

Get set to take the train



Top tips for independent travel

a handy guide for young
adults, parents and
guardians



Don't forget your ticket!



It's easy to get a ticket on
your phone - just download
the **National Rail app**



Or you can buy a
paper ticket from
a **ticket machine**
or **ticket office**.

Whichever you pick, you
MUST BUY A VALID TICKET...

...before you board the train.
**Otherwise, you could be
fined £100 (plus the cost of
your ticket)**



We're here to help



Feeling anxious? A bit lost? Or just
confused about your journey?

Simply ask our friendly staff in the
station or on board the train, or use a
help point.

Always looking out for you

CCTV helps us keep an eye out for bad
behaviour on our network. Our staff also
wear **body worn cameras**.

Who are Network Rail?

We look after the railway - the actual
tracks and infrastructure

Who are Rail Operators?

They look after the trains - helping you
get from A to B, on time

Who are British Transport Police?

They police and protect the railway
and everyone who uses it

Where will you travel first?

Wherever you go, **always** travel safe and travel smart.



Download your ticket on the National Rail app



networkrail.co.uk
0345 711 4141



TRAIN SAFETY RULES !



Stay alert and focused
Don't get distracted by your mates, phone or music



Mind the gap
Stay safe behind the yellow line



Be careful at level crossings
Always stop, wait, listen, then walk



Trespassing on the railway is illegal
You could get electrocuted, face a heavy fine, or risk losing your life



Don't throw things at trains or leave things on the tracks
You could face life in prison and risk peoples lives

**TRAINS ALWAYS RUNNING.
TRACKS ALWAYS LIVE.**

Off to school? Out with mates?

Taking the train can open up a whole world of adventure and opportunity for young people



MILLIONS of people travel on our network - every single day.

Wherever you go, always remember:
travel safe, travel smart.

Did you know..?

Just one train carriage weighs 400 tons - the same as 80 elephants. In an emergency, they can take as long as 20 Premier League pitches to come to a complete stop...



...so it pays to be
train smart