entire Cardiff Bus network, along with the dedicated Met Rider services.



These services link our halls, campuses, shops and student private housing areas togetherwith specific timetables designed to meet the needs of our students and staff. All for as little as £4 a week.

During the 2018/19 academic year, the Rider service facilitated 6,000 individual student journeys a week on the Rider with circa 130,000 journeys being undertaken that year. **28% of students and 8% of staff currently use the Rider on a weekly basis** with 80% of students indicating that they are happy with the current service.

**ITS NOT JUST STUDENTS THAT  
BENEFIT FROM THE RIDER SERVICE.  
CARDIFF BUS HAVE CONFIRMED THAT  
THERE ARE CIRCA 10,000 JOURNEYS  
MADE BY MEMBERS OF THE PUBLIC  
ANNUALLY ON MET RIDER SERVICES.**

### The Met Rider service is supported annually via the following initiatives:

The University subsidises the cost of the years travel for students to make it more sustainable and affordable.

Hard copy Application & Timetable sent in every stu-  
dents joining pack.

Hard copy application in every International student and Halls student arrival pack.

Promotion via Facebook, Twitter, Web page, etc.

Information stands on each campus and at the Freshers Fayre.

On-line application and payment via an online payment system.

### FUTURE INITIATIVES MET RIDER

App based ticketing and live updates.

Explore bringing the Rider services and additional public bus services onto the Llandaff Campus.

Explore Halls/Rider inclusive package. 73% of students have indicated that a combined package would appeal to them.

Explore extending the Met Rider service out of term time

Provide real time bus information in foyers

Promote bus links to rail stations.

Renew Rider signage on all relevant bus stops

Explore the introduction of a Met Rider Alumni pass.



MET RIDER

# QUOTES.

IN PARTNERSHIP WITH

**Cardiff bus**  
 bws Caerdydd


“It’s a cheaper alternative to paying every day or driving and parking.”

**Sian Ongley**  
Events Management Year 2

“I don’t know what I would do without it. I literally use it more than once a day.”

**Amy Clarke**  
Hospitality Year 2

“The amount of money I have saved in the past 2 years from using the Rider is loads.”

**Liz Atkinson**  
Psychology Year 3

“I use it every day – five days a week- I save a fortune.”

**Hibo Miyir**  
Biomedical Studies Year 2

“I use it probably 5 times a day, its so good value.”

**Rebecca Conibear**  
SCRAM Year 1

“

“I had one last year and it’s the best thing I have ever bought”

**Tia Davidson**  
Sport and Exercise Science Year 2

“I wish I had bought one last year, it would have saved me a lot of money.”

**Rachel Cole**  
Sports & PE

“It helps if you get lost in Cardiff.”

**Charlotte Webb**  
Education Studies Year 2

“I buy it because I never have money on me and its easier and cheaper.”

**Leah Williams**  
Sports & PE Year 3

“You just know that they can get home safely and importantly into lectures on time. It’s the best money I have spent.”

**Anne Phillips**  
Mother of a 2nd year student

“You save a lot of money with this pass.”

**Gabriela Bonner**  
English & Drama Year 1



SUMMARY

# TRAVEL MODE.

IN PARTNERSHIP WITH



## CAR

**14% REDUCTION OVER THE PAST 7 YEARS IN STUDENTS USING CARS TO TRAVEL TO CAMPUS. 1,575 CARS REMOVED FROM A DAILY COMMUTE OR THE EQUIVALENT OF A REDUCTION IN 54.33 TONS OF CO2 BEING RELEASED DAILY (AVERAGE 5 MILE RETURN JOURNEY).**



**14%**  
REDUCTION over the past **7 YEARS** in students using cars to travel to campus.



**1,575**  
CARS removed from a daily commute or the equivalent of a reduction in **54.33** tons of CO2 being released daily (average 5 mile return journey).



**240**  
It takes **240 TREES** to remove **10** tons of CO2, so we would have needed to plant the equivalent of **1,303 TREES**.

