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Career move in balance

Matt Sun

Workers who move to a regional town to escape the stress of living in Sydney will enjoy a shorter commute but may have fewer career opportunities.

A report commissioned by training firm Upskilled claimed today rural Australians did not receive the same training and on-the-job opportunities as people in metropolitan areas.

The report also found 49 per cent of rural Australians felt their relationships, health or general wellbeing suffered due to workplace frustration.

CBD workers who moved to rural towns would find it more difficult to engage in training.

An Upskilled spokesman said it was offering free training to rural Australians but many still "feel that they are missing out when it comes to opportunities to grow in their profession".

But a survey released last week by Evocities found seven in 10 Sydneysiders had consid-

ered moving to a rural town "in pursuit of a better lifestyle, cheaper housing, a shorter commute and lower cost of living".

The Evocities Evoindex found four in 10 people would consider moving to a regional NSW town to get away from CBD stress.

Evocities is a coalition of seven regional cities – Albury, Armidale, Bathurst, Dubbo, Orange, Tamworth and Wagga Wagga – urging people to move.

Evocities spokesman James Treloar said almost half of Sydneysiders spent more than 30 minutes travelling to work compared to two-thirds of rural workers who spent 10 minutes.

"People in Evocities spend less time travelling to work, at work, stressing about work and thinking about work once they have left it for the day," he said.

"They are also far more likely to start work on time, rather than early, and finish on time, as opposed to the 43 per cent of Sydneysiders who regularly work overtime."