

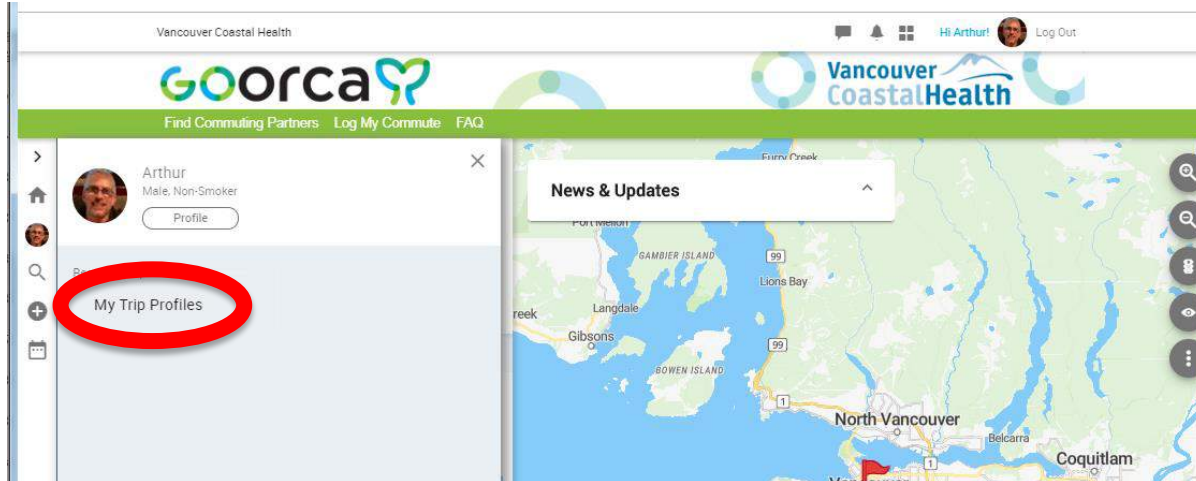


## Shift Workers and Casuals – How to Create a “7-day Snapshot” Trip Profile on GoOrca

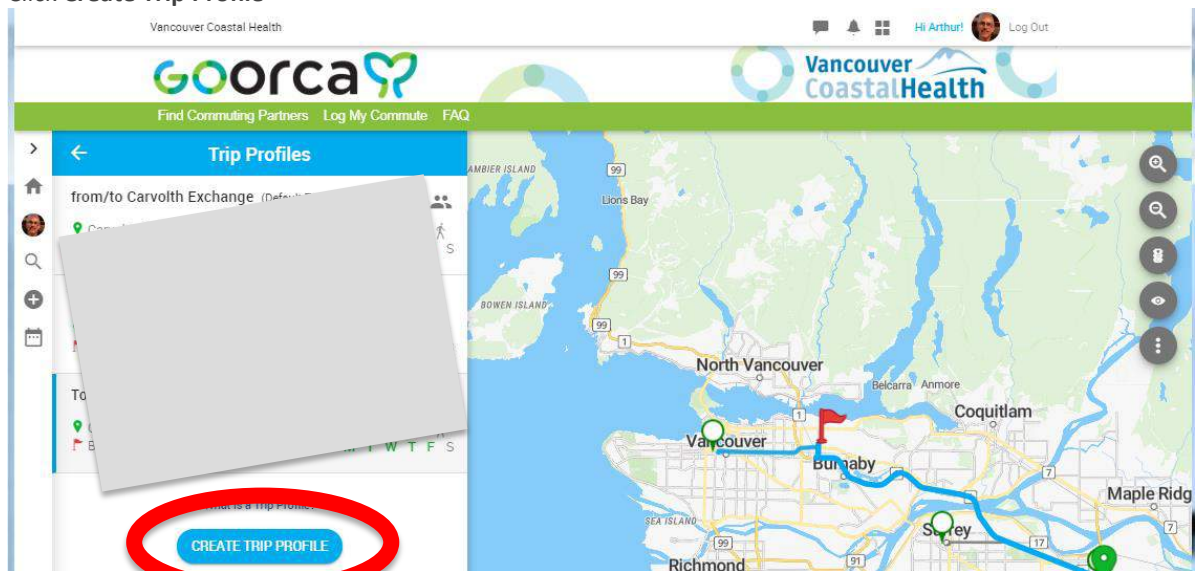
1. Login to [VCH.GoOrca.ca](http://VCH.GoOrca.ca)
2. Click on your photo icon



