



*Cobb County...Expect the Best!*

# Trip Planning: A Travel Training Program for Local Fixed Route Buses



Presented by:  
Cobb County  
Department of Transportation

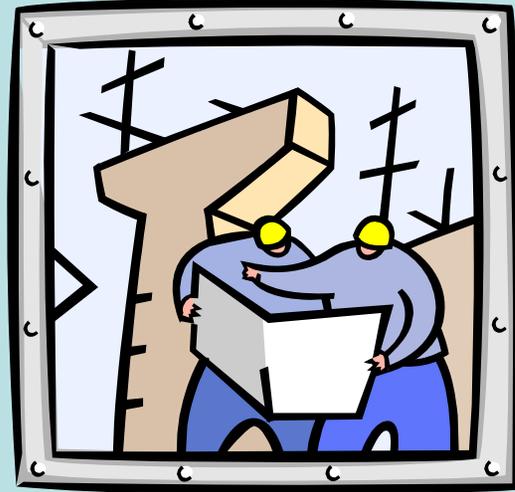
# After Today's Experience You Will Be Able to:

- Identify the full range of skills necessary for trip planning
- Modify the trip planning tools to meet your needs to travel on Local Fixed Route Buses



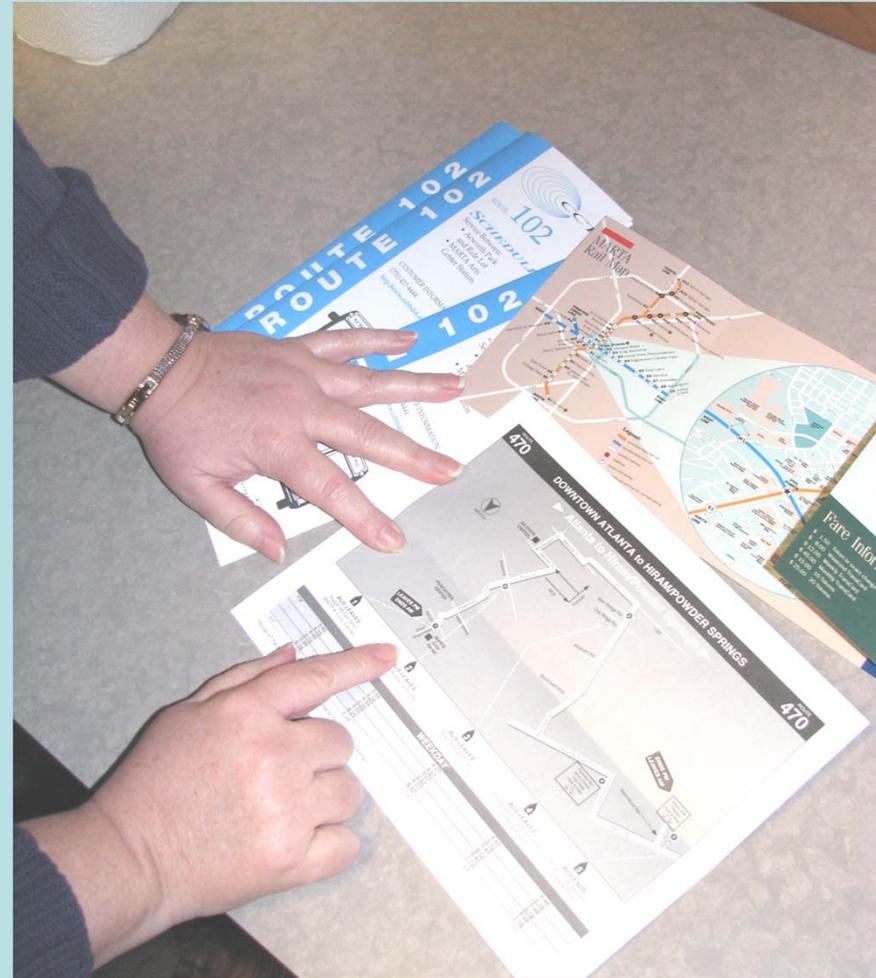
# Importance of Trip Planning and Local Fixed Route Buses

