



Travel Remedy Kit

'Design your own Kit' cards

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

www.traveltimeuse.org

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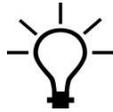
Instructions

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1. *Print and cut-out the cards on the following pages. Then decide on a particular journey to 'remedy'.*
2. *Deal the cards into three coloured suits: MY TRAVEL KIT, STORY, SPACE & TIME. You will have the four IMAGINE THE JOURNEY cards left over.*
3. *Place the 'Imagine departing' card on the table. This is the starting point. Imagine the moment of departing for this journey.*
4. *Place the 'Imagine arriving' card at the other side of the table. This is the end of the journey. All the other cards will be placed in between. Imagine the moment of arrival for this journey.*
5. *Turn over the STORY cards in turn. These are different aspects of the journey that will help tell a story from departure to arrival. Consider each one carefully. If a card seems important or relevant to you place it on the table in relation to the other cards.*
6. *Turn over the SPACE & TIME cards in turn. These raise issues with the experience of time and space on the journey. If a card seems important to the journey then place it on the table in relation to the others. They may suggest different ways to think about time and space when you are travelling..*
7. *Turn over the MY TRAVEL KIT cards in turn. These items are potential remedies to the issues and possibilities you have imagined. You could add your own cards. See if you can match an item in your kit to an issue from your 'Time & Space' or 'Story' cards. This forms your 'Travel Remedy Kit'...*
8. *Think through the complete journey from departure to arrival, following the cards. Imagine how and when you might use different items in your 'Travel Remedy Kit' at different moments. Is there anything else that you need?*
9. *Finally play the 'Unexpected' card, and consider how you might overcome an unexpected delay or other problem en route so that you still arrive as you imagine. Check that your 'Travel Remedy Kit' contains everything they need to be prepared for these eventualities.*
10. *Now create your own 'Travel Remedy Kit' for your journey and take it with you. You may find it helpful to make a few notes on when you should use each item in the kit. When you do the journey draw or record one new thing that you have seen or experienced as a result.*

Imagine arriving



When and where do you arrive? How do you want to feel when you arrive? How might your journey make that feeling?

What do you need to take with you, and plan for, to make your imaginary journey happen?

IMAGINE THE JOURNEY

Imagine departing



You begin your journey when you begin to imagine it. How you imagine your journey determines the choices you make - from buying tickets to the items you take with you.

Start to imagine your journey differently...

IMAGINE THE JOURNEY

The unexpected



What if something unexpected happens? There are roadworks? The train has been delayed. The bus is caught behind a slow-moving vehicle.

Travelling is always an adventure. You are not always in control. How will you and all the things you might have with you adapt and overcome the unexpected?

IMAGINE THE JOURNEY

Adaptation



Travel is an adventure, there are always difficulties to overcome. Experienced travellers are able to adapt quickly to changes in circumstances, they have back up plans.

How will you adapt to changes to your journey? What do you need to know in advance that might help?

STORY

Gift



Travelling can be an escape from everyday commitments and responsibility - free time can be gift. You might contact friends and family, or write a diary. As one person said it is 'time for me, and time to be me'.

How might you make this journey a gift to yourself?

STORY

Safety



Travelling at night or alone can give you concerns for your safety.

Are there any aspects of your journey that give you cause for concern? What can you do to make sure you are safe?

STORY

Boredom



The less you plan things to do the more likely you are to be bored. Repetition of a journey also tends to lead to boredom. But repeating a journey creates the possibility it might be different this time.

Are you bored with your journey? How might you make it different this time?

STORY

Fresh air



Travel is an opportunity get some fresh air, either by walking or cycling between different parts of the journey. Many studies have shown that physical exercise can improve concentration as well as general wellbeing.

How might you incorporate some fresh air into your journey?

STORY

Routes



Many people take alternative routes on a familiar journey, sometimes due to expected difficulties, sometimes on a whim, sometimes because the weather is particularly good.

What routes might you take? Do you need a map to help guide you?

STORY

The Plan



Planning a journey begins long before you depart – arrangements to meet people, buy tickets, maps of where you are going.

Plannng the journey in advance can help make the best use of time. But any plan must be flexible, able to adapt to the unexpected.

How do you plan your journey?

STORY

Make the transition



Do you want to teleport to your destination, or take advantage of the transition from one place to another? On average people said they wanted a 20 min journey between work and home. Time to prepare themselves, for home life or for work life.

What are you making the transition between?

STORY

Things to hand



When you are travelling you have time to unpack – to open a novel, a bottle of water, a music player at hand. Unpacked and relaxed you have many activities to hand.

What do you want to have to hand when travelling? Do you bring things with you, or find them en route?

