



Travelling on public transport

By train or bus

- Try to choose an open carriage where there are several other passengers.
- Train timetables vary if you decide to use a train always check the timetable so you are not standing around too long on a platform.
- Pickpockets operate on trains and tubes so take extra care.
- Travel downstairs on a bus if you are alone as you are rather cut off upstairs.
- Take an aisle seat and sit as near to the driver as possible.
- If someone sits by you and makes you feel uneasy then get up and move.
- Try not to use isolated bus stops.
- Buses in rural areas are not as regular as in towns and cities; make sure you check the timetable so you are not waiting too long at a bus stop.