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**Telework Exchange Study Reveals Americans Spend More Time a Year
Commuting Than on Vacation**

“No Free Ride” Study Quantifies Uncle Sam’s Commuting Woes – Highlights Telework Opportunity

ALEXANDRIA, Va., November 16, 2005 – The Telework ExchangeSM, an online community focused on eliminating telework gridlock in the Federal government, today announced the results of its telework awareness study – Telework Exchange “No Free Ride.” The study shows that Federal employees spend an average of 245 hours of their life commuting each year. By teleworking two days per week this average Federal employee would get 98 hours of their life back. If all eligible Federal employees telework two days per week they would realize 73.7 million hours collectively back in their lives each year. With average savings of an hour per day, full-time teleworkers can earn an MBA 35 percent faster, read 25 books in a year, clean out 83 closets, or train for a marathon with the time saved by not commuting.

Commuting Time and Fuel Costs Raise Concerns – Telework Savings are Significant

The financial and environmental commuting costs, and related telework savings, are also tremendous. According to study responses, the average Federal employee, who commutes five days a week, disperses eight tons of pollutants into the environment and spends \$10,580 commuting to and from work annually. On average, this spending consists of 16 percent of their after-tax income. Survey responses indicate that if all eligible Federal employees telework two days per week, the Federal workforce would realize collective savings of \$3.3 billion and 2.7 million tons of pollutants not dispersed into the environment each year.

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Telework Barriers Remain

While Federal employees are interested in teleworking, barriers remain. Of Federal employees interested but not presently teleworking, only five percent can name their agency's telework coordinator. In addition, 56 percent report their agency has a telework plan, but only 21 percent believe they can readily access that plan. According to Office of Personnel Management, close to 100 percent of agencies have a telework plan.

“The findings of the ‘No Free Ride’ study clearly indicate the need for improved access to telework programs and continued telework education in the Federal government,” said Stephen W.T. O’Keeffe, executive director of the Telework Exchange. “We are committed to supporting telework initiatives in the Federal government by providing a forum for the exchange of teleworking technology and best practices between the private and public sectors.”

“Teleworking provides innumerable benefits to the Federal government including supporting continuity of operations, improving employee recruitment and retention, and maintaining employee productivity,” said Nigel Ballard, Manager, Digital Inclusion, Intel Corporation. “Intel supports the Telework Exchange’s efforts to promote telework benefits and awareness within the Federal government.”

The Telework Exchange “No Free Ride Study” is based on a survey of approximately 3,500 Federal government employees registered to the Telework Exchange Web Site. The study is based on the Telework Exchange’s Web site registrants’ non-personal commuting and teleworking information. To download the full results, please visit www.teleworkexchange.com.

About the Telework Exchange, LLC

The Telework Exchange is an online community focused on demonstrating the tangible value of telework and serving the emerging educational and communication requirements of the Federal teleworker community. The organization facilitates communication among Federal teleworkers, telework managers, and IT professionals. For more information on Telework Exchange, please visit www.teleworkexchange.com.