



## Christine #lovemybus blog 2

The #lovemybus champions are taking the bus for a whole year from Kilmarnock or Ayr to Glasgow and reporting back on their experiences. The champions will share what taking the bus means for their daily routine and the stories and anecdotes that they find on their journey. As a #lovemybus champion, Christine chooses bus because it is reliable, relaxed, convenient and less busy than the train.

## Meditation, the parliament, and hassle-free

### 1. What is your main motivation for choosing bus?

Mainly I would say because it is handy, it is right around the corner from me so pretty much on my doorstep. So, it is the convenience of it for me. When I changed jobs, that's when I started using the bus, I thought about bus vs train and ultimately choose the bus because it is cheaper, more reliable and the train station was in repairs at the time so not very accessible.

### 2. Research suggests that those who choose bus over car can enjoy more me-time, do you think that is the case?

Yeah, absolutely, I really enjoy listening to my meditation app, which is something I cannot do in the car. But also it is just the life-admin that I can do, I can sort out emails and things. It is just time in the day that nothing else needs done and so I can catch up on things.

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### 3. How does it make you feel to contribute to reducing pollution/ congestion and greenhouse gas emissions contributing to climate change?

I mentioned this when I spoke with the campaign at the Parliament. Coming out of Glasgow at 5:30-6:00 o'clock at night you really see the number of cars in the congestion and think about the difference it would make if people moved out of their cars and onto the bus. The difference in congestion would be huge, and slightly selfishly I think about how much quicker I would be able to get home.

Initially the environment was not really a factor for me in choosing the bus, despite being quite an environmentally minded person. But since working with this campaign I have thought about it more and it has improved my awareness of the difference it can make.

### 4. Is there one thing that would improve your journey further?

I think in the winter I have been noticing how cold it is when you first get on the bus in the morning and it has come straight from the depot. I bring a blanket and a hot water bottle in with me. I thought maybe Stagecoach could consider leaving out blankets, like they would on a plane, just to help people get over the initial coldness first thing in the morning. It could be a good way to get some branded items on the bus.

### 5. Will you be choosing bus over the festive period?

Oh yes, absolutely, I have my Christmas party at work tomorrow so I will still be using the bus, just in a different way. It's great because you don't have to worry about being over the limit or anything.

Now that I have a bus pass, I do tend to go to Glasgow more often, on the weekends, so will be going through for shopping and other things.

### 6. What would be your one recommendation to others to choose bus over car?

Really just that it is hassle-free. I would also want people to think about the difference between taking the car, where you have to think about congestion, finding a place to park, and other things.

But also, to think about the cost saving compared to driving.

### 7. Do you have any other bus stories you would like to share?

I just wanted to mention some little things. I saw one of the other champions mentioned on Social Media about the litter on the bus. When the bus is really busy and there is litter on a seat it really puts you off sitting there, and the same with people leaving their bags on seats when the bus is busy, especially when space for their bags is available.

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