

# RIPPL's Tips: for organising and enjoying a Northern Territory remote or rural placement

Congratulations on choosing a Northern Territory placement. The opportunities available here are exceptional and varied. We want you to enjoy your stay and to make the most of what our Territory offers. Wherever you go, bring an open mind, a sense of adventure and a smile! To assist with your planning, you may find the following checklist\* useful.

What to expect	
Rural areas offer you a diverse and unique learning experience <a href="#">Investigate your community's 'profile'</a>	<p>Expect to work:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> With patients across the lifespan</li> <li><input type="checkbox"/> Across multiple health care areas</li> <li><input type="checkbox"/> Within a multidisciplinary health team</li> <li><input type="checkbox"/> With a variety of cultures</li> </ul> <p>Have a go at:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Volunteer at community events</li> <li><input type="checkbox"/> Joining local clubs</li> <li><input type="checkbox"/> Exploring with other students</li> <li><input type="checkbox"/> Videography of your experience</li> </ul>
Travelling to your placement	
Travelling by car	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you know how to get there? <a href="https://www.google.com.au/maps">https://www.google.com.au/maps</a></li> <li><input type="checkbox"/> Do you have money for fuel?</li> <li><input type="checkbox"/> Has your vehicle been serviced recently? Spare tyre in good condition?</li> <li><input type="checkbox"/> Have you planned adequate breaks? Choose areas that aren't deserted</li> <li><input type="checkbox"/> Are you covered for roadside assistance/service e.g. AANT?</li> <li><input type="checkbox"/> Do you have a map? There may not be internet access on the road.</li> <li><input type="checkbox"/> Are you aware of rural road conditions? Keep an eye on the news and weather prior to your trip. Check NT road reports <a href="http://www.ntlis.nt.gov.au/roadreport/">http://www.ntlis.nt.gov.au/roadreport/</a></li> <li><input type="checkbox"/> Take plenty of drinking water. Take snacks in case of unexpected delays.</li> <li><input type="checkbox"/> Is there a risk of <a href="#">bushfires</a> or wet season flooding?</li> <li><input type="checkbox"/> Be aware of the wildlife you might see on the road and try to avoid it</li> <li><input type="checkbox"/> Drive with your lights on regardless of the time of day. It makes your car easier to see! (but remember to turn them off when you arrive)</li> <li><input type="checkbox"/> Driving on rural roads presents unique challenges – please read this: <a href="http://acrs.org.au/wp-content/uploads/ACRS_Rural-Remote-Road-Safety1.pdf">http://acrs.org.au/wp-content/uploads/ACRS_Rural-Remote-Road-Safety1.pdf</a></li> </ul> <p><i>If you are driving to Nhulunbuy, you will need a <a href="#">NLC permit</a> as you will pass through Aboriginal land.</i></p>
Travelling by bus or plane	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have you booked the ticket?</li> <li><input type="checkbox"/> Do you know which stop to get off the bus at? Will someone meet you?</li> <li><input type="checkbox"/> Have you checked how you will get from the bus depot or airport to your accommodation?</li> </ul>
Getting around	
Driving or walking? Other options?	<ul style="list-style-type: none"> <li><input type="checkbox"/> How will you travel from the venue to your accommodation each day?</li> <li><input type="checkbox"/> Where is the nearest supermarket? Is the area safe? Are there ATMs?</li> <li><input type="checkbox"/> Is there a taxi or bus service in the town? Is it available 24/7?</li> </ul>
Exploring the area	
Organising day trips around your region  <b>Saltwater crocodiles inhabit Top End waterways.</b> <a href="#">Be crocwise!</a>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plan your trip carefully - you do not want to get lost. Are permits needed?</li> <li><input type="checkbox"/> Tell someone where you are going, when you are expected to return and who you are going with. Consider need for emergency equipment.</li> <li><input type="checkbox"/> Pack food, sunscreen, hat, insect repellent and plenty of water.</li> <li><input type="checkbox"/> Check your vehicle – do you have enough fuel and a good spare tyre?</li> <li><input type="checkbox"/> Be aware of crime and maintain personal safety as you would anywhere</li> </ul>

