

Methods

- **Participant Observation (PO)** was conducted on 7 train journeys, travelling to London, Paris, Amsterdam and Brussels and 5 local bus journeys in Leeds
- **Survey (S)** 50 respondents
- **Focus Groups (FG)** 3 focus groups conducted with 17 participants in total. Students, Staff of the University and Council Workers at Leeds City Council

Findings

- **Using Phones (PO)** most popular activity, used for multitasking
- **Age Divide (PO, S & FG)** younger passengers used more technology
- **Planning (PO & FG)** most passengers carried several objects to use
- **Duration < 20 minutes**, less unpacking, fewer objects
- **Most popular activities (S)** Listening to music, social media and people watching/window gazing
- **Personal Time (FG)** to benefit wellbeing and to relax
- **Avoidance (FG)** Headphones used to screen out other people
- **Active Transport Users** included in FG and valued their time

Limitations

- Small **Survey sample** size of 50 and heavily skewed to 18-24 year olds and students
- **Participant Observations** carried out on trains during July 2018 affected by external events e.g. World Cup and Trump's visit to UK

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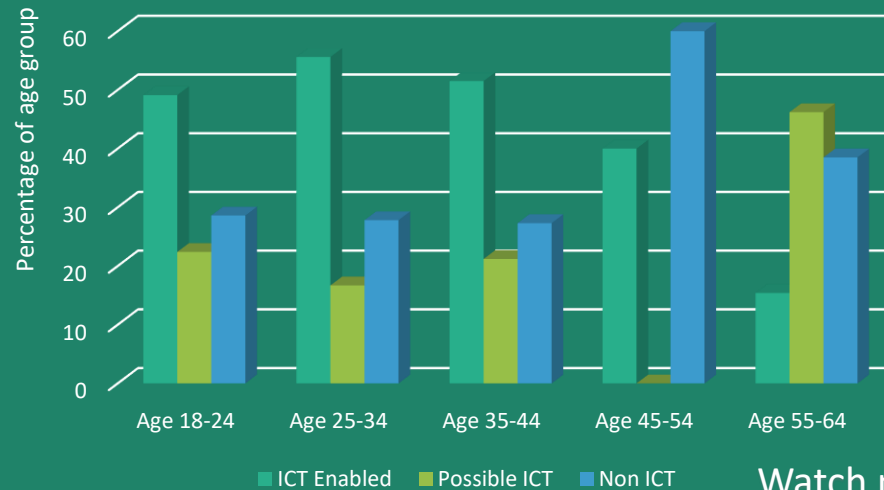
Supervisor: Dr Kate Pangbourne



How do we use our time during journeys?

Younger adults do more ICT enabled activities and multitasking while making journeys

Activity types by age group



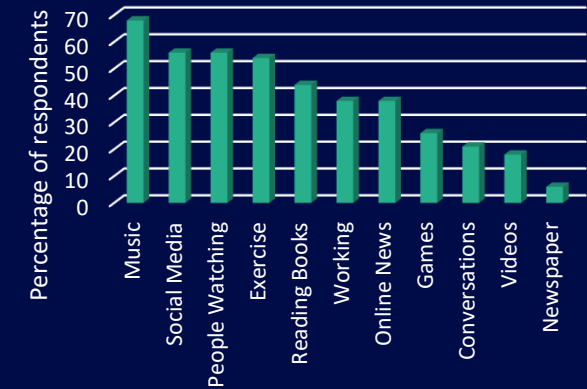
Watch my video here



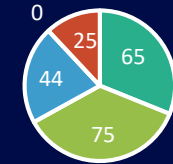
Subjective evaluation of time spent travelling

Students: Amused, Escapism, Relaxed
 Council Staff: Relaxed, Happy
 Uni Staff: Escapism, Reflective

All graphs are findings from the survey Most popular travel activities



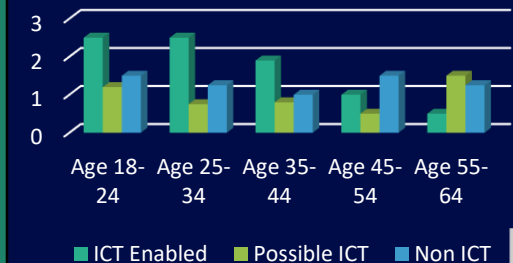
Social Media age split



*values are percentages of each age group that participate in the activity

18-24 25-34 35-44 45-54 55-64

Mean number of activity types per person in each age group



ICT Enabled Possible ICT Non ICT

