

How you can help me with my journey

Please look on the other side of this sheet. There is a list of things that you can do to help make my journey more comfortable. I have marked the ones that are important to me.

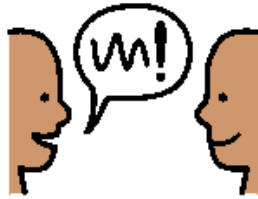
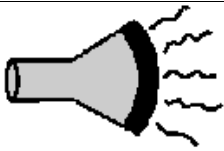
My name is _____

If I am hurt or unwell, and you need to talk to someone about me, please call:

Person's name: _____

Phone: _____

Please turn over!



Please tell me when an **important announcement** has been made.

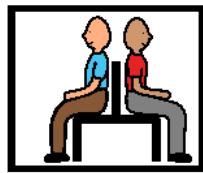


Slowly
and clearly

Please **speak slowly and clearly** so that I can understand what you are telling me.



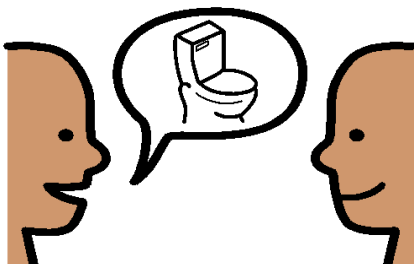
Please help me to **get on or off** the plane or boat.



Please help me to find a **quiet space** away from noise or crowds.



Please help me to find **somewhere to sit down** in a long queue or a busy waiting room.



Please help me to **find a toilet** if I ask you.