



## Using Mass Transit Systems: Trains

**This information sheet is a companion guide to the general information provided about mass transit and provides more specific information about using the train.**

- Many train lines have websites that allow you to plan your trip and sometimes purchase fare cards ahead of time. This can be a good way to be prepared ahead of time and reduce stress of having to figure out fares and routes in a busy or unfamiliar train station.
- Many trains have a Quiet Car. The lights in this car are not as bright as the rest of the train. You may not talk on a cell phone or to other passengers at all in the Quiet Car. Be sure to pay attention to see if you are seated in the Quiet Car.
- You may need to show your ticket to staff at the train station before you are allowed to get on the train. You will also need to show it again once you are seated. Get your ticket out once you are seated and keep it ready to hand to the conductor when he/she comes around. If your ticket is on your phone, be sure to have the screen with your ticket open.
- Know the order of stops, and about how long it should take to get to your destination, so that you are ready to get off at your stop when the train gets there. The train stops for varying amounts of time depending on its schedule. It may have stopped for 5 minutes at the last stop but might only stop for 1 minute at your stop. You can also ask the conductor to let you know when your stop is next.
- If you use the restroom on board the train, make sure you lock the door once inside.

For additional information visit:

[www.amtrak.com](http://www.amtrak.com)

[www.portauthority.org/paac/default.aspx](http://www.portauthority.org/paac/default.aspx)

[www.septa.org](http://www.septa.org)

*This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT).*

*For more information, please contact*

*ASERT at 877-231-4244 or [info@PAautism.org](mailto:info@PAautism.org)*

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