Using Public Transportation on My Own
Public transportation means subways, trains or buses. Using them by myself can seem scary at first. But, with enough time and practice, I think I could do it!
To plan trips, I should use a route map and a schedule of the subway, train or bus times.

I should ride the train with a friend or family member until I feel okay traveling by myself.
This is a good time for me to learn where to pay for or buy a ticket for my ride.

I am going to _______________________________________________

My trip will cost me _________________________________________

I will pay for my trip with _________________________________
I should leave some extra time in case there is a delay or I miss my stop.

My trip will take ____________________________________________

I need to leave at ___________________________________________
After taking my trip a few times, I should take my trip again with my friend or family member. Only this time, I should not ask my friend or family member any questions. This can help me learn my route by myself.
If I miss my stop or make a mistake, I need to stay calm.

I can ask the subway, train or bus driver how to get where I need to go.

I can also call ________________________________________________

at _____________________________.
If I ever need help with directions, here are some people who can help me:

- The subway or bus driver
- The train conductor
- Police officers
- A friend or family member
On some public transportation, I need to make sure I request my stop when I am almost there. I can use a button on the wall, pull a cord or ask the driver.
I should remember to always follow the safety rules, like standing behind the safety line at the subway or train station or holding onto a pole or strap on the subway, bus or train.
It is a good idea to pay attention when I travel by myself at first. This can help me learn my route and keep track of where I am.

When I know my route really well and feel comfortable, I can bring something to do, like listen to music or read a book. Most subways, trains and buses are quiet. People don’t talk very often.
There are also a few things I should have when I am by myself. These things include:

- My cell phone
- My ID card
- Cash
- My house keys
- A drink and a snack

After I practice, practice, practice, I am ready to travel on public transportation on my own!
Down Syndrome Program

MassGeneral Hospital for Children
55 Fruit Street, Suite 6C
Boston, MA 02116

www.massgeneral.org/downsyndrome

For more information please call

617-643-8912