

ACTIVITY NAME: TRAVELLING - visiting a friend in a close town or in a nearby neighborhood using public transport.

EDUCATIONAL AREA OF REFERENCE: Autonomy outside home – trip preparation.

OBJECTIVES:

Learning how to travel for a short trip to visit a friend.

NUMBER OF PARTICIPANTS:

1 professional care giver + 3 people with Down Syndrome

TIME NEEDED:

2 hours

DESCRIPTION:

1/ Ask your friend where he/she lives (address, which stop is nearby, line number of connection transport...).

2/ We will decide with our friend when I should arrive (e.g. Saturday afternoon).

3/ We can find a public transport connection using an app, website, google map... (depending on the local environment, we usually enter the day, time of arrival, starting stop, destination, ticket price, possibility to enter a ZTP discount, age...).

4/ We will agree on whether to buy a ticket online or book it and pick it up at the ticket office. When we buy a ticket, we have the choice to have it on our mobile phone or to print it out. It is also possible to have an application from the transport company and have a ticket there.

5/ We will decide whether we will have some luggage. In that case, we will explain the possibility of storage under the seat, or in the luggage compartment, depending on local conditions) and if we will have a carry-on bag for documents. Emphasize not to forget the luggage there.

6/ We write a reminder in the calendar including time of departure from home and time when we will take the necessary means of transport (bus, tram, metro, train, etc.) from home to visit our friend, and further also time when we will take the

necessary means of transport to travel back home from the place where our friend lives.