

This study evaluates three main themes:

- Perceived comfort of the office working environment
- Quality of life and working conditions
- Commuting experience

Our research sample is made up of 1,211 individuals who answered around 100 questions. 5 European countries were targeted: France, Germany, Spain, the United Kingdom and the Netherlands.

Access all of Urban Ways at:

www.kardham.com/EN/Urban-ways.html

Inclusion criteria for the study





Is a full-time employee of a company



Works in a town with more



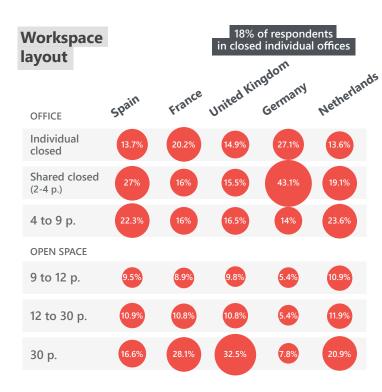


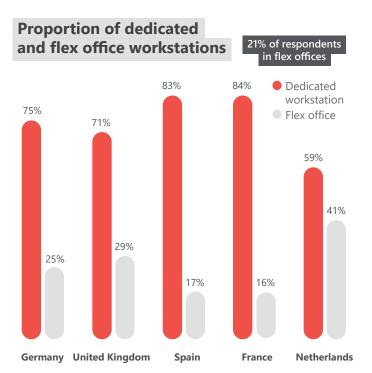


No full-time teleworking



Went to work in the company's offices at least once during the month of the survey





Proportion of users by transport and by country

Several means of transport are possible per person.

Transport stress by country

French respondents report the most transport-related stress (pressure, inefficiency, safety, congestion)

Germany 68%

Spain 66% Netherlands 63% United Kingdom 61% France 55%

UNDERGROUND

France 48% Germany 35% Spain 25% Netherlands 21% United Kingdom 10%

France

TRAIN

Germany 30% United Kingdom 24% Spain 11% France 2% Netherlands 1%

BICYCLE

Netherlands 30% Germany 10% France 8% United Kingdom 7% Spain 4%

United Kingdom

Spain





Germany

Netherlands

5.9

Fullyon-site

Overall comfort and flex office

Overall comfort satisfaction index by workstation assignment.



workstation



Unassigned workstation (flex)

Quality of life at work and presence in the office

Overall Quality of Working Life Index based on the number of days spent in the company's offices (out of 10).



Worker comfort in Europe

Spain

France Netherlands **United Kingdom** Germany

Profile of an ideal structure

The combinations with the highest scores.

Similar levels of safety and satisfaction betwee As few changes Cycling to work in transport arrangementsreduces stress as possible by 25%

safe working environment with at least as many services available

A satisfactory,



Travelling to the office Having a dedicated 3 or 4 days a week is linked to good comfort workstation in at work and a good the offices QWL

A single or shared office with fewer than 12 people