CAPITA | Travel and Events

The unnoticed impact of business travel

Survey Highlights

Business travel is an essential part of worklife for many people, but it can often cause distress for employees. From justification of the meeting to the safety of the individual, it is essential that the employer maintains their duty of care. We asked people who already travel for business their thoughts on travelling for work, and they explained why it can have a negative impact on them - and here's what they said.

QUESTION 1

Why do you travel to meetings for work?

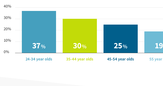
63% travel to meetings because it's a good way to discuss important issues and make decisions.

49% travel to meetings in order to be more productive at their job.

36% travel to meetings purely because they're told to attend.

30% travel to meetings because if they don't, they feel it might negatively affect their career.

Younger workers are more likely to attend meetings in order to avoid negative consequences to their career.



QUESTION 2

Do you think travelling to and from meetings for work is bad for your health/wellbeing?

15% of workers struggle with their mental health when travelling to and from meetings.

19% This rises to almost 1 in 5 in the age group of 25-34 year olds.

17% of 45-54 YOs struggle with both their mental and physical health when travelling to and from meetings.

14% The 55+ age group is the least likely to feel negative effects from travelling to meetings.

QUESTION 3

Has travelling for work ever caused any of the following?

The most common negative effects of travelling for work are...

Travelling to work is a boon for the takeaway industry as almost half of all commuters have opted for a takeaway on the way home.

of 25-34 year olds have had an argument with a partner about working early/late.

of 45-54 year olds have felt ill/had a lack of sleep due to travelling for work.

QUESTION 4

Have any of the following happened to you when travelling for work?

Occurrences happened when travelling to work...

37% of people who have travelled to a meeting attended one which could have been summarised in an email.

41% of business travellers have been asked to travel outside of their core working hours.

28% of business travellers have had their meeting cancelled whilst they were travelling.

QUESTION 5

When it comes to safety and security when travelling for work, which of the following apply to you?

Women are more likely to feel unsafe on their way to a work engagement than men.

Almost a quarter of business travellers have had to walk somewhere they didn't feel safe on the way to a work engagement.

of business travellers have had to park somewhere that didn't feel safe.

of business travellers have had to travel at a time they didn't feel safe.

of women were unaware of the number to call if they felt unsafe while travelling on the train.

QUESTION 6

How much time do you spend travelling to meetings in an average working week?

On average, business travellers spend more than 3 hours a week travelling to meetings.

More than 10% of business travellers spend over 5 hours a week travelling to meetings.

25-34 year olds are the age group which spends the most time travelling to meetings: - 3.55 hours a week.

QUESTION 7

How much time do you think is acceptable to spend travelling to meetings in an average working week?

The average time people think is acceptable to travel to meeting in an average working week is 3.27 hours (3 hours, 16 minutes).

This suggests people are happy to spend time travelling to meetings, it's the time of day and suitability of their attendance which is the real problem.

QUESTION 8

What is your ideal meeting environment?

QUESTION 9

Which of the following best describes the way travelling to meetings is handled at your place of work?

54% of business travellers say the organisation of their meetings is done on a "first-come, first-served" basis, sometimes the arrangements work well, sometimes they don't.

28% of business travellers would call their meeting arrangement process smooth and effective.

8% of business travellers say that their companies have a meeting organisation that is not work well, with a further 6% saying that it is always a big problem.

QUESTION 10

When you book travel, what do you think affects the price of the fare?

Factors affecting travel cost

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