



# Traveller's Guide

Your booklet to keep useful reminders and information when using public transport

This is your travel training handbook for you to use however works best for you, alongside your travel trainer.

**Your travel trainers name is:**

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**If you need to speak with your travel trainer, you can do so by contacting:**

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**What do I want to achieve from travel training:**

(e.g. feel confident in getting the bus to the library every Tuesday for a study group)



**We are all unique and have different reasons why using public transport may be challenging. Travel training is about empowering you, so you feel more confident and able to get out do the everyday things that give your life meaning, purpose and connection.**

## Session goals:

Identifying short-term goals can make it clear what you are aiming for and what specific steps you should take, so you are more likely to be successful. It also shows you the progress you are making, which can be motivating.

### **When setting a short-term goal it can be helpful to ask yourself**

*"What is the one thing I can work on that will help me feel I am making progress towards travelling independently?"*

**Your travel session goals:** eg. *"This week I will plan the route from my house to the train station and buy tickets online"*

<b>Goal</b>	
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## My travel reminders

**What can I do well and what do I need to remember when travelling?**

**Techniques I have when dealing with challenges**

**Useful phone numbers/contact information**