3. Click My Trip Profiles

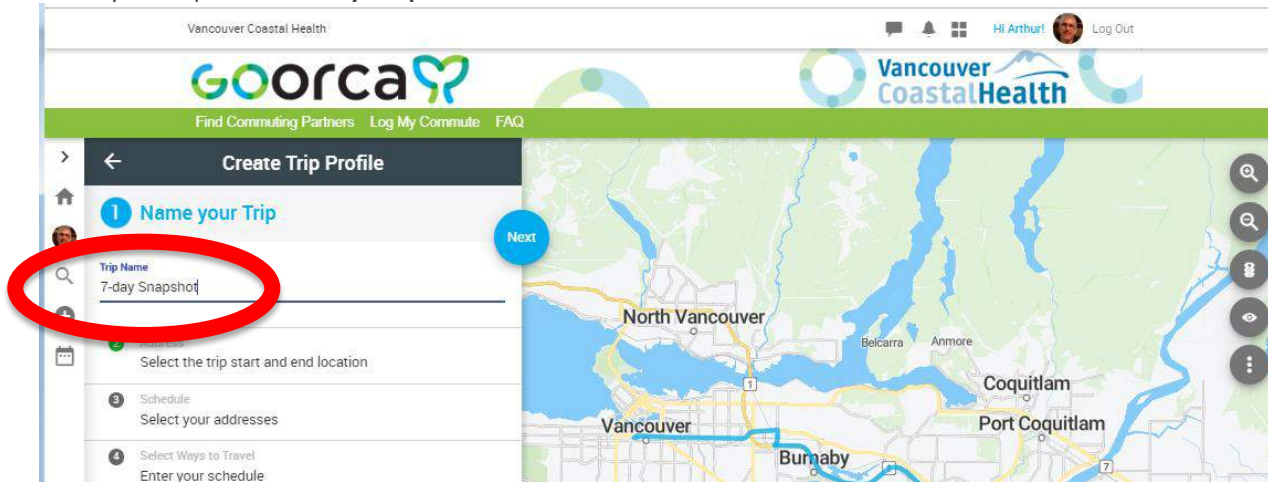


4. Click Create Trip Profile

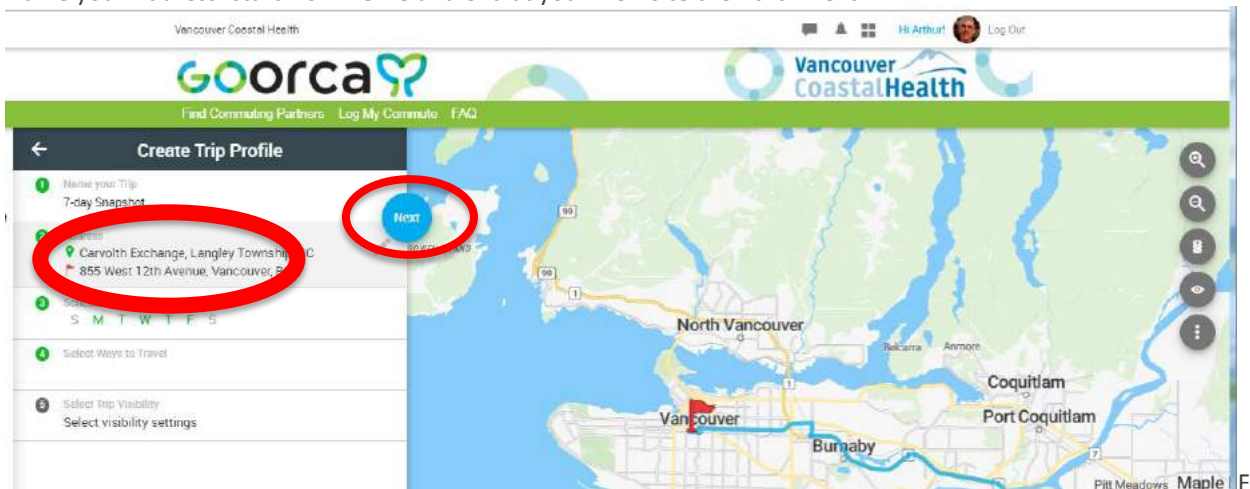




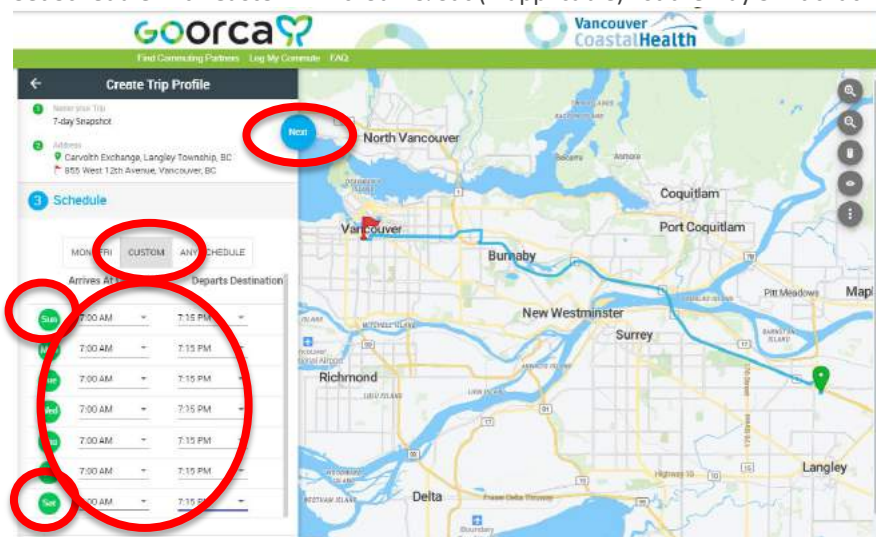
5. Name your Trip Profile: 7-Day Snapshot



6. Name your Address: start from home and end at your worksite then click Next



7. Set Schedule with Custom – incl Sun & Sat (if applicable) list the Day Shift that includes 1200 then click Next





8. Select Ways to Travel – Driver and/or Passenger then click Next

Vancouver Coastal Health  
Hi Arthur! Log Out

Find Commuting Partners Log My Commute FAQ

### Create Trip Profile

- Name your Trip  
7-day Snapshot
- Address  
Carvolth Exchange, Langley Township, BC  
855 West 12th Avenue, Vancouver, BC
- Schedule  
S M T W T F S
- Select Ways to Travel
- Select Trip Visibility

Next

Carpool Passenger  
Carpool Driver

Cycling  
Transit  
Walking

9. Select Trip Visibility – All includes City of Vancouver staff (unlikely to work shift work hours but why not) then select your preferences regarding Male/Female/Both, and Smokers/Non-Smokers/Both, finally click **SAVE**

Vancouver Coastal Health

### Create Trip Profile

- Name your Trip  
7-day Snapshot
- Address  
Carvolth Exchange, Langley Township, BC  
855 West 12th Avenue, Vancouver, BC
- Schedule  
S M T W T F S
- Select Ways to Travel
- Select Trip Visibility

