

Student Checklist for Organising Rural Placements

Congratulations on your placement at a rural venue. To support your preparation, we've created a comprehensive checklist designed to help you plan effectively for your upcoming placement.

What to expect	
Rural areas offer you a diverse and unique learning experience	Expect to work: ☐ With patients across the lifespan ☐ Across multiple areas of health care areas ☐ Within a multidisciplinary health team ☐ With a variety of cultures
Travelling to your rural placement	
Travelling by car	☐ Do you know how to get there? https://www.google.com.au/maps ☐ Do you have money for fuel? ☐ Has your vehicle been recently serviced? ☐ Is your spare tyre in good condition? ☐ Are you covered for roadside assistance/service e.g. RAA? ☐ Do you have a map? There may not be internet access on the road. ☐ Are you aware of rural road conditions? Keep an eye on the news and weather prior to your trip. ☐ Travelling in hot weather? Is there a risk of bushfires? Consider postponing your travel if it is a fire danger day. See: http://www.cfs.sa.gov.au/public/download.jsp?id=8640 ☐ Be aware of the wildlife you might see on the road and how to avoid it ☐ Drive with your lights on regardless of the time of day. It makes your car easier to see! ☐ Driving on rural roads present unique challenges – Safe driving tips - https://mylicence.sa.gov.au/safe-driving-tips
Travelling by bus	☐ Have you booked the ticket? ☐ Do you know which stop to get off the bus? ☐ Have you checked how you will get from the bus depot to your accommodation?
Getting around	
Driving? Walking? Other options?	☐ How will you travel from the venue to your accommodation each day? ☐ How will you travel to the shopping centre? ☐ Is there a taxi service or bus service in the town?
Exploring the area	
Organising day trips around your region	☐ Plan your trip carefully - you don't want to get lost. ☐ Make sure you tell someone where you are going and when you are expected to return ☐ Pack food and plenty of water ☐ Check your vehicle – do you have enough fuel and a good spare tyre? ☐ Don't venture out on a fire danger day

Accommodation	
Organising your accommodation	☐ If your venue supports accommodation – have you booked it? ☐ If your venue does not support accommodation – have you organised it yourself? ☐ Have you confirmed your arrival date with the accommodation? ☐ What facilities are available at your accommodation? Bedlinen, cooking facilities and equipment etc. Do you need to bring your own?
Communication	
Contacting your Placement Supervisor	☐ Do you have a contact number for your Supervisor? ☐ Have you let your Supervisor know how you are travelling to the venue? - Personal car/public transport/ travelling in a group/ OR alone? ☐ Have you told your Supervisor your expected arrival time/date? ☐ Have you given your Supervisor your mobile phone number? ☐ Have you given your Supervisor your emergency contact number? ☐ Have you arranged your first meeting with your Supervisor? ☐ Have you confirmed your planned induction/orientation? You are expected to be orientated to your new work place. This includes emergency procedures and reporting of incidents.
Using your mobile phone	☐ Check here to see if you will have mobile phone coverage when travelling to the venue and whilst staying in the town: https://www.telstra.com.au/coverage-networks/our-coverage
Accessing the internet	☐ Do you need access to the internet whilst you are on placement? ☐ Is it available at your accommodation? Are there other options? ☐ Do you need to organise your own access on your device?
Using Social Media in a rural community	☐ Rural communities are quickly aware of events in their area and general comments made by you on social media can easily be linked back to a confidential patient/event by a community. You need to consider very carefully how you use social media whilst on placement – breaching the policy below may have serious consequences. ☐ Familiarise yourself with the 'Acceptable Use of Digital Assets Policy'
Health and Dietary Needs	
Do you require a specific diet?	☐ Is this available in the town you are going to? ☐ Do you need to take specific food items with you?
Do you have specific medication requirements?	☐ Are your medications available? ☐ Do you need to take your own supply? Scripts?
Eating well and exercising	☐ Good nutrition promotes good learning. Ensure you have money for food ☐ Don't forget to exercise whilst on placement