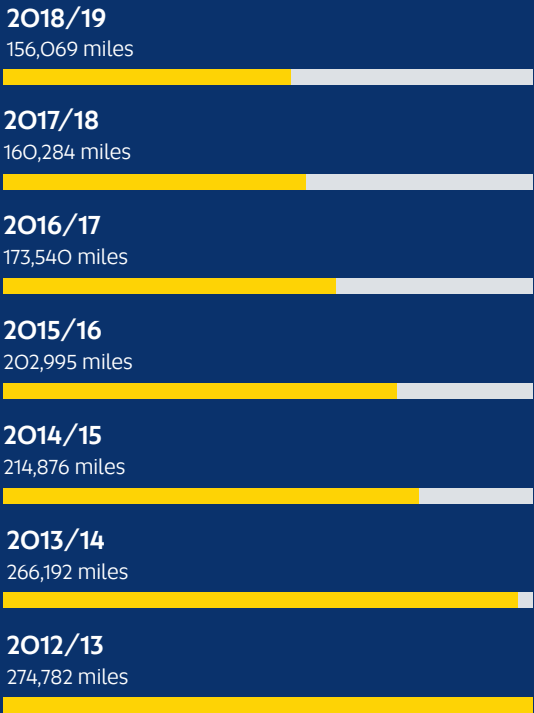
### POOL CARS

Staff are now able to together make use of Pool Cars to meet planned business needs, therefore we have seen a marked drop in staff using their own vehicles and a substantial reduction in associated business mileage claims.

## FUTURE INITIATIVES CAR

- Investigate options to offer reduced parking costs for Low Emission or Electric vehicles.
- Explore the installation of electric charging points
- Promote Plas Gwyn as an option for staff car sharing.
- Continue to liaise with UHW regarding their experience of implementing and running a Park & Ride scheme.
- Introduce emission based car parking charges as an incentive to use lower emission vehicles.
- Parking permit charges based on size of car (CO2 emissions) and pay grade.
- Cap Car parking permits. Cap the amount available and introduce a waiting list for parking permits.

## STAFF CAR BUSINESS MILEAGE



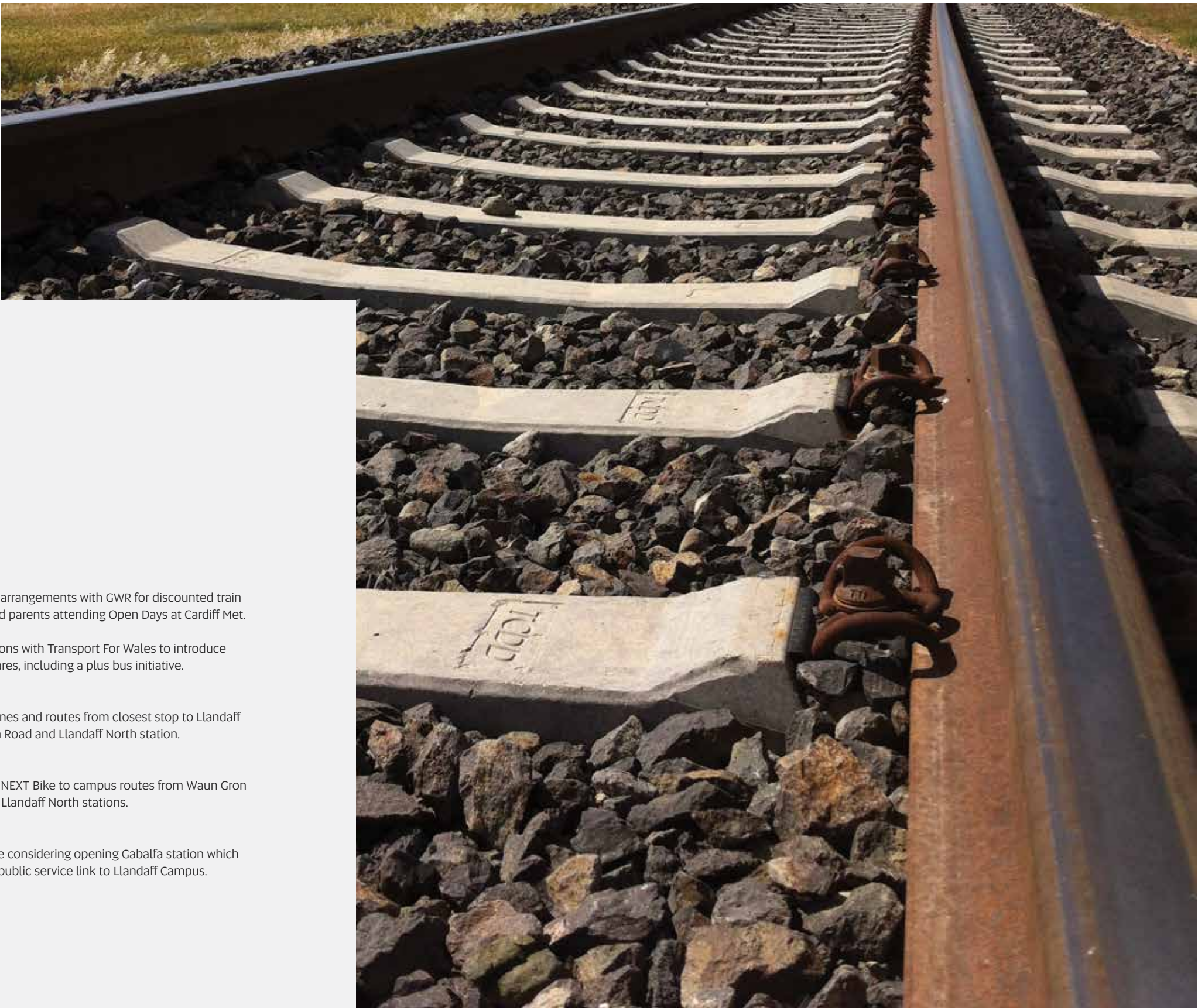
A consistent reduction in staff mileage claimed over the past five years has highlighted that staff are using smarter communication methods, sharing pool cars and opting for sustainable options, which has resulted in a staggering reduction of **114,498 MILES** in five years.

