

# Travel Journey



**DEAKIN**  
UNIVERSITY AUSTRALIA

ISSUE 2 JUNE 2010

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**TravelSmart**  
better ways to go



[www.deakin.edu.au/travelsmart](http://www.deakin.edu.au/travelsmart)



# News from TravelSmart

Keep an eye on 'News from TravelSmart' where we will give you regular updates on our activities around campus.

## Orientation Week 2010

This year TravelSmart joined forces with the Office of Environment to set-up a combined stall showcasing the university's commitment to sustainable transport and the environment. This year's event proved to be a great success with the addition of a spinning wheel and pedal powered smoothie machine. Students were encouraged to visit the stall and spin the wheel which had questions around services that the university provides around sustainable transport and the environment. Students who provided the correct answer to 1 question were invited to select from a range of prizes. Students also rolled up to receive their free smoothie... all blended by pedal power! As you can see students had a great time and learnt about the services the university provides in a fun interactive, yet informative way.



## ABOUT US

The Melbourne Campus at Burwood TravelSmart program aims to reduce staff and student dependency on cars and encourage them to choose sustainable travel alternatives such as walking, cycling, or catching public transport.

The team behind the Melbourne Campus at Burwood TravelSmart program is made up of people who either work or study at Deakin University. Our team is passionate about environmentally friendly travel and would like to see permanent changes in the way staff and students use sustainable transport to travel to the Melbourne Campus at Burwood.

### The team includes:

- Sonia Nuttman (TravelSmart Coordinator)
- Paula Tovey (Office of Environment)
- Amanda Neilson (Office of Environment)
- Linda Hancock (Arts & Education)
- Andrew Giles (Vice Chancellors Office)
- Peter Beech (Life and Environmental Science)
- Kimberley James (Life and Environmental Science)
- Amanda Craven (Deakin YMCA)
- Sean Jesudason (Office of the Deputy Vice-Chancellor [Academic])
- Theo Williams (Knowledge Media Division)

If you have a question or would like to submit a comment to TravelSmart, please send an email to [travelsmart@deakin.edu.au](mailto:travelsmart@deakin.edu.au) or visit [www.deakin.edu.au/travelsmart](http://www.deakin.edu.au/travelsmart) for more information.

This edition of Travel Journey was produced by Kristen Vear (undergraduate student, Bachelor of Arts majoring in Journalism and Public Relations) and edited by Sonia Nuttman, TravelSmart Coordinator. May 2010.

## Ride to Uni Day 2010



On Tuesday 30th March the first Deakin University wide **Ride to Uni Day** was held on each of the 4 campuses. Ride to Uni Day is based on Bicycle Victoria's model of Ride to Work Day where staff and students are encouraged to cycle to uni to obtain a free breakfast and receive free workshops.

Ride to Uni Day attracted over 150 staff and students from across the 4 campuses – each cyclist received a welcome pack which included a water bottle, puncture repair kit and information on the benefits of cycling.

A number of organisations including Bicycle Victoria, Warrnambool to Port Fairy Rail Trail, Rail Trails of Victoria, Enviro Club, Bicycles for Humanity, The Otesha Project and Ron D Swan set-up an information stall showcasing their organisations initiatives around cycling.

The Bicycle Superstore (Nunawading) and Degrandi (Geelong) gave free basic bicycle maintenance workshops through the morning. We would like to thank all staff and community members who participated on the day. Considering cycling to uni? Visit the TravelSmart Walking and Cycling web page to obtain some great tips on cycling.

## Car Pooling

Carpooling has arrived at Deakin University – across all 4 campuses! Register your details on the Deakin carpooling web site and receive FREE matching with other Deakin University students or staff – you can carpool every day or only when it is convenient.

All staff and students who register their details and start carpooling will receive 1 free movie ticket (1 movie ticket per person).

### Why carpool?

Travelling together is travelling smart. When we carpool we can reduce the number of cars on the road and gain many potential benefits, such as:

- Sharing the cost of petrol and parking permits
- Meeting new friends
- Reducing the pollution and congestion around Deakin
- Reducing travel time during peak hours.