- Provides greater autonomy
- Gives control of travel
- Affords safety through preparedness



# Trip Planning Components

1. **Knowing the details of the trip**
2. Having a back-up plan
3. Having everything needed to make the trip
4. Having safety/emergency information



# Trip Planning Components

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# Personal Planning Checklist

|                                 |   |
|---------------------------------|---|
| <b>Things to Plan for.....</b>  |   |
| <b>Trip Planning</b>            |   |
|                                 | Let someone know when you are traveling and the times you expect to return.<br>This is very IMPORTANT.        |
|                                 | Avoid difficult streets, poor sidewalk conditions, deserted areas, and poorly lit areas if you go after dark. |
|                                 | Review street atlas to be sure you know where you are and where you are going.                                |
|                                 | Go out beforehand and try out route.  |
|                                 | Use bus and train maps when planning your route.  |
| <b>Transit Schedules</b>        |   |
|                                 | Get bus or train schedules and numbers for customer service.  |
|                                 | Prepare cue cards for bus and train numbers and routes.   |
| <b>Waiting</b>                  |   |
|                                 | Plan for length of time based on weather, health, traffic, and transfer points.                               |
|                                 | Plan "a second best route" just in case.  |
|                                 | Plan for possible detours, sidewalk closures, etc.  |
| <b>Consider Your Challenges</b> |   |
|                                 | Plan not to do too much.  |
|                                 | Evaluate your physical and mental health limits.  |

# Personal Planning Checklist

|                                      |  |
|--------------------------------------|--|
| <b>Things to Carry...</b>            |  |
| <b>Medical and Other Information</b> |  |
|                                      | Your identification, in case you need emergency assistance   |
|                                      | Emergency contact & phone numbers  |
|                                      | Information about medications  |
|                                      | Medical alerts   |
| <b>Money and Fare</b>                |  |
|                                      | Fare Card or correct fare  |
|                                      | Extra fare and change  |
| <b>Keys</b>                          |  |
|                                      | Destination keys   |
|                                      | Household Keys   |
| <b>Phone Numbers</b>                 |  |
|                                      | Name and phone number of person at destination to call if late for appointment at doctor, restaurant, hotels, etc. |
|                                      | Name and phone number of taxi/car service or other emergency back-up transportation                                |
|                                      | Other useful phone numbers   |
| <b>Travel Directions</b>             |  |
|                                      | Address & cross streets of destination written on cue card   |
|                                      | Maps and schedules   |

# Personal Planning Checklist

**Things to consider.....**

**Dress for Travel and Weather**

Telephone number to call for weather update

Check weather prior to trip

Consider change of weather during the day

Carry poncho, small umbrella, wheelchair gloves, and bicycle flag.

# Personal Planning Checklist

|                                      |  |
|--------------------------------------|--|
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| <b>Money and Fare</b>                |  |
|                                      | Fare Card or correct fare  |
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|                                      | Name and phone number of person at destination to call if late for appointment at doctor, restaurant, hotels, etc. |
|                                      | Name and phone number of taxi/car service or other emergency back-up transportation                                |
|                                      | Other useful phone numbers   |
| <b>Travel Directions</b>             |  |
|                                      | Address & cross streets of destination written on cue card   |
|                                      | Maps and schedules   |

# Personal Planning Checklist

- Personalize the checklist for each individual
- Always check the checklist before traveling



# Trip Planning Components

1. Knowing the details of the trip
2. Having a back-up plan
3. Having everything needed to make the trip
4. **Having safety/emergency information**



