



10 Remedies for Travel-Time Use

These remedies are suggestions made on the basis of research conducted by the 'Travel-Time Use in the Information Age' team

www.traveltimeuse.org

1. Compress your travel-time

Travel time is experienced as stretched or compressed. What you do when you travel effects how quickly time seems to pass. To compress your travel-time make sure you have many different things to do during your journey.

2. Have Things to Hand

When you are travelling you have time to unpack, to place a variety of activities and things to hand (book, magazine, something to drink, music player).

3. Practice Equipped Waiting

Even when you are waiting, have something to hand to occupy the time. Rather than waiting empty handed, equip yourself for waiting. Even brief pauses, can become useful and pleasant pockets of time.

4. Make Your Space

Make the space around you your own. How much space do you need, and how much can you reasonably claim? You and your belongings create your own bit of space when you travel. Be sensitive to other people's spaces, too.

5. Be infected

What you do affects others. Your sense of time is altered by those around you (an active person can make others feel active). If you want to relax and slow time, surround yourself with relaxed and quiet people and let them infect you (choose a quiet coach, wear ear-plugs, listen to music).

6. Imagine departing

Your journey can begin from the moment you imagine departing the front door. What are all the things you can do before then to set out with every thing you need. Imagine how your journey might be different.

7. Imagine arriving

Imagine how you would like to feel when you arrive, and when that will be. What state of mind, and what preparations do you need to make? Imagine what you will need to take with you to make that moment of arrival happen.

8. Make the transition

Travel time is time to make the transition from home to work, work to home. It is time to prepare, and time just for you, to dream, contemplate, imagine the future. Travel time is time in-between.

9. Plan

Planning a journey begins long before you depart: buying tickets, bags to pack, maps of where to go, things to do. Those people who plan more are bored less when travelling.

10. Take a different route

Alternative routes can revitalise a familiar journey. You might see something you have never seen before. Different routes are better at different times of the day, in different weathers or seasons. Can you walk somewhere, take a bus, bicycle, or wait for a different connection?



Centre for
Transport &
Society



CeMoRe
Centre for Mobilities Research