For more information about carpooling and to register today visit [www.deakin.edu.au/travelsmart/carpooling-intro.php](http://www.deakin.edu.au/travelsmart/carpooling-intro.php)



## New Bus Services 281 and 768

You may have noticed that there is a bus that turns into Deakin's Melbourne Campus at Burwood and drops people off under the central precinct. A joint initiative between TravelSmart and Facilities Services Management Division this new bus will help alleviate the pressure off the 767.

Bus service No. 281 provides an additional 21 inbound and 21 outbound runs to/from the Central Precinct Atrium. From here the bus runs down Elgar Road, stopping at Wattle Park and Box Hill Bus Stations. The bus continues to the Doncaster Shopping Centre, with Templestowe Village being the final destination. During peak hour, the buses run every twenty minutes approximately, and in off peak, every thirty minutes. If you live in the Doncaster/Templestowe area consider taking this new service to the Melbourne Campus at Burwood.

The No. 281 bus timetable and stop locations can be downloaded from the following link:  
[www.metlinkmelbourne.com.au/route/view/3482](http://www.metlinkmelbourne.com.au/route/view/3482)

The Department of Transport has also recently announced the long awaited 768 (Box Hill – Deakin University) – this shuttle service will operate on weekdays and will commence from Monday 19th July 2010. For more information including the new timetable please visit [www.metlinkmelbourne.com.au/route/view/4801](http://www.metlinkmelbourne.com.au/route/view/4801)

## Why take public transport?

Using Public Transport will save money, ease parking and traffic congestion and help the environment through reduced greenhouse gas emissions.



## Cycling Jerseys

Due to demand from staff and students, Deakin Cycling Jerseys are now available for purchase at all campus Merchandise Shops. The jersey has the current 'frank' design and is a vibrant orange which has multiple benefits of safety and standing out among the crowd. Wear them to Deakin, weekends or events. Deakin Cycling Jerseys retail at \$82.50 each.

## Receive student and staff discounts at your local bicycle store!

Students and staff who present their Deakin Card at the following bicycle stores will receive the following discounts:

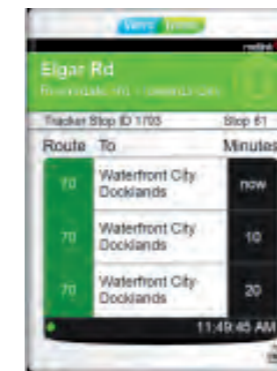
Burwood: receive a 10% discount on anything in store, includes bikes, bike servicing, parts and accessories at Rollin Cycles, Mt Waverley.

Waterfront and Waurn Ponds: become a member of Degrandi's VIP club and receive various discounts throughout the store

Warrnambool: receive a 10% discount on parts and accessories at the Bicycle Superstore. Join the e-riders club and receive specials throughout the year

Download the flyers at  
[www.deakin.edu.au/travelsmart/news-events.php](http://www.deakin.edu.au/travelsmart/news-events.php)

TravelSmart would like to thank Rollin Cycles, Degrandi's and the Bicycle Superstore for their participation in this initiative.



## Tram TRACKER real time

New! tramTRACKER real time travel information. Find out when the next 75 or 70 tram is leaving Deakin from your desktop at home or from a Deakin University Computer. Just visit

[www.deakin.edu.au/travelsmart/travelling-tram.php](http://www.deakin.edu.au/travelsmart/travelling-tram.php) and click on tramTRACKER.

## Staff Public Transport Challenge 2010

- Do you enjoy team competitions?
- Do you travel for meetings or other work related functions during the working week?

Then why not take the challenge and take public transport every time you need to go to a meeting, conference or other Deakin University work related function? Each time you take public transport for work related purposes between Monday 8th March and Friday 1st October 2010 you will receive a FREE Daily Zone 1/2 Metcard and points towards your school or division.

Each time you take Public Transport you will increase the chances of your School or Division winning the major prize. The School or Division with the greatest points at the end of Trimester 1 will win for their School or Division a FREE Morning Tea which will be hosted by the Office of Environment and TravelSmart (Morning tea prize also in T2). Plus the staff member with the highest number of Metcards used during this time will win a great prize!