SPACE & TIME

Ready and waiting



When you are waiting you are packed and ready to move. But this does not mean waiting is a waste of time. You can be ready and waiting – equipped for waiting

What could you do whilst waiting that does not require unpacking e.g. read a book, call a friend?

SPACE & TIME

Infectious space



Travellers infect each other with their activities. A mobile phone call infects someone trying to sleep. Someone trying to sleep infects a person trying to work, makes them feel tired.

How might you stop infecting other travellers' spaces, and being infected by others?

SPACE & TIME

Comfort



The temperature, smell, shape of the seat, amount of light, leg-room. All these aspects of the journey alter how comfortable it is.

Is comfort important to you? What makes the journey comfortable?

SPACE & TIME

Stretch/compress time



Travel time is experienced as stretched or compressed. Sometimes the journey seems longer and there is more time, sometimes the journey goes very quickly and there is less time. Different activities create a different sense of time.

Do you want to stretch or compress your journey? What activities could you do to make this occur?

SPACE & TIME

Quiet space



Quiet spaces create a sense of privacy and separation from other travellers. Quiet spaces separate your space and time from others. Conversely, noisier and busier spaces may make the journey go more quickly.

Do you want a quiet, or an enlivened space?

SPACE & TIME

Viscous time



On a long journey time can become slower and feel sluggish, even lethargic

Is this a long journey? What might you do to counter this sticky, viscous time? Or do you want to enjoy slowing down?

SPACE & TIME

Sharing space



Sharing space with people makes meetings, both unexpected and planned, possible. In our rail survey many people found the opportunity to talk with fellow passengers an important part of their day.

Do you want to take advantage of sharing your space with others?

SPACE & TIME

Stick together



When you travel you never do so alone, you always carry belongings - things that must travel with you, and must not get separated from you. How will you make sure that you do not get separated from your belongings?

Where will you store your bags as you travel?

SPACE & TIME

Making space



Many travellers claim the space around them (their adjacent seat or table) through their belongings. This is their space. As one person said it is 'your own little bit of space'.

How much space do you want to make your own? And how much space can you make your own?.

SPACE & TIME

Mobile office



Travel time need not be wasted if you want to be productive. With a laptop, or PDA, or mobile phone, perhaps even internet and email access on the move, your travelling space can become a mobile office.

MY TRAVEL KIT

Munch & brunch



As a designer of trains said, many people would prefer to stay a little longer in bed, catch a later train, and get 'a cup of coffee and a bun' as they traveled to work. Eating is a popular use of time for travellers - from munch to lunch on the go served by First Class staff.

Would you like something to snack on, or a meal whilst you travel?.

MY TRAVEL KIT

Writing



Travelling can be time to write notes, to work, to write letters and emails, to get ahead on paperwork.

Do you want to have a notebook and pen to hand? What might you write?

MY TRAVEL KIT

Something to drink



A small bottle of still/sparkling mineral water, a fruit juice, a glass of wine or beer, perhaps a cup of your favourite relaxing tea.

MY TRAVEL KIT

Mobile phone



Mobile phone is part of some people, with them all the time, so that they can be connected and disconnected as they choose. If you have one and want to use it, remember to bring it with you.

MY TRAVEL KIT

Pillow



Travel can be time to relax, perhaps to snooze or sleep. To help your whole body relax and rest, even sleep for a while.

MY TRAVEL KIT

Eyeshade/earplugs



Sometimes you want to disconnect from the world around you, experience a different sense of time and space.

These will help you relax, undisturbed.

MY TRAVEL KIT

Music/radio



Listening to music or a radio show changes your experience of time and can get you going in the morning or relax you. What Music, pre-recorded radio, audio-books would you like to listen to?.

MY TRAVEL KIT

Mobile games



Travel time can be time to play. How about a selection of mobile computer games e.g. Pac-Man, Sudoku, Solitaire, Tetris, Mini-Golf

MY TRAVEL KIT

Laptop



Writing, working, playing, watching a film, a laptop allows you to multitask. If you have one, and want to use it then remember to bring it with you.

MY TRAVEL KIT

Landscape guide



Gazing was the third most popular activity when we surveyed train passengers. Do you like to watch people and the landscape as you pass through? What kinds of landscape, historical monuments, and things would you like to see?

This will be a a tailor-made guide to the landscapes of your journey

MY TRAVEL KIT

Book/magazine



Reading was the most popular activity for people travelling by train. Would you like to have a paperback book or magazine of your choice to read?

MY TRAVEL KIT

Emergency number



An emergency telephone number to call us if there is a problem, or if you would like suggestions en route.

You will need to bring your mobile phone to include this in your kit.

MY TRAVEL KIT