



MOBILITY AMBASSADOR PROGRAM

Yes, I want to learn how to stay mobile by riding the bus and the train!

Date _____

* **My Name** _____

* **My Phone** _____

* **My ZIP Code** _____

My email _____

* Required

HOW IT WORKS:

- 1. Start the process by filling out this sheet and handing it in today or you may mail, or e-mail it (see information below).**
- 2. A trained volunteer Mobility Ambassador will contact you to schedule a one-on-one in-person consultation and will ask a few questions about where you are interested in going and your experience with public transportation. This will help in planning your trip.**
- 3. Attend the consultation with the Mobility Ambassador at the scheduled time. Field training will be scheduled if needed or as requested.**

All consultations will be held at a Senior Center or other public place convenient for you. Field training locations vary according to your destination.

Mail to or drop off at: Jean Conger, Mobility Ambassador Program at
1250 San Carlos Avenue, San Carlos, CA 94070

QUESTIONS? Call Jean at 650-508-6362

Email us: CongerJ@samtrans.com

Visit our website: www.samtrans.com/seniors

What is included in travel training?

Your training is individually designed to help you, the trainee, learn how to:

- **Plan a trip on the bus to a destination of interest to you.**
- **Ride specific routes from and to your home.**
- **Read and understand route maps and schedules.**
- **Locate and get to and from convenient bus stop.**
- **Board the correct bus and off-board at your desired stop.**
- **And where to pay fares and purchase passes.**
- **Get on and off the bus safely.**
- **Board, ride and off-board the bus easily with a walker, scooter, wheelchair or other mobility device.**
- **Locate and transfer to other buses, the train or BART.**
- **Get transit and service information.**
- **Travel independently and confidently using the bus.**