For more information terms and conditions visit  
[www.deakin.edu.au/travelsmart/public-transport.php](http://www.deakin.edu.au/travelsmart/public-transport.php)

## The Bike Cage

The Office of Environment together with TravelSmart would like to announce the development of The Bike Cage which has been built on the east side of Building HB on the Melbourne Campus at Burwood. The facility can house 65 bikes at any one time in a secure bicycle cage. The initiative will save 44 tonnes of CO2 emissions per year. The Bike Cage is fully secured with access granted only via swipe card, plus there is a CCTV Security Camera on site 24/7. In addition to the Bike Cage, there are an additional 20 lockers in each of the male and female change rooms which can be hired on a weekly or daily basis. Staff and students can also gain access to the use of an ironing board locker.

The Bike Cage is now in full operation and all staff and students are encouraged to use the facility. For more information including gaining access to the Bike Cage, terms and conditions see page 11 of this edition or visit [www.deakin.edu.au/travelsmart/cycling-facility.php](http://www.deakin.edu.au/travelsmart/cycling-facility.php)



# Public transport

## Getting smarter

Modern technology is making it easier for staff and students to catch public transport to the Melbourne Campus at Burwood. A number of initiatives have been put in place to ensure your journey on public transport is as convenient and hassle-free as possible.

### SmartBus

Thanks to SmartBus, bus travel in and around Melbourne is now easier than ever before. SmartBus routes have been carefully planned so they link train stations, tram stops, shopping centres, schools, universities and hospitals to make it easy for you to get to where you need to be. Services run every 15 minutes between 6:30 am and 9 pm and every 30 minutes between 5 am and 6:30 am as well as between 9 pm and midnight. Frequent services minimises waiting time, which means your journey will be quicker.

SmartBuses are fitted with GPS systems that transmit the bus' location straight to an information display at your bus stop, so you'll know exactly when the bus will arrive. Modern technology also ensures SmartBuses are given priority at traffic lights. And it gets better; two SmartBus routes connect with the Route 75 tram, which stops right on the doorstep of the Melbourne Campus at Burwood.

SmartBus Route 903 connects with the Route 75 tram at Warrigal Road/Burwood Highway in Burwood, only a five-minute tram ride to the Melbourne Campus at Burwood. SmartBus Route 903 began in April 2009 and is currently Melbourne's most popular bus route. The route begins in Altona, southwest of Melbourne, and passes through Sunshine, Essendon, Coburg, Preston, Heidelberg, Doncaster, Box Hill and Oakleigh, ending in Mordialloc, southeast of Melbourne.

SmartBus Route 902 connects with the Route 75 tram at the Springvale Road/Burwood Highway intersection in Burwood East, only an 11-minute tram ride to the Melbourne Campus at Burwood. Route 902 begins at Airport West Shopping Town Northwest of Melbourne,



and passes through Greensborough Plaza, Eltham Station, Doncaster Shopping Town, Nunawading Station, Burwood East, Glen Waverley, Springvale and Edithvale, ending in Chelsea, southeast of Melbourne.

**For more information on SmartBus** Route 903 and to download the timetable visit Metlink at [www.metlinkmelbourne.com.au/route/view/1695](http://www.metlinkmelbourne.com.au/route/view/1695)

For more information on SmartBus Route 902 and to download the timetable visit Metlink at [www.metlinkmelbourne.com.au/route/view/2630](http://www.metlinkmelbourne.com.au/route/view/2630)

### tramTRACKER

tramTRACKER will tell you exactly when a tram is due to arrive at your chosen stop. tramTRACKER uses real-time information to determine the exact location of trams, which gives you a more accurate time of arrival than what is provided on timetables.

You can use tramTRACKER by phone, SMS, online or with the tramTRACKER application for Apple's iPhone. The only information you'll need is the unique 4-digit Tracker Stop ID, which will be located either on the timetable or the pole on which the tram stop sign is mounted. For detailed instructions on how to use tramTRACKER visit [www.tramtracker.yarratrams.com.au](http://www.tramtracker.yarratrams.com.au)

tramTRACKER can be used on all of Melbourne's tram routes. So, whether you catch the Route 75 to the Melbourne Campus at Burwood or the Route 70 to Wattle Park, which is only a 10-minute walk away, tramTRACKER will help make your journey a little smoother.

