

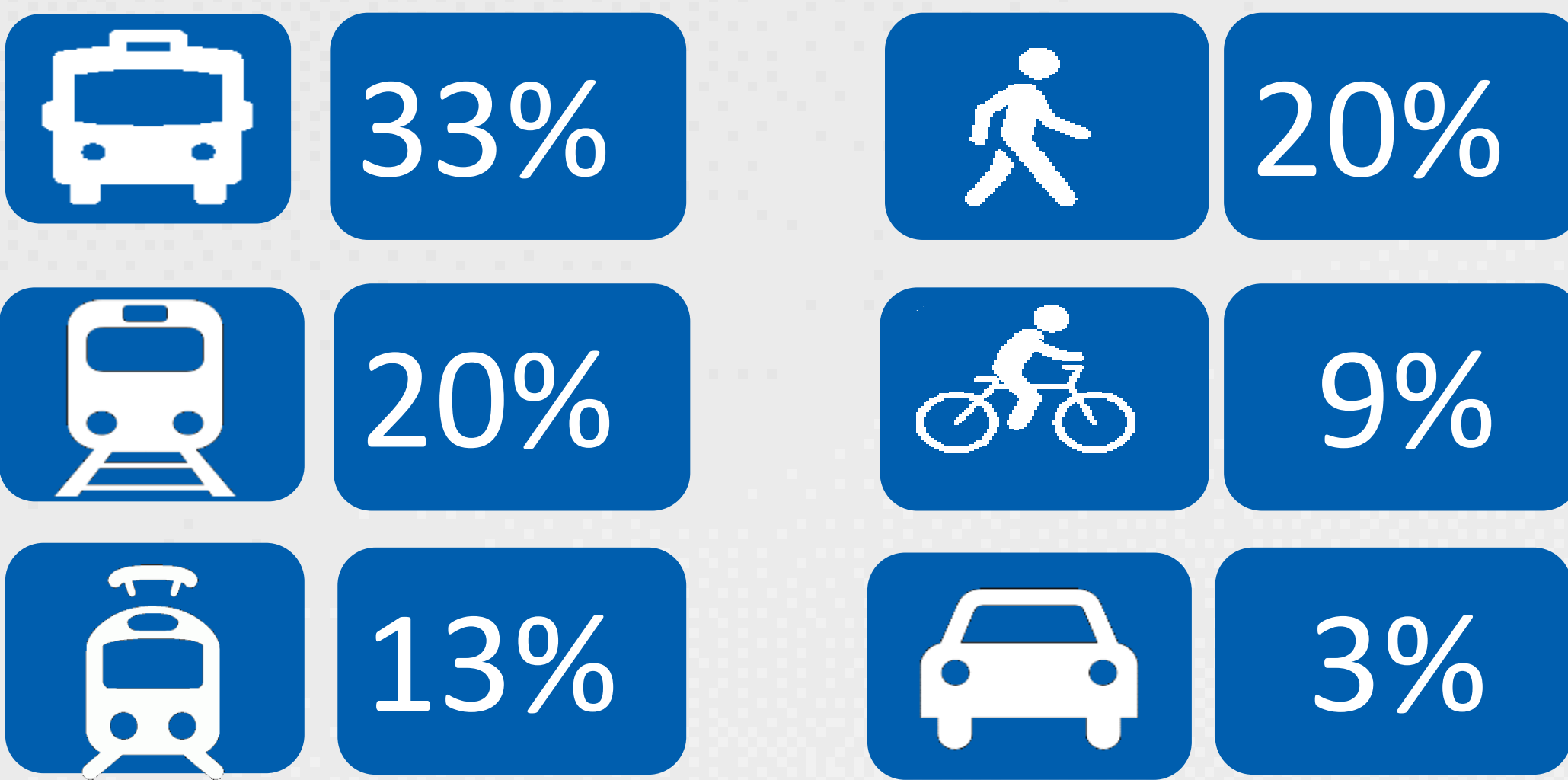
A survey of transport modes and comparison of 2023 to pre-COVID travel data.

