

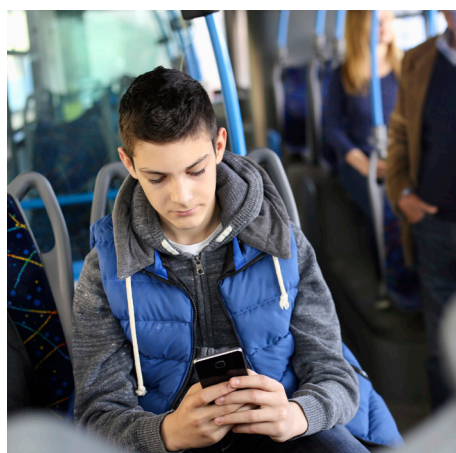
Independent Travel Training



myjourneysouthampton.com

Independent Travel Training

Southampton City Council's Independent Travel Training Scheme (ITTS) provides guidance and support to eligible young people to help them feel confident and safe travelling independently and enjoy the benefits of using active and sustainable modes of transport.



Independent Travel Training is available to young people who currently use council funded transport and is beneficial in several ways:

Builds confidence

Both teachers and parents have reported that travel training can increase the young person's confidence and self-esteem.

"Before I started travel training, I was very nervous because I was worried about getting something wrong. Now I'm happy because I'm doing it on my own really well."

(A pupil at Great Oaks School)

Teaches life skills

Independent travel training can give the learner the ability to access future opportunities that may otherwise have been limited by relying on a parent / carer to accompany them.

"Now that he's travelling independently, I couldn't be more over the moon for him. He has grown and become a more mature and confident young man."

(Parent of a Great Oaks pupil)

Good for Health and The Environment

Swapping car journeys for more active travel modes like walking or taking the bus is good for young people's health and for the environment. According to the Chief Medical Officer, young people should be doing at least 60 minutes of physical activity a day. One of the best ways to achieve this is to build exercise into their daily routines, such as their journey to and from school or college.

Who is eligible for Independent Travel Training?

Any young person who currently uses council funded transport may apply for Independent Travel Training or be referred by their parents / carers or other adults involved in their life such as teachers and social workers. We will arrange an initial assessment of the young person's suitability for ITT and the person who made the referral will be kept up to date with their progress as appropriate.



The 3 stages of Independent Travel Training

Independent Travel Training follows a timetable agreed with the parents / carers and identifies a set of travel skills targets which must be achieved to pass each of the three stages:

1. ACCOMPANIED JOURNEYS

The ITT coordinator travels with the young person and delivers appropriate guidance and training. A training timetable, skills targets and a risk assessment are adapted to the individual child's needs.

2. SHADOWED JOURNEYS

Once the young person feels more confident and is able to cross roads safely, they will start to take the lead and travel slightly ahead of the ITT coordinator, eventually sitting separately on the bus or train.

3. DISTANCE SHADOWING

When the young person is able to complete most of the skills required for the journey independently, the ITT coordinator will start to follow the trainee at a distance, observing them during the most challenging parts of the journey.

The young person must complete three independent journeys to successfully pass the travel training course.

A final progress assessment is provided to the parents/carers detailing how well prepared the young person is to undertake the journey they have been trained to do and their ability to undertake other journeys independently. The Travel Trainer also maintains contact with the school / parent after the course to ensure the young person continues to make progress.

Find out more

To enquire about Independent Travel Training please contact Southampton City Council Transport Coordination Unit by email at travel.coordination@southampton.gov.uk or call 023 8083 4817.