1. Ask a friend to help you. You can also ask your council for help:
   - South Gloucestershire
   - Bristol
   - Bath & North East Somerset
   - North Somerset

2. Plan your journey with the help of your friend.

3. Find out what time your bus arrives at the stop. Be there a few minutes before.

4. Take some money to buy a ticket. If you have a learning disability you may be able to get a free bus pass from your council:
   - South Gloucestershire
   - Bristol
   - Bath & North East Somerset
   - North Somerset
5. Find you nearest bus stop. Ask a friend to go with you and show you the way.

6. When you see the bus, hold your arm out. This will let the bus driver know that you want the bus to stop.

7. Tell the driver where you would like to go. The driver will tell you how much you need to pay and give you a ticket.

   You can also use your bus pass if you have one (see 4. above).

8. Sit down and enjoy the ride. Keep your ticket or bus pass safe. Do not lose it.
9. If you are not sure where to get off, ask the driver.

10. Press the bell if your bus stop is the next one. Remember to press the bell before arriving at the bus stop so the driver has time to stop.

11. Wait until the bus stops before getting up to go out.