Outline

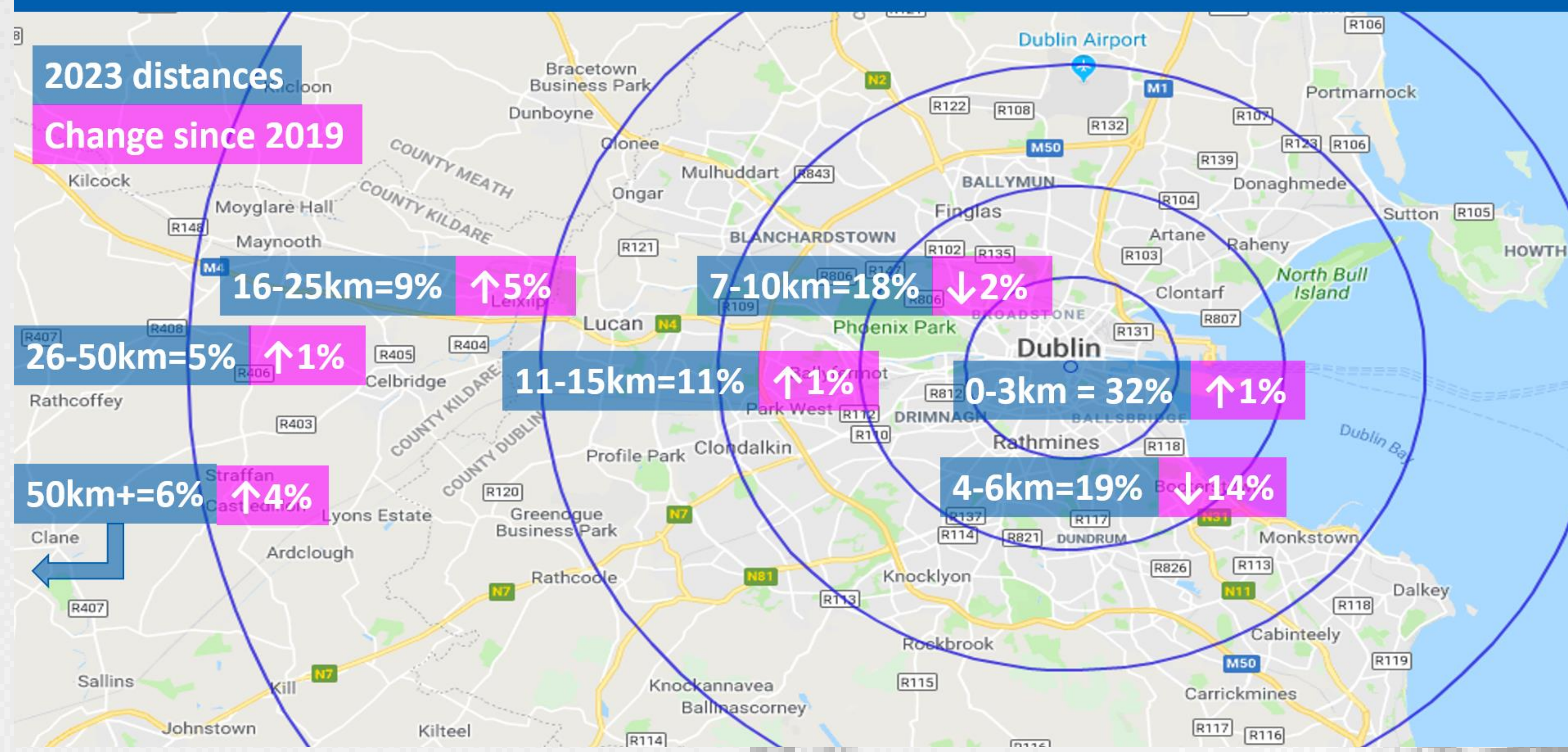
In 2011, 2015, 2018, 2019, 2021 and 2023, the Healthy Trinity Smarter Travel group surveyed students and staff via all-College email, on how they commute to campus. Comparable data are shown over time.