**THAT'S THE EQUIVALENT OF DRIVING FROM CARDIFF TO AUSTRALIA NEARLY 12 TIMES!**



SUMMARY

# TRAVEL MODE.



## TRAIN

Cardiff Met has made arrangements with GWR for discounted train travel for students and parents attending Open Days at Cardiff Met.

We are exploring options with Transport For Wales to introduce student discounted fares, including a plus bus initiative.

Promotion of Valley lines and routes from closest stop to Llandaff Campus – Waun Gron Road and Llandaff North station.

Promotion of Train to NEXT Bike to campus routes from Waun Gron Road, Heath Holt and Llandaff North stations.

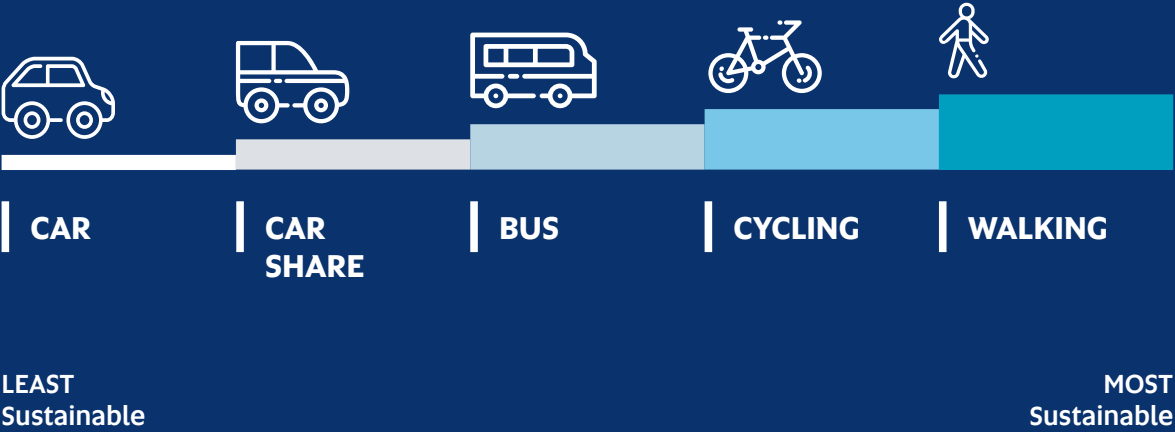
Cardiff City Council are considering opening Gabalfa station which would provide a new public service link to Llandaff Campus.

SUSTAINABLE

# TRAVEL HIERARCHY.

Before staff are able to book a pool car or hire car they need to consider the following:

**APPLY A SUSTAINABLE TRAVEL HIERARCHY WHEN CONSIDERING BUSINESS AND WORKING TRAVEL OPTIONS.**



**DOES THE MEETING NEED TO TAKE PLACE FACE TO FACE?**

Can it be done over the phone or via teleconferencing.

