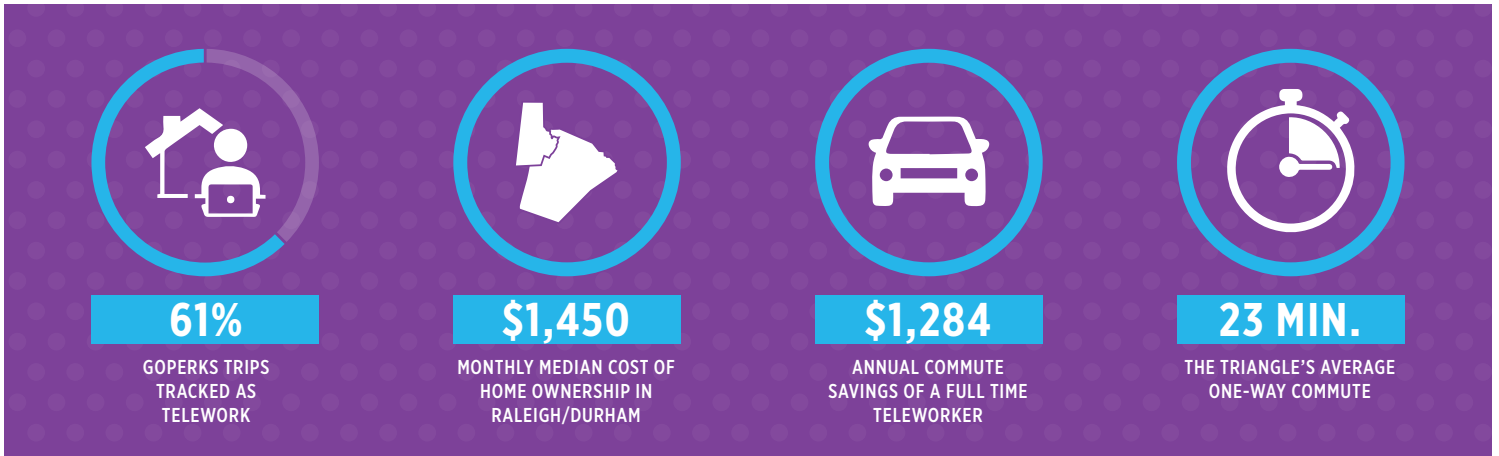


TELEWORKING?

YOUR DITCHED COMMUTE IS AFFECTING YOUR WALLET, FREE TIME AND THE PLANET.



One of the biggest changes for many employees during the COVID-19 pandemic has been the opportunity to telework. While essential employees and frontline workers have carried on in person, many daily commuters have been able to work from home, some for the first time.

The transition to the home office has reduced traffic on the road and cut greenhouse gas emissions. Telecommuting also results in other savings that ShareTheRideNC – a website that helps cut single occupancy commuting – has quantified.

Employees who are tracking their telework habits on strnc.org for the GoPerks incentive program are helping GoTriangle keep up with regional commuting trends. Pre-COVID-19, teleworking accounted for 2% to 3% of STRNC commutes, but between March and September teleworking rose to an average 61% of recorded trips and helped reduce more than 43 tons in greenhouse gas emissions.

With a previous average one-way commute of 23 minutes, new regional teleworkers are feeling the benefits of repurposing their time while also saving an average \$107 a month -- or \$1,284 a year. Because the median cost of homeownership in Raleigh and Durham is about \$1,450 a month, those savings equate to almost an entire house or rent payment. For those fortunate enough to transition from driving to work to teleworking, the savings truly help households meet their needs even as the pandemic continues to hurt our economy.

Teleworkers who sign up for the GoPerks incentive program also benefit the local economy. GoPerks buys gift cards from small businesses in the Triangle to use as prizes in monthly drawings for those who track their smart commute trips. Learn more about GoPerks incentives or check out telework resources at GoTriangle.org/telework.

Still the move to teleworking has not been without challenges, as Jordan, UX engineer at a Research Triangle Park-based technology firm, told GoTriangle. Before the pandemic, Jordan teleworked often but not full time, so adjusting to full-time telework was not a major transition.

“The toughest part that I’ve had to adjust to is the lack of casual online conversations, which is very different from being in the office,” he says. “It sometimes feels there is an inability to get a real sense of what is going on in the company. I think the transition was very similar to what most people first experience in college, and that is the necessity of developing time-management skills.”

Those limitations pale in comparison to the benefits, he says, especially because he works with several colleagues overseas every week. “Teleworking allows for flexibility in my schedule,” he says. “I’m able to exercise in the morning where I’ll get the most benefit, work late when I need to be in contact with international colleagues, and I don’t experience the inconvenience of traffic delays since I can set personal appointments to fit my schedule.”

References: [census.gov/quickfacts/fact/table/raleighcitynorthcarolina#GoPerksdata](https://www.census.gov/quickfacts/fact/table/raleighcitynorthcarolina#GoPerksdata)

More about **Sustainable Transit Services**

GoTriangle’s Employer Services Transportation Demand Management Department helps employers and universities recruit and retain employees and students by providing alternatives to driving alone. TDM extends the reach of GoTriangle by developing telework programs and forming vanpools and carpools, and through bicycle and pedestrian campaigns.

These services and programs have **significant impacts** on commuting patterns, traffic congestion, personal health and finances and air quality in the Triangle. The grant-funded services, programs and materials are provided through a partnership of NC Department of Transportation, municipalities and public transportation agencies. Find out more [here](#).