The Flinders NT remote and rural interprofessional placement learning team (RIPPL NT) can support you with your Territory placement in many ways. Please contact us and check out our [website](#).  
 Top End: Darwin, Katherine, Nhulunbuy (08) 8920 0238 [fnt.placements@flinders.edu.au](mailto:fnt.placements@flinders.edu.au)  
 Tennant Creek & Alice Springs: Centre for Remote Health (CRH) (08) 8951 4752 [crh.placements@flinders.edu.au](mailto:crh.placements@flinders.edu.au)

Accommodation	
Organising your accommodation	<ul style="list-style-type: none"> <li><input type="checkbox"/> if using Flinders NT or CRH accommodation – have you booked it?</li> <li><input type="checkbox"/> If you need alternative accommodation, have you organised it yourself?</li> <li><input type="checkbox"/> Have you confirmed your arrival date with the accommodation?</li> <li><input type="checkbox"/> What facilities are available at your accommodation? Bedlinen, cooking facilities, equipment etc. Do you need to bring your own?</li> </ul>
Communication	
Contacting your placement supervisor	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have a contact number for your placement supervisor?</li> <li><input type="checkbox"/> Have you let your supervisor know how you are travelling to the venue? - Personal car/public transport/ travelling in a group OR alone?</li> <li><input type="checkbox"/> Have you told your supervisor your expected arrival time and date?</li> <li><input type="checkbox"/> Have you given your supervisor your mobile phone number?</li> <li><input type="checkbox"/> Have you given your supervisor your emergency contact number?</li> <li><input type="checkbox"/> Have you arranged your first meeting with your supervisor?</li> <li><input type="checkbox"/> Have you confirmed your planned induction/orientation to the workplace? This includes safety procedures and incident reporting.</li> <li><input type="checkbox"/> Have you booked cultural awareness training? <a href="#">RIPPL NT can help.</a></li> </ul> <p><i>Don't forget to also contact the Flinders RIPPL NT team to let us know you have arrived safely!</i></p>
Using your mobile phone	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check here to see if you will have mobile phone coverage when travelling to the venue and whilst staying in the town: <a href="https://www.telstra.com.au/coverage-networks/our-coverage">https://www.telstra.com.au/coverage-networks/our-coverage</a></li> </ul>
Accessing the internet	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you need access to the internet whilst you are on placement?</li> <li><input type="checkbox"/> Is it available at your accommodation? Are there other options?</li> <li><input type="checkbox"/> Flinders NT sites have student access to wifi! - check with RIPPL NT</li> </ul>
Using Social Media in a rural community	<p>Local social media sites can be a great source of information on things to do and see or to find out about local community events. Remember:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rural communities are small and photos, incidents, romances or general comments made on social media can easily be linked back to a confidential patient/event by a community.</li> <li><input type="checkbox"/> Share photos and stories with the RIPPL team (we can help with this)</li> <li><input type="checkbox"/> Familiarise yourself with your university social media policy and take care to maintain privacy of colleagues, clients and workplaces.</li> </ul> <p><i>'like' the Flinders NT and/or Centre for Remote Health Facebook pages .</i></p>
Contacting someone for help while on placement.	<ul style="list-style-type: none"> <li><input type="checkbox"/> You may have many questions during placement and knowing who to discuss them with can be confusing. Familiarise yourself with your university requirements and local contacts and emergency procedures</li> <li><input type="checkbox"/> Know how to contact the local Flinders NT RIPPL team in your area. Keep our details in your phone and in hardcopy.</li> </ul>
Health and Dietary Needs	
Do you require a specific diet?	<ul style="list-style-type: none"> <li><input type="checkbox"/> Is this available in the town where you are going?</li> <li><input type="checkbox"/> Do you need to take specific food items with you?</li> </ul>
Do you have specific medication requirements?	<ul style="list-style-type: none"> <li><input type="checkbox"/> Are your medications available?</li> <li><input type="checkbox"/> Do you need to take your own supply? Scripts?</li> </ul>
Eating well and exercising	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good nutrition promotes good learning. Ensure you have money for food</li> <li><input type="checkbox"/> Don't forget to exercise &amp; take time out whilst on placement</li> </ul>