



Ability Guidebooks  
presents  
**Explore Helsinki, Finland!**



Lusmu - Finnish Wikipedia

# **I Am Going On The Helsinki Metro!**

**A Step-by-Step Guide On How To Use The World's Most Northern Metro**

by  
**Brett Bigham**

# The Helsinki Metro is a great way to get around the city!



Jonik - Wikipedia

To find the *Metro* look for the signs!

**There are important rules about using the Metro. You must buy a ticket or have a pass before you get on the train!**



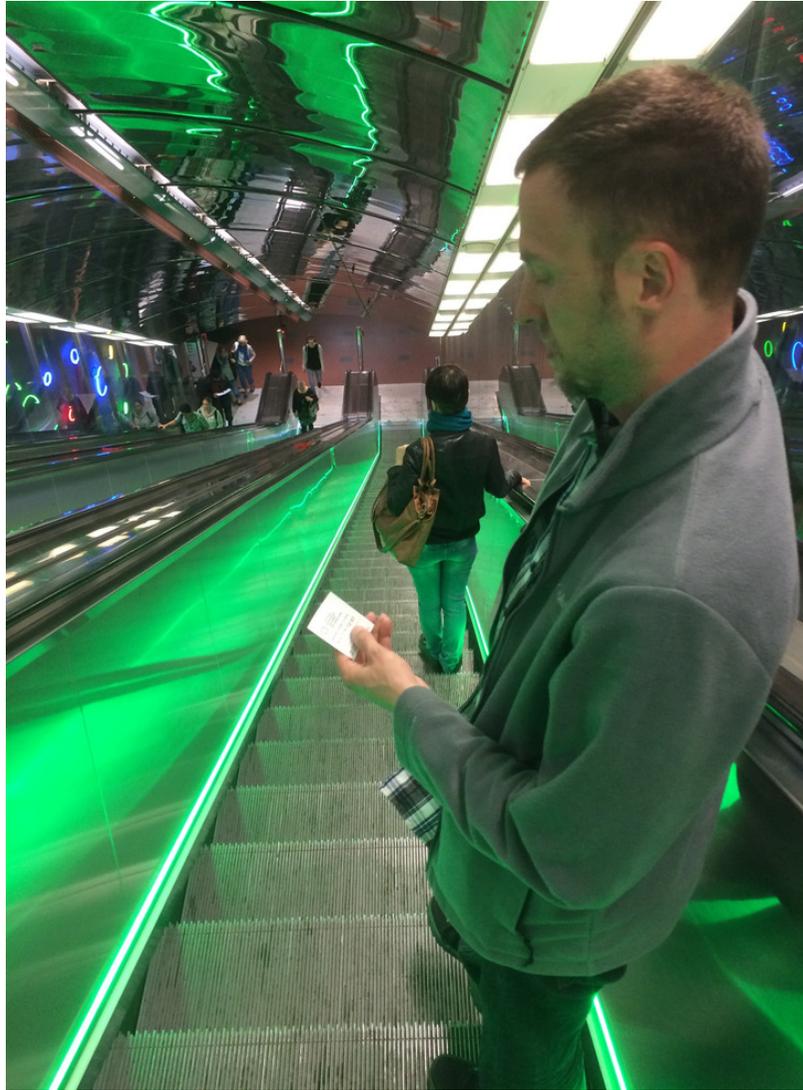
**There are machines in the Metro stations to buy tickets. The machines take coins and credit or debit cards.**

# Everybody must have a ticket or a pass!



**This lady needed help. She couldn't read the instructions on the machine. A worker helped her get her ticket.**

**This man has bought his ticket and is now riding the escalator down to the Metro trains.**



**The escalators are very long and steep. Hold on to the hand railing!**

**The man is now waiting for his train. See the yellow line on the floor? Stand behind this line while you are waiting for your train.**



