

Arup

Six Week Wellbeing Challenge

Arup's Six Week Wellbeing Challenge ran from April to June 2018 to promote health and wellbeing for staff, with a strong focus on moving more.

The Team Step Challenge and Walk It Wednesdays kickstarted people to get moving more with some healthy competition between teams. The walking and breakfast club got people from different teams walking in a fun and interactive way, with a tour of Arup projects around the city.

Arup employees were encouraged to think about their daily commute and work travel, and how they could build more activities into their day. In a Your Move lunch and learn session employees were asked to complete a Commit to Change pledge.

A recent travel survey shows that 20 per cent of Arup employees walk or cycle to work.



Curtin University

Curtin University – Bikes on Curtin Access Bus Service (CABS) Buses

Curtin University offers free buses for staff and students to get to campus, with four circular routes in the surrounding area. After some negotiations, bikes are now allowed on these buses.

This initiative aims to overcome barriers in using active transport, so staff and students can make multimodal trips and hop on their bike for the last part of their journey.



Murdoch University



The Murdoch Meander

The Murdoch Meander got Murdoch staff, students and residents on their bikes and exploring the local area in Bike Week 2018. The team of keen riders ranged from 10 to 70 years old.

A map and clue sheet guided participants around Murdoch campus and the local area, exploring features of interest in a fun and supported way. The event showcased how easy it was to cycle to parks and shops nearby – participants commented they hadn't realised how easy it was to reach nearby destinations by bike!

Piara Waters Primary School

Fortnightly Walk to School Days

Walk to School Days are now fortnightly at Piara Waters Primary School – all year round and regardless of the weather!

Walk to School Day started as an annual commitment, grew to a monthly one and now, due to demand, is fortnightly. The walks have been hugely popular with 400 students participating each fortnight – almost half of the school population.

Six student leaders distribute raffle tickets at the gates. Walkers receive a Goldy token, which puts them into the draw to have pizza with the principal.

Walk to School Days have brought the school community together, giving parents and students the chance to chat as they walk and gather at the school. They are extremely proud to be part of such a fantastic student driven initiative.



Urbi bike-share

Joondalup Workplace Travel Behaviour Change

Urbi is partnering with Joondalup organisations to provide a customised bike-share service, to enable people to ride more often.

The Joondalup Health Campus and Edith Cowan University are both participating, with staff and students able to access bikes from docking stations around Joondalup and jump on a bike for short trips. Participants are also supported with rides with a bike coach, social activities and rewards for ride achievements.

Urbi bikes are available to Student Village students on weekends for longer trips.

