

# Independent Travel Information For Parents



  
Middlesbrough  
moving forward

## Middlesbrough Council Independent Travel Team

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# What is Travel Training?



Travel training is the process by which a person learns to make a trip between two places on their own and with safety. This trip can be as simple as finding their own way to the corner shop or as complicated as undertaking a multi-component journey to another town or city.

All travel training is flexible so throughout this whole training process the various components are monitored and reviewed and can be changed if necessary.

The aim of travel training is to improve an individual's confidence and help them develop the skills needed to travel independently. This should broaden their travel horizons and enable them to access new life opportunities.

## Why Travel Training?

The most precious thing in anyone's life is his or her child or children. We fully appreciate this and, we would never encourage any student to enrol on a travel training programme unless we were fully confident of their capabilities and the probability of success.

We always work with parents, and representatives from schools, colleges and Social Care, to gain consent and ensure that our travel-training programme meets expectations. All of our programmes are tailored to the needs of each student. We keep our programmes as flexible as possible, to allow for changes due to illness or variations in support requirements.

By allowing your child to enter the Independent Travel Training programme, you are making a positive lifestyle choice for them. Letting your child develop the ability to travel alone will make it easier for him/ her to make friends, meet up with the friends that he/she already has, find a job, go to college and become more independent in other areas of their life.

Once your child has enrolled on the Independent Travel Training programme they will need your continued support.

### How does the programme work?

The Independent Travel Training programme works by providing the student with classroom based and/or practical learning and support.





# What is included in the Travel Training programme?

Students will learn the skills needed to travel independently, including:

- **Road Safety**
- **Road Traffic**
- **Travelling on Public Transport**
- **Personal Safety / Coping Strategies**
- **Local Travel Information**
- **Journey Planning**
- **Travelling Accompanied & Travelling Unaccompanied**

During the programme, students are allocated a travel trainer who will provide practical support and accompany them when they travel. The aim of the practical training is to provide the student with support, allowing them to consolidate what they have learned and gain the experience and confidence needed to travel independently.

## Safety whilst Travel Training

Before travelling together, the student and travel trainer will identify a route that the student regularly makes. This route, along with information specific to the student and their needs, will be risk assessed to ensure that travel training is provided in the safest and most appropriate way.

The travel trainer will complete a travel diary every time the student makes a journey. The diary includes emergency information and also allows the student and travel trainer to reflect on their feelings before, during and after the journey.

The student will take this diary home to ensure the parents are completely aware of their child's progress. There is also space for parent comments in the diary.



# Moving to Independence

Once the travel trainer and the student feel that the student is confident in independent travel, and parental consent has been given, the student will move on to the next stage-shadowed travel.

Shadowed travel is when the student travels alone with the trainer following behind in case any problems arise which the student cannot resolve. This also allows the student to gain confidence in travelling alone. Again, the travel trainer will complete a travel diary for every journey and once all parties involved feel that the student is completely competent, confident and safe at independent travel then the student can begin to travel alone.

For the first few journeys the student will continue to be shadowed. However, it will be another travel trainer that the student does not know, so the students believe that they are completely on their own.

From this point, providing they have parental consent to do so, the student will begin to make journeys alone. However, random shadowing will take place at least 3 times during the student's first 20 independent journeys. This is to ensure that the student is coping well and that any additional support can be provided if needed.

If the undercover travel trainer does not assess the student as being ready to travel independently, the student can repeat the necessary steps of the programme until they are ready.

**Once a student has completed the programme they will receive a certificate of achievement.**

# Cost of the programme

The Independent Travel Training programme is free.

However, students will be responsible for the cost of travel during their training.

Your child may be eligible for a concessionary travel pass. Your child's travel trainer will discuss this with you during the initial stages of training.

# After the programme

Once they have finished the programme, your child will have developed the skills, confidence and ability to travel independently.

The programme is flexible, so if a student's route changes or they require further support, they are always welcome to return to the Travel Training programme.

Travelling independently allows young people to feel better about themselves, to continue to lead a healthy life, to achieve in their education and affords them the training that may enable progress to the jobs market once their studies have finished