Save

All Users  
Everyone will be able to contact you

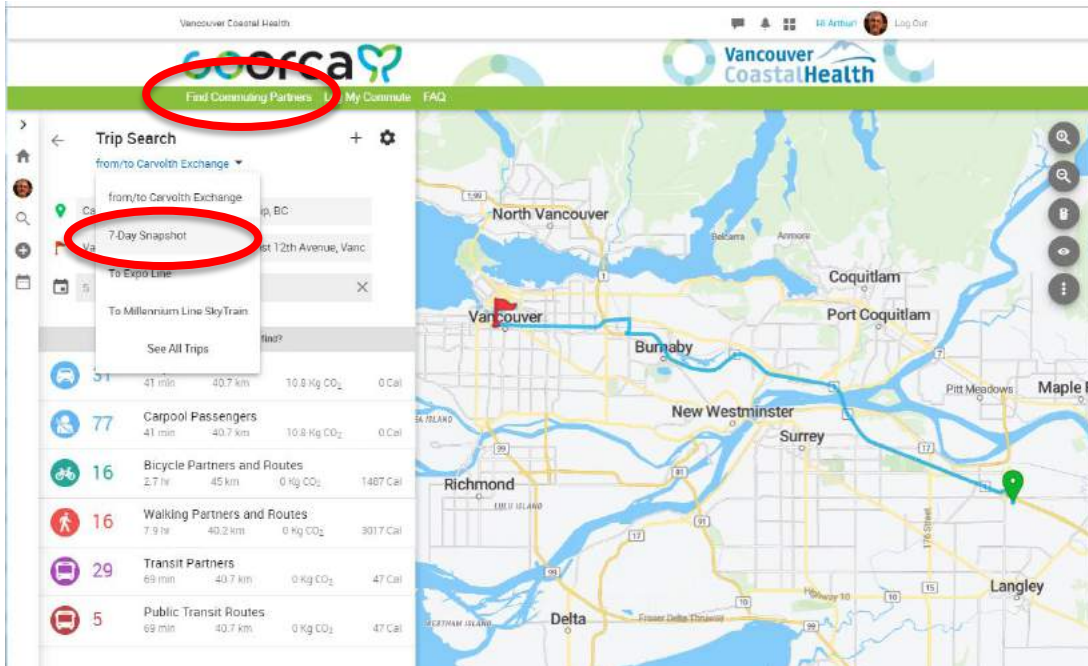
Who are you?

Male  
Female  
Both

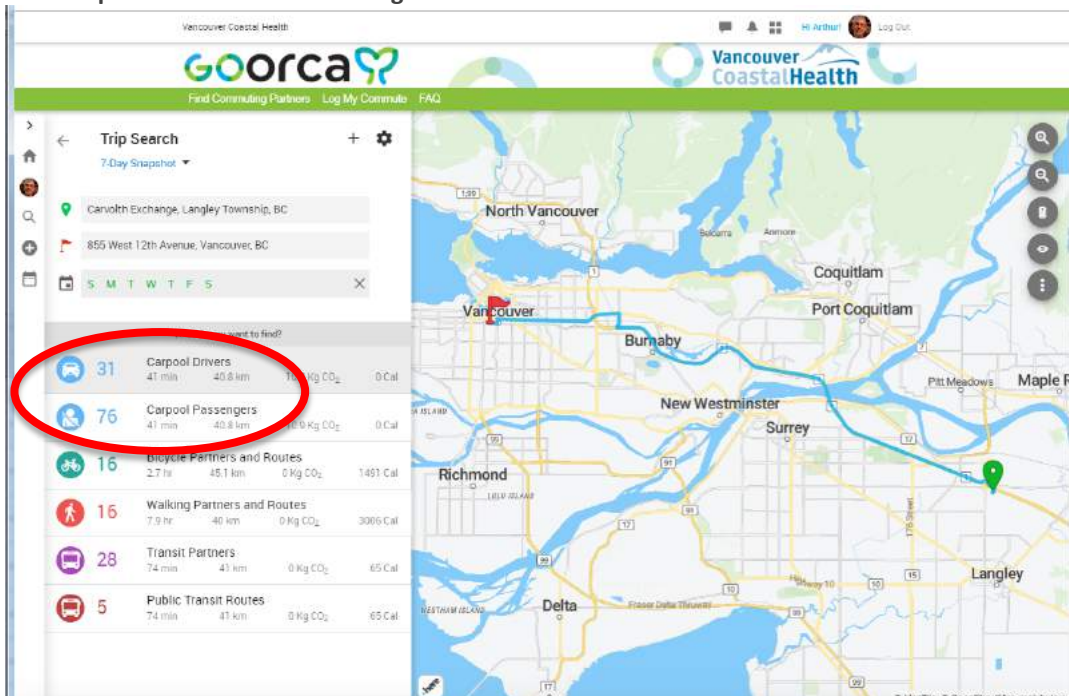
Smokers  
Non Smokers  
Both



10. Click **Find Commuting Partners** and then select your **7-Day Snapshot** from your list of Trip Profiles



11. Click **Carpool Drivers** and or **Passengers** and then search for the closest results.



12. Choose those who live and work nearby and say *hello* by clicking the purple **Contact** \_\_\_\_ box.

13. Come back to the site to **check frequently** as the numbers of people signing on keeps rising. **Spread the word!**

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