

Benefits of taking transit:

Gain Confidence

Taking public transit in San Diego gets easier each time you use it.

Gain Independence

Add mobility to your life and find new ways to travel to new destinations.

Explore More

Visit new places and meet new people.



MTS Travel Training can teach you many skills:

- Planning a trip
- Reading schedules and timetables
- Using mobility-assist features on buses and Trolleys
- Learning how to use smart phone apps for a better trip
- Getting to popular destinations like museums, libraries and beaches
- And more!



Ready to Sign Up?

To sign up for Travel Training, or to become a volunteer trainer contact Ariel Kroll at

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Travel Training



Learn to take public transit in San Diego!



What is Travel Training?

The San Diego Metropolitan Transit System (MTS) travel training programs teach individuals with disabilities, seniors and first-time riders how to use public transportation independently to access their community. Training sessions are led by professionals and certified volunteers with knowledge about public transportation accessibility in San Diego.



What type of travel training is best for me?

MTS offers two types of travel training designed to meet the needs of each participant:



Taking Transit 101



Access-Ability

MTS staff can help participants determine which training option will work best.



Taking Transit 101

This 90-minute small group orientation offers active seniors and first-time riders a general introduction to riding the entire MTS bus and Trolley system.

Taking Transit 101 trainers are certified volunteers who have experience riding public transit and teaching individuals how to use the system independently.



Access-ability

This program offers tiered travel instruction to individuals with disabilities, seniors and others who need assistance to increase their mobility and travel on public transportation independently.

These sessions are led by professionals with knowledge about transportation accessibility.

Training is offered at three levels:

- 1. Orientation:** Group or individual training to explain transportation systems.
- 2. Familiarization:** Individuals or small groups ride the system with a travel trainer to learn features of access and usability.
- 3. One-on-One:** Individuals will learn the skills and behaviors necessary for independent travel on public transportation with a dedicated trainer.