## The cheaper and greener option

Ditching the car and catching public transport to the Melbourne Campus at Burwood has many benefits. For starters, it won't put as much of a strain on your wallet as driving the car. Tertiary students with a concession card can purchase a weekly Metcard for only \$14.70 (Zone 1), \$10.10 (Zone 2) or \$24.80 (Zones 1 & 2). Students who drive to university, on the other hand, need to pay for petrol, a parking permit and general maintenance of their vehicle, which can cost hundreds of dollars each month.

Public transport is also the greener option, with benefits extending to the local community and the environment. Using public transport in favour of the car reduces traffic congestion and noise and air pollution, including harmful emissions such as carbon dioxide (CO<sub>2</sub>).

For example, a student who drives a Holden Commodore to university will be responsible for more than nine times the amount of CO<sub>2</sub> emissions as a student who catches the bus, as illustrated in Figure 1.

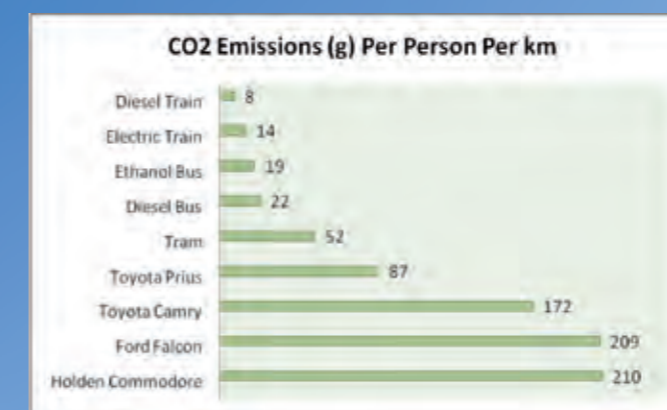


Figure 1

Source: Public Transport Users Association (2008), 'Public transport the winner in the race to cut emissions', [www.ptua.org.au/2008/06/17/emissions-comparison/](http://www.ptua.org.au/2008/06/17/emissions-comparison/)

By catching public transport, you will have peace of mind knowing that you are reducing your carbon footprint. So climb aboard and encourage your uni mates to do the same!

The benefits for you don't stop there. If you catch public transport, you won't have to worry about the stress of driving in traffic and finding a car park. In recent times, the availability of parking spaces on the Melbourne Campus at Burwood has proven to be an issue. You can relax on public transport, read a book or perhaps even catch up on some studying!

Delays and cancellations are an inevitable aspect of public transport. But remember, delays also affect drivers. Rail operator Metro's performance results for December 2009 show that 98.9% of services were delivered, 87.2% of which were on time (arriving within 4 minutes 59 seconds of scheduled time of arrival). Tram operator Yarra Trams' performance results for December 2009 show that 99.30% of services were delivered, 81.88% of which were on time (arriving within 4 minutes 59 seconds of scheduled time of arrival).



# Walking can work wonders

Walking is one of the easiest ways to keep fit and healthy. Almost anybody can do it, you don't need any special equipment, and it's free!

For general health and fitness, adults should spend at least 30 minutes exercising each day. Why not achieve this by walking to the Melbourne Campus at Burwood? Walking reduces the risk of developing heart disease and stroke and it can help manage your weight, blood pressure and cholesterol.

Walking also provides a great opportunity to relax and spend time with family, friends or colleagues.

If you live within 3km of the Melbourne Campus at Burwood, you might like to consider walking to Deakin. If you live further away, why not combine public transport with walking to get to the campus? It'll save you money and will benefit your health, along with the local environment.

Showers and change rooms are located in Building HB (Level 1) and Building B (Level 1) so you can freshen up after your walk.

The Melbourne Campus at Burwood is accessible via the Gardiners Creek Trail, which links to other walking trails throughout Melbourne.



**Don't forget** to pick up a free TravelSmart map for more handy tips on walking, cycling and catching public transport to the Melbourne Campus at Burwood. The booklet also contains maps of the campus and local area, as well as maps of Melbourne's rail and tram networks.



## Gardiners Creek Trail

Starts in Toorak and follows Gardiners Creek through Glen Iris, Malvern, Ashwood, Burwood and Box Hill, ending in Blackburn, with a total length of approximately 17km. The trail runs along the western and northern boundaries of the Melbourne Campus at Burwood.

