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News Report

Extreme commuting



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NB: This is not a word-for-word transcript

The average worker in Britain spends 54 minutes commuting each day.

But some travel for much longer. These are the UK's '**extreme commuters**'.

Gary Egen lives in Wales and commutes five days a week to Watford, which is 170 miles away.

"My alarm goes off at 03:30 each day and my journey takes two-and-a-half to three hours," he says.

But he says he enjoys the time spent travelling: "I have quite a **stressful** job so I use the journey home to sort my day out in my head and to make a plan for the **following** day."

Research from the Office for National Statistics says extreme commuting is becoming more common, and that a travel time of three hours or more is often a happier experience than shorter journeys.

This may be because these extra-long journeys are a **lifestyle choice** for extreme commuters. They often have a higher than average **income** and can therefore use their travel time more **productively**.

Vocabulary

extreme commuters

people who spend a very long time travelling to work

stressful

making you feel worried or nervous

following

next: the 'following day' is the 'next day'

lifestyle choice

a choice about how you live

income

money people receive, usually for working

productively

successfully; usefully

This story is based on an original BBC News story:

<http://www.bbc.co.uk/news/health-26190236>