



“Learning how to ride has opened doors for me. Now I go where I want, when I want.”  
- Beatrice S.



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MBTA Travel Training



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Massachusetts Bay  
Transportation Authority



**Travel  
Training**

**Your Ticket  
to Independence**

Would you like to learn how to ride the T safely and confidently? Our travel training program teaches older adults and people with disabilities the skills to navigate the bus, subway, Commuter Rail, and ferry system. Go to work, do shopping, get to appointments, visit friends, and enjoy the community!

Choose one of three free programs we offer, each designed around the needs of our participants.



**Transit Access 101**

This program provides up to 2.5 hours of classroom and hands-on training by a professional trainer at the T’s state-of-the-art Emergency Training Center. Participants will learn about:

- Planning trips
- Reading T schedules
- Boarding and exiting vehicles
- Paying fares
- Transferring
- General safety
- Accessibility

Participants can sign up individually or as a group. We offer customized classes for people who are blind or have low vision.

**Small Group Training**

This program is designed to accommodate a group of people affiliated with a senior center or other community organization. Our trainers conduct the training on-site. Classes focus on getting to and from particular destinations on the bus, subway, Commuter Rail, and ferry.



**Personalized Training**

This program consists of one-on-one instruction by a professional trainer. Participants undergo assessment, and instructions are customized to their individual needs. Trainers will travel the participants’ route(s) in advance to avoid possible barriers.