## Anniversary Outer Circle Trail

Starts in Kew and follows the Alamein train line, ending in Malvern East, with a total length of approximately 20.2km. This trail links with the Gardiners Creek Trail in Malvern East.

## Scotchmans Creek Trail

Starts at Jells Park, Wheelers Hill, and ends at Malvern Train Station, Malvern East, with a total length of approximately 21.5km. This trail links with the Gardiners Creek Trail in Malvern East.

These trails are also suitable for cycling.



## Handy Tips for Walking

- Wear comfortable and sturdy shoes
- Wear a hat and sunscreen
- Take plenty of water (and snacks if needed)
- Pack your belongings in a backpack because it will be much easier to carry than a shoulder or hand bag
- Pack gloves and a coat if it is cold or there is a good chance of rain

## Safety First

- Make sure you are familiar with the area in which you are walking. If you are not familiar with the area, it's a good idea to carry a map.
- Take a mobile phone and let someone know where you are going.
- Take spare change in case you need to use public transport or a taxi.
- Do not walk alone at night. If this cannot be avoided, stick to well-lit paths and do not wear headphones.
- If you have any medical conditions, consult your doctor before starting any new walking or other exercise programs.

## Finding the perfect shoe

Before you start walking to Deakin, you need to find the shoe that's perfect for you. It might not sound important – you might think any old pair of sneakers will do the trick – but wearing ill-fitted shoes can result in discomfort and injury in the feet and other parts of the body.

When buying a pair of shoes, you need to make sure they suit your individual needs. You should always try before you buy, that way you will be able to tell whether or not the shoes are comfortable almost immediately. And remember, you should never sacrifice comfort for fashion as this could result in injury.

It may benefit you to have your feet measured each time you buy new shoes. A person's feet are often different sizes, so purchase a size that feels comfortable on the bigger foot.

Your old shoes can also help make it a little easier to choose a new pair. Examine the pressure points and determine whether or not the shoe is still in good condition. If some of the stitching has come loose or the shoe seems stretched to the limit, you need a sturdier or bigger pair.

If you are unsure about which shoe is right for you, visit your local shoe store for expert advice.

# Ride on!



At Deakin we realise the importance of supporting and encouraging sustainable travel to and from the Melbourne Campus at Burwood. That's why we have developed a range of facilities to ensure the needs of our staff and student cyclists are met.

Cycling to Deakin really is a breeze. You won't have to worry about the security of your bike on campus or the availability of showers and change rooms to freshen up in. We are also pleased to go the extra mile and reward staff and students who cycle to the Melbourne Campus at Burwood. Read on to find out more.

## Cycle Tuesdays

Staff and students who cycle to the Melbourne Campus at Burwood on Tuesdays can enjoy a free breakfast! Just turn up to Cafe Ava (Building HD, Level 1) with your bicycle and cycling gear (clothes and helmet) and present your Deakin ID card for your free breakfast. You must arrive between 7am and 11am.

Terms and conditions apply. To view these terms and conditions, visit the Deakin University TravelSmart website. TravelSmart would like to thank Cafe Ava for its participation in this initiative.



## The Bike Cage

The Bike Cage gives staff and students a secure place to store their bikes on the Melbourne Campus at Burwood. Access can only be gained via a swipe card and CCTV security cameras operate around the clock for your peace of mind.

The Bike Cage is located on the east side of Building HB and can store up to 65 bikes.

## How to use The Bike Cage

You must have a Key Access Card to use The Bike Cage. To obtain a card, visit the Facilities Management Services Division in Building K and complete a Keys Request Form. An authorised officer from the Facilities Management Services Division must sign your form.

You will be required to pay a \$30 deposit at the Cashier's Office (Building HE, Level 2) before you collect a Key Access Card. This is a once-off deposit and the full amount will be refunded to you when you return your Key Access Card to the Facilities Management Services Division. When you pay your deposit, keep the receipt as you will need to present it in order to obtain a card.

Please note that it can take up to five working days for your card to be ready for use. If you provide an email address on the Keys Request Form, you will be notified via email when your card is ready.

