



## Journey planning skills



### Independent travel training fact sheet – journey planning skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards journey planning skills in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

#### Think and Plan

Starting to travel independently can be an anxious time for young people and their parents. Planning and support can improve confidence when travelling independently, helping them to become more independent in other areas of their life when they are ready. Being organised and good journey planning will help with leaving their destination on time and reducing stress.

#### Start at home!

- Preparation starts at home. Think about the things that need to be done the night before and on the day of the journey.
- Encourage them to regularly check bus times and travel/weather information before they leave.
- Discuss and agree a back-up plan! Is the weather too bad to travel is the bus cancelled, encourage them to think and plan for these scenarios will help develop confidence.

#### The journey

- Journey plan tools such as Travel-line and local bus provider information will help.
- Remember to plan the pedestrian journey and link with the pedestrian skills factsheet.
- Sometimes the return journey is different from the outbound journey, be sure to look at the detail.

#### Suggested Activities

Spend time creating a journey map with your child/ward, starting at home and then discussing each part of the journey. What things can you do to support their preparation before each journey and what things can they do? Create a behaviour contract or reward scheme for each day to help them get prepared in the morning. Discuss the impact on weather in relation to their preparation and build this into the plan.

#### Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

<http://travelinesoutheast.org.uk>  
<https://pushingaheadnorfolk.co.uk>  
<https://google.co.uk/maps>

*Local public transport providers will also have good information on timetables etc depending on your location in the county*

Contact: [titan@norfolk.gov.uk](mailto:titan@norfolk.gov.uk)

These fact sheets are designed to provide parents/carers with ideas to encourage their child/ward to improve on existing knowledge or to help prepare for further training from the TITAN team at the right time.