

Commuter stress

Is yours the worst journey to work?

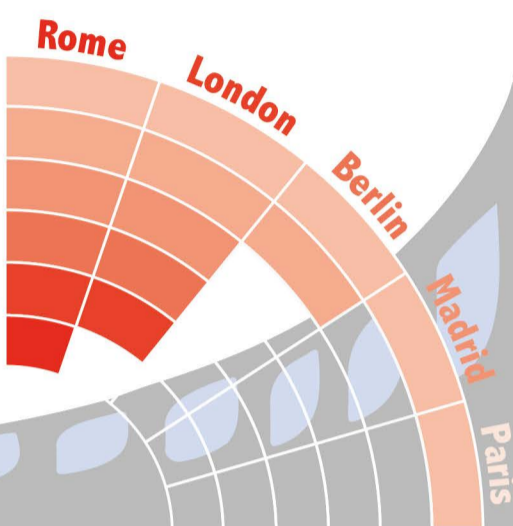
WHERE TRAVELLING IS TOUGHEST

- 1 ROME
- 2 LONDON
- 3 PARIS



Commuting is more stressful than

- Planning holidays
- Being at work
- Moving house
- Dealing with money matters
- Going to the dentist's
- Breaking up



Stress level

80%

83%

55% of commuters worry about

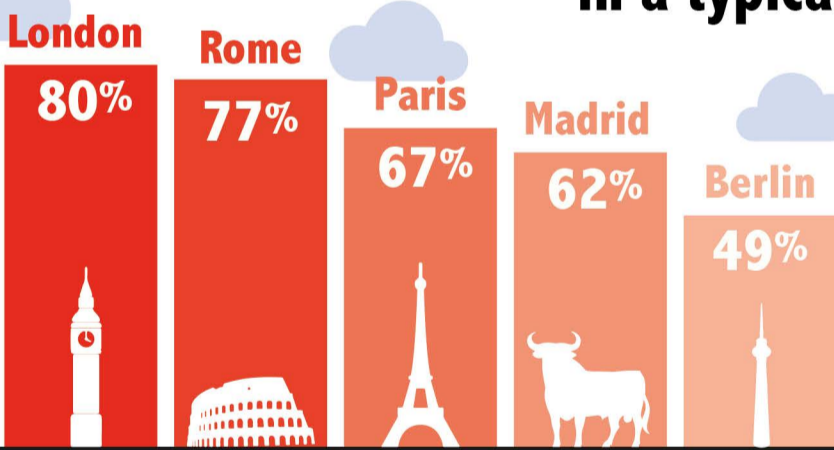
travel delays

Leaving home early by just 20 mins wastes 3 days a year

Least likely to set off early?



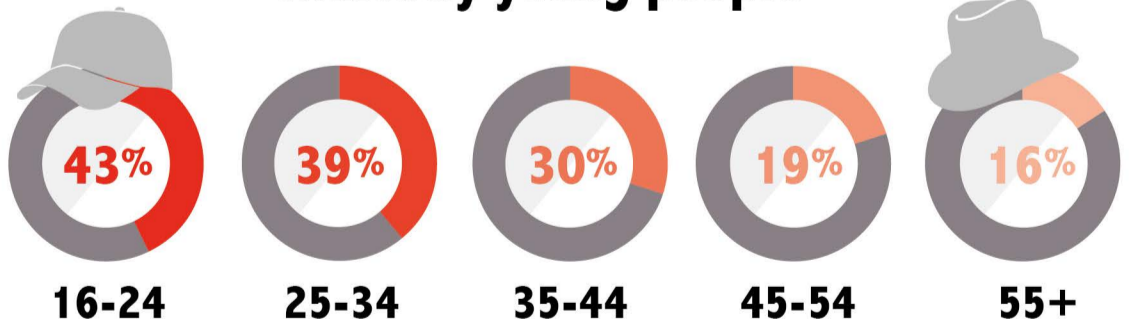
Which commuters are late in a typical month?



- 78%
- 72%
- 59%
- 49%
- 39%

In the past year 29% have abandoned a commute at least once...

...mostly young people



My journey is becoming increasingly stressful

My journey is becoming increasingly unpredictable

I don't find commuting stressful

34%

28%

19%