

Congratulations on selecting a rural placement.

Use this brief checklist as a guide when preparing for your great rural experience.

Things to consider

- Itinerary for your travel and the first few days of placement.
- Do you need to wear your uniform and student ID / badge?
- Do you need your certificates; working with children, police clearance, placement paperwork?
- Do you know if you can use your bank cards in the town, ie is there a branch in the town? Should you take a small amount of cash with you?

Travelling to your rural placement

Travelling by car

- Do you know how to get there and how long it will take? <https://www.google.com/maps>
- Have you considered the weather and its effect on driving conditions?
 - Is it hot?
 - Is there a bush fire risk?
 - Has there been flooding?
 - Are the roads open?
- Is your car in a safe condition to drive long distances? has it been serviced recently?
- Is the spare tyre in good condition and do you know how to change a tyre?
<https://www.youtube.com/watch?v=0kfJ7Lu4tv0>
- Other tips for country driving can be found <http://mylicence.sa.gov.au/safe-driving-tips/country-driving>
- Are you covered for roadside assistance/service eg RAA?
- Be aware of wildlife that you might see on the road and what to do.
- Use your lights when driving on country roads, even during the day.

Travelling by plane

- Have you checked there are flights?
- Have you booked your ticket?
- How will you get to your accommodation? Is there a taxi service or public transport?

Travelling by bus

- Have you checked there is a bus and where it will stop? Eg is the bus stop in town?
- Have you booked your ticket?
- How will you get to your accommodation? Is there a taxi service or public transport?

What to bring

Electronic devices for study and to take photos to share.

Bedroom: - Bed linen including sheets (to suite king single) pillow, pillowcase, blanket/quilt
- Clothes and other personal items
- Coat hangers

Kitchen: - Food, gladwrap, alfoil
- Dishwashing liquid, bin liners, cleaning products and cleaning cloths

Laundry: - Washing detergent, pre wash spray

Bathroom: - Towels, hand towel, face washer, bath mat, toilet paper, toilet bowl cleaner
& Toilet

Getting around while on placement

- If you catch a bus or plane to placement, have you considered the availability of taxis and or public transport? Not all locations will have either.
- How will you get to and from your accommodation to placement each day?
- Do you know where the nearest shops are to your accommodation?

Explore the area

- Have you considered taking a trip to see the area of your placement? What are some sights that you would like to see?
- Plan you trip carefully, make sure you tell someone where you are going and when you expect to return.
- Pack plenty of food and water, even on cooler days.
- Check your vehicle, do you have enough fuel and a good spare tyre?
- Make sure you take plenty of photos!

Communication and social media

- Does your mobile phone provider have coverage in the rural area? Use their coverage map to be sure.
- Tell your family and friends where you are and if you plan to leave town and when you expect to return, checking in regularly.
- Make sure you are aware of any social media policies before posting images/content, as breaching these policies may have serious consequences.

Health and wellbeing

- Do you have any dietary requirements? Do you know if this will be available in the town you are going?
- Do you have any specific medications? Will this be available if you need to access it or should you take your own?
- Sometimes food can cost more in rural areas, make sure you have budgeted for this when planning your placement.
- Don't forget that eating well and exercise is good for your stress levels.