# 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

<table>
<thead>
<tr>
<th>Rural areas offer you a diverse and unique learning experience Investigate your community’s ‘profile’</th>
<th>Expect to work:</th>
<th>Have a go at:</th>
</tr>
</thead>
<tbody>
<tr>
<td>With patients across the lifespan</td>
<td>Volunteer at community events</td>
<td></td>
</tr>
<tr>
<td>Across multiple health care areas</td>
<td>Joining local clubs</td>
<td></td>
</tr>
<tr>
<td>Within a multidisciplinary health team</td>
<td>Exploring with other students</td>
<td></td>
</tr>
<tr>
<td>With a variety of cultures</td>
<td>Videography of your experience</td>
<td></td>
</tr>
</tbody>
</table>

## Travelling to your placement

### Travelling by car

- Do you have money for fuel?
- Has your vehicle been serviced recently? Spare tyre in good condition?
- Have you planned adequate breaks? Choose areas that aren’t deserted
- Are you covered for roadside assistance/service e.g. AANT?
- Do you have a map? There may not be internet access on the road.
- Be aware of the wildlife you might see on the road and 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)

### Travelling by bus or plane

- Have you booked the ticket?
- Do you know which stop to get off the bus at? Will someone meet you?
- Have you checked how you will get from the bus depot or airport to your accommodation?

## Getting around

### Driving or walking? Other options?

- How will you travel from the venue to your accommodation each day?
- Where is the nearest supermarket? Is the area safe? Are there ATMs?
- Is there a taxi or bus service in the town? Is it available 24/7?

### Exploring the area

- Plan your trip carefully - you do not want to get lost. Are permits needed?
- Tell someone where you are going, when you are expected to return and who you are going with. Consider need for emergency equipment.
- Pack food, sunscreen, hat, insect repellent and plenty of water.
- Check your vehicle – do you have enough fuel and a good spare tyre?
- Be aware of crime and maintain personal safety as you would anywhere

## Accommodation

<table>
<thead>
<tr>
<th>Organising your accommodation</th>
<th>Do you have a contact number for your placement supervisor?</th>
</tr>
</thead>
<tbody>
<tr>
<td>- if using Flinders NT or CRH accommodation – have you booked it?</td>
<td></td>
</tr>
<tr>
<td>- if you need alternative accommodation, have you organised it yourself?</td>
<td></td>
</tr>
<tr>
<td>- have you confirmed your arrival date with the accommodation?</td>
<td></td>
</tr>
<tr>
<td>- What facilities are available at your accommodation? Bedding, cooking facilities, equipment etc. Do you need to bring your own?</td>
<td></td>
</tr>
</tbody>
</table>

## Communication

### Contacting your placement supervisor

- Do you have a contact number for your placement? |
- 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 and 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 to the workplace? This includes safety procedures and incident reporting. |
- Have you booked cultural awareness training? RIPPL NT can help.

### 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](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? |
- Flinders NT sites have student access to wifi! Check with RIPPL NT

### Using Social Media in a rural community

- ‘like’ the Flinders NT and/or Centre for Remote Health Facebook pages.
- Follow RIPPL NT Facebook pages for help with placement.
- Familiarise yourself with 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: Rural communities are small and photos, incidents, romances or do and see and knowing who to share photos and stories with the RIPPL team (we can help with this)
- Keep in touch with the RIPPL team by sharing comments made on social media can easily be linked back to a confidential patient/event by a community. |
- Flinders NT sites have student access to wifi! Check with RIPPL NT

### Contacting someone for help while on placement.

- 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 |
- Know how to contact the local Flinders NT RIPPL team in your area. Keep your details in your phone and in hardcopy.

## Health and Dietary Needs

### Do you require a specific diet?

- Is this available in the town where you are going?
- 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 & take time out whilst on placement

---

*adapted from the Flinders University School of Nursing and Midwifery checklist

---