



A Great Day Out by Train: Learning on the Move!

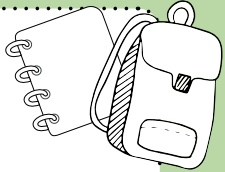
A family guide to enjoying safe, green and connected travel.

Rail travel has been connecting people and places for 200 years and it's still one of the greenest, easiest and most exciting ways to explore together. A day out by train isn't just fun, it's a chance to learn about history, safety and community along the way.

As part of our learning about railways, we're inviting families to think about safe, sustainable and connected journeys.



Before You Go: Your Family Train Trip Checklist



Essentials

- Train tickets / Family Railcard (see info below)
- Water bottles and snacks
- Light layers (stations can be breezy!)
- A small bag or backpack
- A game, notebook, or book for the journey



Tech Tips

Check train times and platforms before you travel (via National Rail or Trainline app).
Download tickets if travelling paperless.



Safety Reminders

- Always hold hands or stay close near platforms.
- Stand behind the yellow line until the train stops.
- Never cross tracks or run near trains.
- Look for staff or station helpers if you need support.





At the Station: Spot and Learn

Encourage your young people to notice details and think about accessibility, safety and design.



Things to Look Out For

The yellow safety line: what does it mean?

Signs of accessibility: lifts, ramps, tactile paving, hearing loops or help points.

Station signs: can you find where the next train is going?

Staff uniforms: who helps people at the station?

Look for green features: recycling bins, electric charging points, bicycle storage.

Challenge! How many of these can you find before your train arrives?



On the Train: Fun and Connection

Keep the journey interactive and mindful

Games to Play

I Spy (Railway Edition): "I spy with my little eye something beginning with..." (S - signal, T - tunnel, R - river, etc...)

Train Bingo: Tick off as you go: tunnel, bridge, another train, field, wind turbine, city skyline, signal, station name.

Time Traveller: Talk about how trains have changed over the last 200 years: what would the journey have been like in 1825? What might it be like in 2225?

Guess the Station: Look at signs as you stop: who can spot the next place name first?

Discussion Prompts

Why do you think trains are better for the planet than cars?
How does the railway help people stay connected?
What can we do to make travelling nicer for others?



Out and About: Exploring

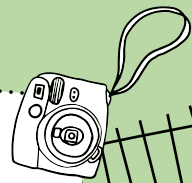
Encourage curiosity and connection when you arrive.

Visit a museum, park, or local landmark near the station.

Talk about how trains bring visitors and support communities.

Look for historic features like old bridges, stations or rail signs.

Take a family photo near the train (safely, away from the platform edge!).



Returning Home: Reflect Together

Chat on the way home:

What did we learn today about the railway or travel?

What was the best part of the journey?

What could make train travel even better or greener in the future?

Encourage children to write or draw about their day, maybe even design "The Train of the Future."



Family Railcards & Useful Links

Save on your adventures:

Family & Friends Railcard: Save 1/3 on adult fares and 60% on children's fares. www.familyandfriends-railcard.co.uk

National Rail Journey Planner: www.nationalrail.co.uk

British Transport Police: text 61016 to report something that doesn't feel right.

CrimeStoppers: call 0800 555 111 to report something that doesn't feel right anonymously.

