1. **Do you want to learn to ride the bus or the train?**  __Bus  __Train  __Both

2. **How will learning to ride the bus or train help you improve your mobility and independence?**

   ________________________________________________________________
   __________________________________________________________________________
   ________________________________________________________________

3. **Where will you go by using the bus or train?** (Check all that apply)
   __Medical/Dental offices  __Shopping  __Social activities/outings  __Visit Family/Friends  __Other

4. **Have you ever ridden a bus or train before?**  __No  __Yes  How long ago?____

5. **List the cities or locations that you’d like to visit using public transit.**
   __Doctor/dental office in cities of______________________________________
   __Senior Center/Community center in____________________________________
   __Shopping store(s) on__________________Street in the cities of____________________
   __Shopping center(s)_____________________________________________________
   __Social Outings around_________________________________________________
   __Visit family and friends in the cities of________________________________
   __Other__________________________________________
6. **How do you currently get around?**
   - I drive, but would like to explore other options.
   - I depend on others (family/friends/volunteers) to get me to places.
   - I don’t drive/don’t have a car/unable to drive.
   - It’s difficult for me to get rides. I’m mostly at home, at times feeling isolated.
   - Redi-Wheels/RediCoast
   - Other ____________________________________________________________

7. **Is there a bus stop near where you live?**  __Yes  __No  __Don’t know
   **Can you walk to the stop?**  __Yes  __No

8. **How long can you comfortably walk or travel before needing a break?**
   - __10 minutes  __20 minutes  __30 minutes  __Other________________________

9. **Which of these devices do you use?**  __None
   (check all that apply)  __Cane  __Walker  __Wheelchair/scOOTer  __Hearing Aid
   __Service Animal  __Other (please explain)__________________________________________

10. **Are there any Medical, Physical, Emotional or other conditions that we should know for your travel training?**
    _______________________________________________________________________

11. **Who is Your Emergency Contact?**
    - ___________________________  ___________________________  ___________________
      Name                  Relationship                Phone # with area code

    Please hand the completed form to one of our Mobility Ambassadors, or

    **Mail the completed form to:**
    San Mateo County Transit District
    1250 San Carlos Avenue, San Carlos, CA 94070
    Attention: Accessible Services, 3rd Floor – Travel Training

    **For more information:**
    650-508-6362
    ambassador@samtrans.com

    **Internal Use Only**
    _________ Form rec’d  _________ Date Reviewed  _________ Obtained Add’l info / Clarification from Trainee
    _________ Consent/Authorization Form rec’d  ____________________________ Date & Ambassador assigned
    _________ Referral to Specialized Training Agency____________________________
    Date/Time/Location for 1st Training__________________________________________
    Date/Time/Location for Add’l Training________________________________________
Once your Travel Training Request Form and consent form (please complete and sign both sides) are both received, information will be reviewed by the program coordinator. If public transit training is deemed appropriate for you, a trained Mobility Ambassador volunteer will be assigned and will contact you to schedule a 1-on-1 consultation.

You and the Mobility Ambassador Volunteer will agree upon a date and time to meet for the consultation. All consultations will be held at a public location such as a senior center. Field training will be scheduled if needed or requested.

If upon review of your information it is determined that specialized travel training is more appropriate for you, you will be referred to one of our specialized training partners, who will then contact you regarding next steps in scheduling training.

**Travel Training will help you learn how to:**

…use different tools to plan a trip using public transit.
…read and understand route maps and schedules.
…recognize bus/train numbers, stops, and landmarks.
…purchase passes, pay fares, or apply/use a Clipper Card.
…get on and off the bus/train safely, with or without a mobility device.
…connect to other buses, train, or another transit system outside of San Mateo County.
…get service information, and …travel independently and confidently riding the public transit system.