## Bike Racks

There are bike racks at numerous locations around the Melbourne Campus at Burwood, including:

- On the side of Building HB, Level 1
- Outside under the overpass between Buildings B and J
- Near 'The Cafe' between Buildings H and Y
- Outside on the side of Building X
- Outside at the rear of Building I

## Showers and Change Rooms

Showers and change rooms are available so you can freshen up after cycling to university. The showers and change rooms are located in Building HB, Level 1, near the Deakin YMCA.

Opening hours: Monday–Thursday 7am–9pm

Friday 7am–7pm

Saturday and Sunday 9am–5pm

## Lockers

20 additional lockers in each of the male and female change rooms in Building HB are now available. If you cycle to Deakin, these lockers provide a secure place to store small belongings, such as clothes and towels.

You can hire a locker on a daily or weekly (Monday-Friday) basis.

You will be required to pay a \$20 deposit each time you hire a locker. The full amount will be refunded to you when you return the key at the end of the day or week, depending on the duration of your hire. You will need to present your Deakin ID and credit/eftpos card when you pay the deposit.

## Terms and Conditions

Before using The Bike Cage, lockers, shower and change room facilities, it is important that you read and understand the terms and conditions of use, which can be found on the Deakin University TravelSmart website.

## Cycling Trails

The walking trails listed in the 'Walking can work wonders' section are also suitable for cycling.

## Bicycles on Trains

Bicycles are permitted on Melbourne's metropolitan trains free of charge. For passenger courtesy, please board the last carriage of the train.

For more information about carrying bicycles on trains, visit the Metlink website at [www.metlinkmelbourne.com.au/using-public-transport/bikes-and-public-transport/](http://www.metlinkmelbourne.com.au/using-public-transport/bikes-and-public-transport/)

## Benefits of cycling

### Physical and Mental Health

Cycling improves your physical fitness and stamina. It makes it easier for you to stay healthy and manage your weight. Cycling will also give you a better sense of vitality and a boost in confidence.

### Social

Cycling allows you to get out of the house and be active with family, friends and colleagues. You can socialise and keep fit at the same time! Cycling also gives you the opportunity to join or form groups with other people who cycle so you can meet new people who enjoy cycling as much as you do.

### Environmental

By ditching the car in favour of the bike, you'll be helping to reduce traffic congestion and pollution, which results in better air quality. It's a great way to reduce your carbon footprint.

### Financial

Bikes obviously cost much less than cars and they are also much cheaper to run. In fact, it practically costs nothing! You won't need to worry about paying for petrol, parking or maintenance of a vehicle, which can cost hundreds of dollars a month. You can park your bike at any of the racks on the Melbourne Campus at Burwood for free!



## Deakin Green Commute

If you have picked up or downloaded a copy of this newsletter, sustainable transport must be something that is important to you. It's important to us, too. If you walk, cycle or catch public transport to the Melbourne Campus at Burwood, we applaud that. We would also like to acknowledge your efforts by offering you a free membership to Deakin Green Commute.

Deakin Green Commute rewards staff and students who travel to the Melbourne Campus at Burwood using sustainable transport. Deakin Green Commute members receive great benefits, including free drinks!

Deakin Green commute members who present their membership card at Plateau will receive a free regular coffee with the purchase of a sandwich or foccacia. You can also present your membership card at Einsteins to receive a free pot or large glass of post mix soft drink with the purchase of a meal.

For your free membership to the Deakin Green Commute, register your details at the Deakin YMCA (Building he, Level 1) and you will receive a membership card. Scan your card each week to go into the draw to win great monthly prizes. There is also a major prize draw at the end of each trimester!

### Prizes for 2010 include:

- Admission to Melbourne Aquarium for 2 adults
- Village Gold Class Movie tickets for 2 adults
- AFL Quarterfinals tickets

Plus enter into our end of Trimester 1 prize draw and win entry for 2 adults to Rip Roaring Feed with the Lions at Werribee Open Range Zoo valued at \$150!

### Terms and Conditions

It is important that you read and understand the terms and conditions prior to becoming a member of the Deakin Green Commute. Terms and conditions can be found on the Deakin University TravelSmart website.

TravelSmart would like to thank the Deakin YMCA for their participation in this initiative.