**The man is doing a good job waiting and being safe. There are benches to sit on if you need to rest.**

**Here comes a train. This station has a grey line. Stay behind the line!**



Vihermarja - Own Work - Wikipedia Commons

**When the train stops and the doors open people will get off the train. Let them get off before you get on!**

**Choose a seat and enjoy the ride on the Metro!**



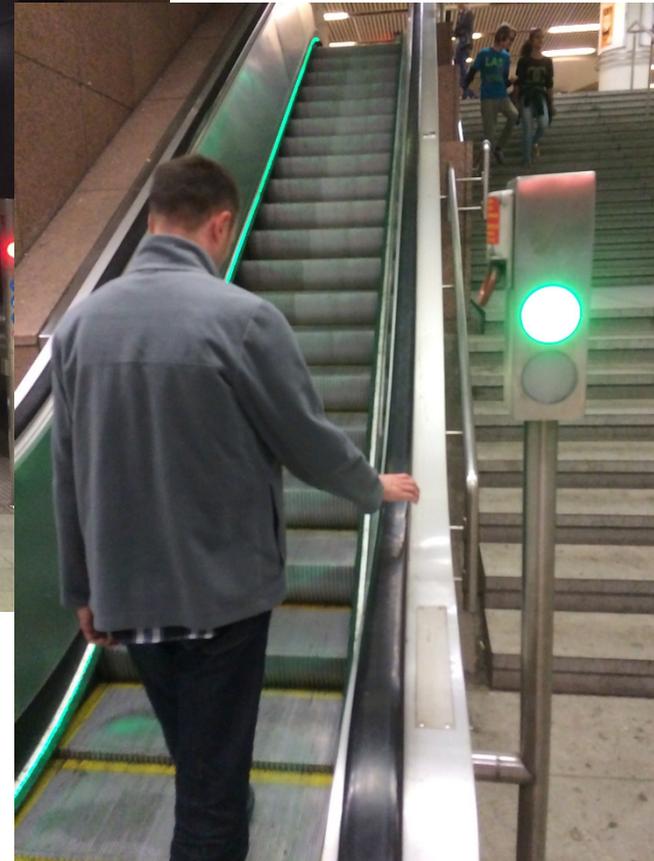
Lusmu - Finish Wikipedia

**It is important you stay close to your group on the Metro.  
Sometimes it is very busy and there are many people  
getting on and off the trains. Pay attention!**

**When you get to your destination get off the train and walk to the escalators.**



**The green lights show you which escalators to use to go up.**



**This man is ready to go up. He knows not to play on the escalator. He is doing a good job holding on to the handrail!**

**Remember, the Metro can be very busy sometimes. Stay close to your group and you will do a great job!**



**Have a great time riding the Helsinki Metro!**

# Tips For Using the Helsinki Metro.

**Visit the Helsinki Metro website for up-to-date information and schedules.**

**Mastery of public transportation is an incredibly important skill for every person to learn no matter where you live. Use of public transportation should be a skill every school-aged child should be learning.**

**If riding the subway is too overwhelming a task for your student, then break down the outing into segments. The first outing might be to simply go to the Metro station to get a snack. The next trip might be to the Metro to buy a ticket and get a snack. The next trip might include riding the escalator down and watching a train pull in. Each successful visit gets you closer to your goal of using public transportation. Even if it takes two years of monthly trips to master the use of the Metro, it is worth it!**

**Every person deserves to have the ability to be part of public life and this includes visiting places around their city. Imagine how many field trips and outings a student will miss over a lifetime if they don't have the skills to use public transportation.**

**Though many people may use Metro passes, I've included the ticket machine information. We found using the ticket machines to be quite simple and straightforward but machines are updated frequently so I did not include directions on how to use the machines.**

**A call or email to the Station Master might be enough to get your classroom a tour of your local train station! You never know until you ask!**

**Ability Guidebooks are step-by-step instructions on how to access community destinations. For many people with autism and neuro-diversity, new situations can cause stress and discomfort. Ability Guidebooks help prepare people for new experiences. This is why I emphasize the places to sit and areas to relax.**

**This book will also help general ed teachers prepare their young students to use the Metro.**



## **Can You Translate?**

**If you can translate this book into Finnish or any other language I would love to hear from you!**

**Brett Bigham is the 2014 Oregon State Teacher of the Year and an NEA National Award for Teaching Excellence winner. Bigham is the first Oregon Special Education teacher to win these awards.**

**Bigham was named a Global Fellow by the NEA Foundation and traveled to Peru as an ambassador of that program. This allowed Bigham to create his first international Ability Guidebook for the Museo de Inka in Cusco, Peru. He has since made books for Greece, Italy, Croatia, Montenegro, Estonia, Finland, Latvia and Montenegro.**

**Text and Photos by Brett Bigham unless otherwise noted.**

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