## Safety Tips Worksheet

- Carry your purse close to your body
- Never carry a wallet in your back pocket
- Tell someone when you are going out and when to expect you back
- Travel with a friend whenever possible
- Sit near the driver, if possible
- Don't carry too much
- Be alert to people and surroundings
- Don't travel at night alone
- Wear clothes that give you freedom of movement
- Walk with confidence and avoid speaking with strangers
- Consider purchasing a "fanny pack" for travel
- Never carry large sums of cash
- Have your checks direct deposited
- Do not carry weapons; an attacker can use them against you
- Be suspicious of overly friendly strangers
- Don't hesitate to contact the police or another safe stranger if you feel threatened

# Trip Planning Worksheet for Using Fixed-Route Transit

Day of the Week: Sun Mon Tues Wed Thu Fri Sat

|   |  |
|---|--|
| Going There   |  |
| Starting Address/Intersection:  |  |
| Destination Address/Intersection:                                       |  |
| I want to:<br>Depart After:                    am                    pm | Arrive By:                    am                    pm |
| Route Number:   |  |
| Location of Bus Stop:   |  |
| Scheduled Boarding Time:  | Scheduled Arrival Time:                                |
| Route Number:   |  |
| Location of Bus Stop  |  |
| Scheduled Boarding Time:  | Scheduled Arrival Time:                                |
| Notes:  |  |



# Trip Planning Worksheet for Using Fixed-Route Transit

Day of the Week: Sun Mon Tues Wed Thu Fri Sat

|  |                             |
|--|-----------------------------|
| Going There  |                             |
| Starting Address/Intersection: 800 South Marietta Pkwy                      Marietta Transfer Center |                             |
| Destination Address/Intersection: 1255 West Peachtree Street Atlanta, Ga MARTA Arts CTR              |                             |
| I want to:<br>Depart After:                      am                      pm                          | Arrive By: <b>9:52am</b> pm |
| Route Number:  |                             |
| Location of Bus Stop:  |                             |
| Scheduled Boarding Time:   | Scheduled Arrival Time:     |
| Route Number:  |                             |
| Location of Bus Stop   |                             |
| Scheduled Boarding Time:   | Scheduled Arrival Time:     |
| Notes:   |                             |

# Trip Planning Worksheet for Using Fixed-Route Transit

Day of the Week: Sun Mon Tues Wed Thu Fri Sat

|  |   |
|--|---|
| Going There  |   |
| Starting Address/Intersection: 800 South Marietta Pkwy                      Marietta Transfer Center |   |
| Destination Address/Intersection: 1255 West Peachtree Street Atlanta, Ga MARTA Arts CTR              |   |
| I want to:   |   |
| Depart After:                      am                      pm  | Arrive By:                      9:52 am                      pm |
| Route Number: <b>10</b>  |   |
| Location of Bus Stop: <b>800 South Marietta Pkwy                      Marietta Transfer Center</b>   |   |
| Scheduled Boarding Time: <b>9:00am</b>   | Scheduled Arrival Time: <b>9:52am</b>                           |
| Route Number:  |   |
| Location of Bus Stop   |   |
| Scheduled Boarding Time:   | Scheduled Arrival Time:   |
| Notes:   |   |

# Trip Planning Worksheet for Using Fixed-Route Transit

Day of the Week: Sun Mon Tues Wed Thu Fri Sat

|  |  |
|--|--|
| Going There  |  |
| Starting Address/Intersection: 800 South Marietta Pkwy                      Marietta Transfer Center |  |
| Destination Address/Intersection: 1255 West Peachtree Street Atlanta, Ga MARTA Arts CTR              |  |
| I want to:<br>Depart After:                      am                      pm                          | Arrive By: 9:52 am                      pm |
| Route Number: 10   |  |
| Location of Bus Stop: 800 South Marietta Pkwy                      Marietta Transfer Center          |  |
| Scheduled Boarding Time: 9:00 am   | Scheduled Arrival Time: 9:52 am            |
| Route Number:  |  |
| Location of Bus Stop   |  |
| Scheduled Boarding Time:   | Scheduled Arrival Time:                    |
| Notes: <b>Trip will cost \$1.50</b>  |  |
| Walking Directions: <b>Walk 0.09 mile to High Museum</b>   |  |

# Thank you!