**IS THE MEETING CLOSE ENOUGH TO WALK OR CYCLE?**

If you are cycling don't forget you can claim 15p per mile for business travel on the Mileage Claim form.

**IS IT CLOSER TO TRAVEL TO YOUR MEETING FROM HOME RATHER THAN YOUR WORK BASE?**

Don't make unnecessary journeys, plan ahead and take relevant documentation and equipment with you if you can.

**IF YOU HAVE TO USE A CAR, CAN YOU ATTEND OTHER MEETINGS IN THE AREA IN ORDER TO MAXIMISE THE BENEFIT OF THE JOURNEY?**

Consider taking a more economic car like the Hybrid pool car.

**CAN YOU CAR SHARE WITH OTHER DELEGATES GOING TO THE MEETING?**

Is there a delegate list, if so do you all need to attend? Can you travel together?

**CAN YOU TAKE PUBLIC TRANSPORT TO THE MEETING?**

Plan your door to door journey using Traveline Cymru <https://www.traveline.cymru> and remember that staff members can use the Met Rider for free between 9:00- 4:00 Monday to Friday by showing their staff ID.



## SUMMARY

# HALLS OF RESIDENCE.

For the 2019 academic year there has been a focus on relaying sustainable travel information to students via their flats in Halls of Residence.

## NAMELY THROUGH:

'Travel To Campus' guides placed on each Halls kitchen noticeboard with bespoke routes and sustainable travel options to campus.

Cycle/Walking map and Rider application in each key arrival envelope.

Promoting cycle departure times from Halls for students to leave and cycle to campus together.

Introduction of NEXT Bikes at all Halls of Residence with 1200 free student permits.

Students are discouraged from bringing cars to campus. The University actively promotes alternative travel modes via Open Days and ongoing communications pre and post arrival.

All Halls students complete an 'Online Induction' before they are permitted to have their room keys which stresses the importance of travelling sustainably and not bringing a car to Cardiff.

## FUTURE INITIATIVES

Explore options to increase the number of Halls available as 49% of Llandaff and 62% of Cyncoed first year students have stated they would like to stay in Halls for their 2nd and 3rd year, hence reducing their travel requirements.

Relocate student parking on the Cyncoed Campus to the boundaries of the campus, reducing a wrongly perceived perception of lack of public parking.

Aspirations to make Llandaff Campus a pedestrian priority and the removal of the front car park.





CARDIFF MET IN

# THE COMMUNITY.

IN PARTNERSHIP WITH



Llywodraeth Cymru  
Welsh Government



**NEIL WOOLLACOTT**

Travel Plan Manager

**CAROLINE LUCAS**

Leader of the Green Party

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. Encouraging young people to travel actively and sustainably is crucial if we are to achieve long term modal shift.

**THIS IS PARTICULARLY IMPORTANT WHEN WE CONSIDER THAT A THIRD OF CARDIFF MET STUDENTS CONTINUE TO RESIDE IN CARDIFF FOLLOWING THEIR GRADUATION.**

## COMMUNITY INITIATIVES HAVE INCLUDED:

The Met Rider is a public bus service and provides a direct link between Cardiff West to Cardiff East which would otherwise not exist for the public. Est 1998.

The Met Rider has increased the frequency of public services to Roath, Cathays, Llandaff and Cyncoed

Hosting NEXT bike public cycle hire scheme on all campuses from September 2018.

Reducing city center traffic congestion by offering affordable public parking at Llandaff Campus for center events.

Founder member and Chair of the South Wales HE/FE Sustainable Travel Group since 2017.

Participation in local PACT meetings (Gabalfa, Cyncoed and Llanederyn) to review and share information on work being undertaken to mitigate the possible impact of car parking in local areas

Our car parks are used on the weekends by community groups in running clubs, sporting societies, dog walkers and for city centre based events.

We regularly meet with the City Council to update on our various initiatives and to explore through our partnership further developments possible.

The University continues to collaborate with a number of national and local organisations on an annual basis. Apart from working with numerous travel organisations, the University seeks to share its experience of travel planning with bodies seeking to establish or develop their own travel plans in South Wales.