Poster created by [Healthy Trinity Smarter Travel Group](#)

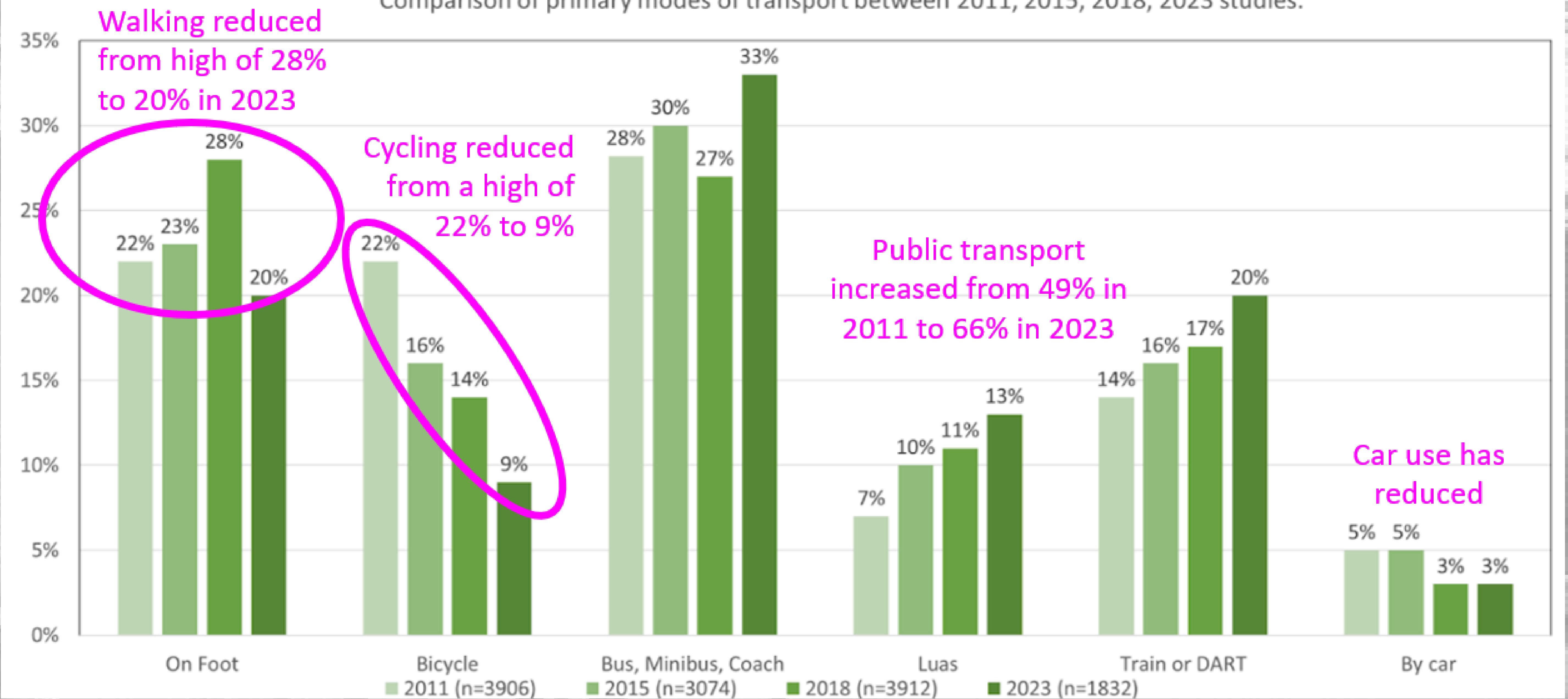
How did Trinity students and staff commute to campus in April 2023? N=1832



Comparison of 2023 and 2019 travel distances to Trinity



Comparison of primary modes of transport between 2011, 2015, 2018, 2023 studies.



1 CREATE ACTIVE SOCIETIES

SOCIAL NORMS AND ATTITUDES

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity according to ability and at all ages.

2 CREATE ACTIVE ENVIRONMENTS

SPACES AND PLACES

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

3 CREATE ACTIVE PEOPLE

PROGRAMMES AND OPPORTUNITIES

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

4 CREATE ACTIVE SYSTEMS

GOVERNANCE AND POLICY ENABLERS

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in research, mobilisation and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

The [World Health Organization](#) and [Healthy Dublin City](#) recognise transport as a priority means of promoting physical activity.

- Public transport is Trinity's primary mode of transport (66%), followed by walking (20%) and cycling (9%).
- Commuting distances have increased. Particularly noticeable is a reduction in students travelling 4-6kms, though 69% of students and staff live within 10kms of campus.
- Caulfield et al (2021) found that if all modes were available after COVID-19, students would like to walk to Trinity, and staff would like to cycle.
- Healthy Trinity should continue to work with partners to promote physical activity, with particular emphasis on active transport i.e. walking and cycling