



Best Practice Work Walk

TU/e
SUSTAINABILITY

Booking a walk instead of a meeting room? It's possible at TU/e. After a successful pilot by initiator and Dr. Ida Damen (former PhD candidate of Industrial Design), the WorkWalk is now easy to book. You can choose from seven starting points, each with four walks with fixed walking times that you can combine with each other.

Why is walking so important?

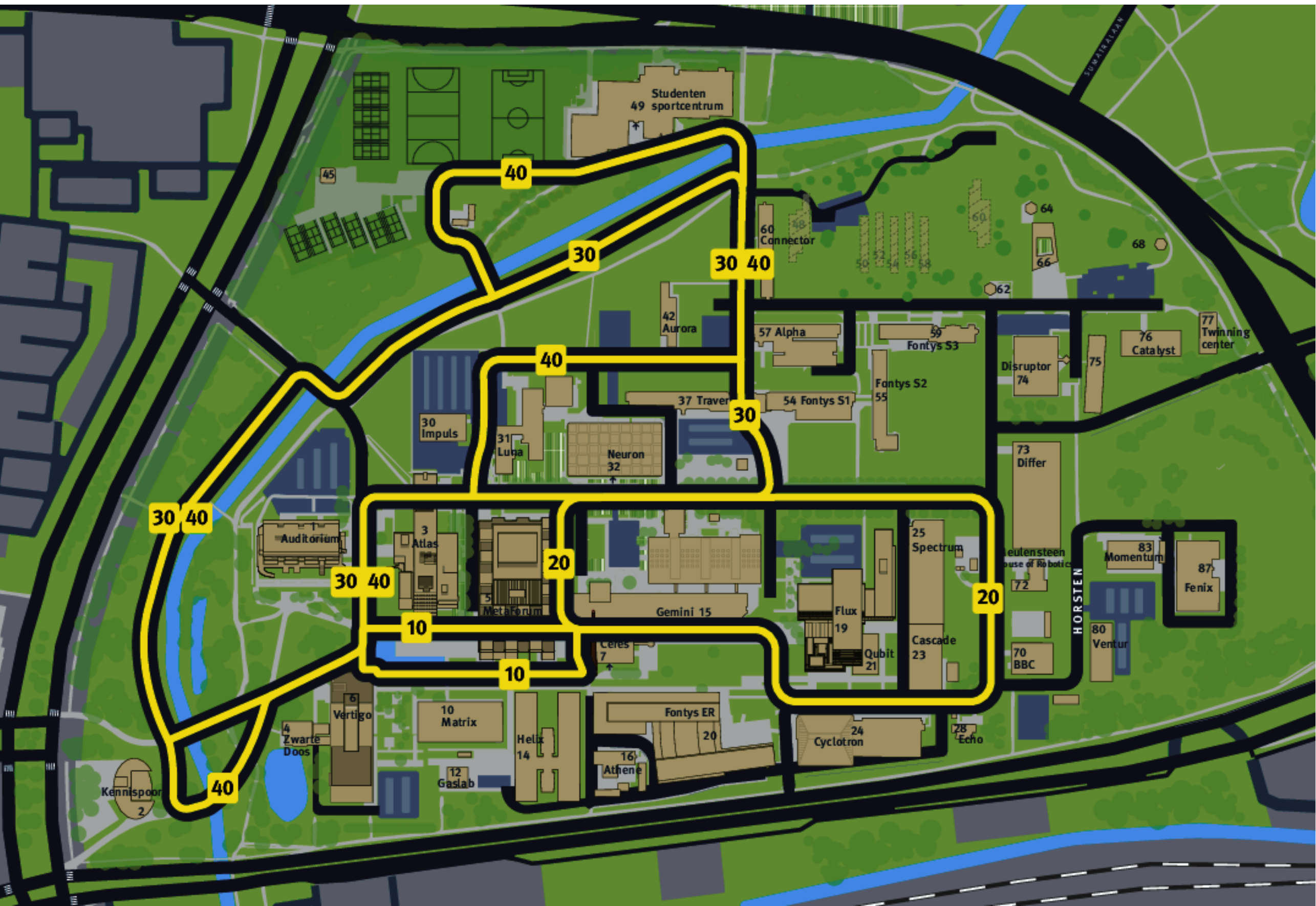
We know that prolonged sitting and inactivity have a negative impact on health and that regular exercise has a positive effect on both physical and mental health. But how do you get employees to exercise without them perceiving it as an interruption of their working time?

With a walking meeting! To make this as easy as possible, TU/e has set out fixed routes with fixed walking times that you can easily put in your agenda.



Discover the Work Walks

From the seven starting points in different buildings, you simply choose your route based on the time you want to walk. You can also link the routes together. The routes take you past interesting places on the TU/e campus. Along the way, you will discover beautiful nature and various works of art.



How do you book a TU/e work walk as your next meeting?

You can book a WorkWalk the same way as you would normally book a meeting room. When planning a meeting in Outlook, choose a WorkWalk as your 'meeting room'. Just choose the starting point and duration of the walk. Near each starting point is a place where you can get coffee or tea as well as discuss things before or after the walk.

The starting points can be found in the buildings and the walks start at the entrances of the buildings. The starting points can be found in the buildings: Vertigo, Atlas, MetaForum, Gemini, Auditorium, Flux and Neuron.



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