In the past year we have collaborated with:





## REAL WORLD

# PROJECTS & FOCUS GROUPS.

Green Gown  
Awards 2018  
Finalist



The University works in partnership with the student body to involve students in real world projects where staff are viewed as the end client. The most recent projects have investigated how to promote sustainable travel to the wider student community. Namely: The Healthy University Challenge, Sustainable Campus Exchange and Business In Action. These projects helped create a greater understanding of what influences student choices to travel sustainably and has resulted in numerous student led discussions and presentations.

We listen and respond to views provided through our travel plan monitoring surveys, through ad-hoc feedback received from staff and students and via our Travel Plan Steering Group which includes representatives from each of the campuses.

**Some of the following initiatives are as a direct result of our student focus groups:**

The introduction of a farmers market on campus to negate traveling for food items.

The Cycle Hub and re branding of pool bikes to Met Biker.

Re structuring of Met Rider routes to include Cathays and a direct campus route from the Roath area.

Liaising with Cardiff Council regarding their proposed ten year plan for Cardiff Cycling Strategy and their intentions towards lighting the Taff Trail.

Introduction of FREE student access to NEXT Bikes.

**COMMUNITY DAYS  
AT CYNCOED AND LLANDAFF**

The introduction of Monthly Community Days on Cyncoed and Llandaff campus have resulted in students not needing to travel to buy their weekly groceries. These events are undertaken in direct response to the 2018 Student Travel Survey where students commented they had brought their car to campus to help with the weekly grocery shop.

**AWARD WINNING FOOD PRODUCERS**

**CARDIFF  
FARMERS  
MARKETS**

RAIN OR SHINE

Atrium & Cyncoed Campus

Riverside  
REAL FOOD



## SOCIAL MEDIA CAMPAIGN FOR SUSTAINABLE TRAVEL

The University has embraced social media as a means of communicating sustainable travel messages to students. Pre arrival students are encouraged to join the various social media platforms to assist them in making informed decisions regarding traveling to campus and within the community.



### THE CARDIFF MET APP

**Over 90%** of students use this feature to keep them informed regarding a host of essential course and university information. The Met Rider timetable features on the Cardiff Met App and was accessed over 60,000 times in the first four weeks of term – September 2019.



### FACEBOOK

The Cardiff Met page, Halls & Housing page and SU page are frequently used as a conduit to keep students informed regarding Rider timetable updates and cycling promotions.



### TWITTER

#campusfellow, #cardiffmet #reslifemet are used to continually update students regarding travel options and announcements.



### HALLS ONLINE INDUCTION

Completion of the induction is compulsory for all 1700 students residing in Halls and includes a section of traveling sustainably whilst at university.



CARDIFF METROPOLITAN UNIVERSITY

# THE FUTURE.



**A RANGE OF POTENTIAL INITIATIVES TO BE EXPLORED TO ASSIST IN REACHING THE TARGETED MODAL SPLIT:**

Explore the feasibility to provide travel info to staff and students at recruitment stage.

Providing a 'new starter travel pack' for all new employees to be distributed at the Corporate Induction and including information on Staff Met Rider passes, NEXT Bike membership, Cycle map for Cardiff and Traveline link

Focus on delivering information to offer viable alternatives to car usage and increasing bus and bicycle usage.

Continue to work with the City Council to explore opportunities to link into the proposed Cycle Superhighway and primary routes network.

Grow NEXT Bike membership and facilities on all campuses.

Continue to explore ways in which to work with our neighbours in the local retail areas regarding student parking.

Develop a marketing campaign providing a range of blogs and vlogs from students and staff who undertakes their daily commute by bus, bike, walk and car share.

Consider an electric fleet of vehicles for campus usage and an electric inter campus mail run vehicle.

Embedding sustainable travel within the overall student learning and living experience via course content, project work and halls life.

Further promote the positive health impacts of using sustainable travel for your regular journeys

A new travel information pack issued annually to all new staff and students at recruitment stage. Promoting informed choices about how staff and students choose to travel to and from University.

Online sustainable travel induction for students to complete pre arrival.

Explore 1:5 parking policy following confirmation that 32% of Cardiff Met staff would like it implemented.

Consider training staff/students to deliver 'safe cycling' training.

Explore replacing desktop PCs with laptops at the next available computer upgrade to encourage flexible home-working practices. Alternatively a pool of lap tops could be provided.

Explore and address barriers to use of video conferencing for meetings rather than travelling between campuses.

Promote flexi-working and home working as in line with the Universities new Flexible Working Policy.

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