



Right 2 Ride: Trip Planning and Way Finding

Introduction: 20 min (30 min if using Zoom)

Content: 50 minutes

Post Survey: 10 minutes

Total Training Time: 1 hour 30 min

Goal: People will learn how to access public transit and plan how to get from one place to another.

Link to video*:

English Version <https://vimeo.com/482126470/d407048da1>

Spanish Version <https://vimeo.com/483644282/a5946b4f29>



ASL Version <https://vimeo.com/483281711/04d06680ba>

Helpful tips for presenters during trainings

- Make sure the training space will have Wi-Fi access or a direct internet connection.
- Arrive early and check your ability to access the video, presentation slide deck, and the internet.
- If presenting over Zoom, have at least 2 trainers- one person to lead the training and the other to manage the Zoom app (i.e. chat box, muting others not speaking, breakout rooms, sharing documents, etc.).
- Open all handouts and web pages on the computer before starting the training to allow for easy switching back and forth when sharing materials over the app.
- Help participants apply what they are learning by asking, "How can we use what we just learned?" For example: "We just talked about solutions. What kind of things can you do the next time you have a problem like that?"
- If you find the group beginning to fade or lose focus, refer to the "Energizers" handout (INTRO-2) for quick activities to help participants re-focus.

Timing	Activity	Helpful Tips	Materials	Lead Presenter(s)
3 min	Welcome & Introduce presenters	Welcome everyone & introduce yourselves, share a little information about your background		
10min	[If using videoconferencing] Quick lesson	Review how to use the video conference features: Mute, Raise Hand, Answer Yes/No Please keep yourself muted when not speaking		
5 min	[If in person] Housekeeping	<ul style="list-style-type: none"> • Bathroom locations • Cell phone use/silence • In case of fire drill... 		
10-15 min	Group introductions	Ask people to introduce themselves (depending on group size). Please see handout for ice breaker ideas. Be creative! Don't rush through this - be patient and give people time. It's important to demonstrate how to give full respect to people. Let people know it is ok to speak even if they have disabilities that make it difficult to do so!	Handout: INTRO-1	
2 min	Final tip to participants before the training begins	You can tell people: There are a lot of details in the videos. If you have trouble remembering them, you can go to the internet and watch the videos again anytime you need to. Also make sure to speak up if you don't understand anything and have fun!		

Timing	Activity	Helpful Tips	Materials	Lead Presenter(s)
5 min	<p><u>Opening Questions:</u> How many of you have ever used public transportation? Have you ever wanted to go somewhere using public transportation but didn't know how?</p>	Encourage group participation	Power Point slide deck	
3 min	<p><u>Introduce video:</u> We are going to watch a video now that will show you how to find the public transit options available in your area and use them to go wherever you want. We will stop it at times to do different activities.</p>			
21 min (1 hour with activities)	Start video – you will pause it each time you see the spinning R2R logo for an activity (see below)	<p>*Download the video to your laptop in advance (Videoconferencing: show using Share feature)</p>		
15-20 min	<p><u>1st Activity:</u> Ask for 2 volunteers to do a role play. Support the volunteers in pretending to make plans to meet somewhere.</p> <p>When finished, ask the group if they thought all of the important details were discussed, and if not, then ask what was missing.</p>	<p>Help the volunteers include all of the important details mentioned in the video:</p> <ul style="list-style-type: none"> - Address - Time - Which entrance? - Landmarks <p>If the group felt that some details were left out of the role play, allow the same volunteers (or a different set of volunteers) to do another role play making sure to include all important details.</p>		

Timing	Activity	Helpful Tips	Lead Presenter(s)
 Un-pause video to play the next section			
5-10 min	<p><u>2nd Activity:</u> Ask the group, "What are the steps for planning a trip on public transit?"</p>	<p>Help the group (if needed) to list the following steps:</p> <ol style="list-style-type: none"> 1. Map out your route using a bus/train map, an app on your phone or computer, or other helpful ways your travel trainer teaches you. 2. Get the bus or train fare (or special transit card) ready in advance. 3. Be prepared! Get to the stop or station 10 minutes early, & make sure the bus or train route number you want matches the sign at the stop where you are waiting. 	
 Un-pause video to play the next section			
5-10 min	<p><u>3rd Activity:</u> Ask the group, "What are the important safety tips to remember before you travel?"</p>	<p>Help the group (if needed) to list the following tips:</p> <ol style="list-style-type: none"> 1. Don't give out your personal information (address, phone number, etc.) 2. Ask the driver for help if needed 3. Prepare for the unexpected <ol style="list-style-type: none"> a. Pack a cell phone b. Bring a list of important phone numbers to call for assistance (ex: Paratransit authority, bus company, etc.) <p>Bring a list of friends or family who can pick you up if needed</p>	

Timing	Activity	Materials	Lead Presenter(s)
5 min	<p>(After video ends) Ask: Does anyone here want to learn how to take public transit? Do you want to include it in your support plan? Review handout TP-2 or direct to sanys.org/r2r</p> <p>This handout can be used during your life plan meetings to help set goals as you work towards traveling independently.</p>	<p><u>Handout: TP-2, A Support Plan to Learn to Ride Public Transportation</u></p>	
5 min	<p><u>Parting Words:</u> Self-advocacy is a movement by people with developmental disabilities about changing our lives for the better. This training is one tool to make this possible, <u>but only if you take action!</u> It's up to you to use what you learned today.</p> <p>This training was created by self-advocates for self-advocates through the Self Advocacy Association of New York State (SANYS)</p> <p>If you are looking for support, SANYS hosts a monthly Transit Advocates support meeting via Zoom on the First Saturday every month from 2-3pm. You can also join the R2R Facebook page at @SANYS Right 2 Ride. You can also watch the videos again at sanys.org/r2r</p>	<p>Slide with Contact Info or Pause Video at image with website</p>	
10 min	<p>*At end of training:</p> <p><u>Post-survey</u> Explain that we want to know how helpful this workshop was for everyone, so there is a short post-survey. Please share this link (or the paper handout) with students: https://www.surveymonkey.com/r/R2RSANYS</p>	<p>Post-surveys, Pens</p>	