



INDEPENDENT LIVING SKILLS:

Transport
SKILLS

Being able to navigate public transport gives you the freedom to travel wherever you want, whenever you want. In this course we will cover how to safely travel by train, bus, taxi, tram and boat.

We'll teach you the basics so you can plan the trip – maybe we'll go for lunch or take a quick trip into town.



Perfect for:

Anyone looking to become more independent or transition to independent living.

Skills learnt:

- Road safety
- How to read timetables
- How to catch all forms of local transport
- How to purchase Go Cards/Tickets
- Stranger danger
- What to do in an emergency – your contingency plan

What to expect:

- Meet at public transport locations
- Small group up to 6
- Participant lead (supervised) public transport excursions

Duration:

- 2 hour classes, for as long as required (6 week minimum)



Interested

Visit www.montrose.org.au/lifestyle
Or call us on **1800 193 362**.

