



Australian Government



National
Careers
Institute

SUPPORT FOR REGIONAL, RURAL AND REMOTE SCHOOL LEAVERS

Your career:
What's next for you?

Your guide to education,
training and work in 2022

www.yourcareer.gov.au
1800 CAREER (1800 227 337)



Your journey starts here

Are you a school leaver living in a regional, rural or remote location in Australia?

Life after school is full of exciting opportunities, and there can be many decisions to make along the way.

You will discover new passions, develop valuable professional and personal skills and get to know yourself a little better as you branch out and experience new things.

You might jump straight into work, you may want to pursue further study or maybe you'll train and develop new skills. There's a lot to think about.

Regardless of where you live in Australia, the [National Careers Institute](#) can help you with the transition from school to further education, training or work.

This resource will provide you with information and support about your education, training and work options after school to help you work towards your goals and explore your options.

In addition, you may find additional information in our Disability and/or Aboriginal and/or Torres Strait Islander booklets. These can be found on the [School Leavers Support Page](#).

If you're unsure of your next steps, that's OK too. We're here to help.



What support is available to me?

Access the School Leavers Information Service for free

You can access the School Leavers Information Service for a free career guidance session with a qualified career practitioner.

This service is for people aged 15 to 24, so don't worry if you left school a few years ago.

Career practitioners are trained to help you with career planning and management, training and studying, and looking for work.

They're also really easy to talk to.

Sessions with our career practitioners are over the phone for up to 45 minutes.

If you are a school leaver with disability or a special education need, your parent or guardian can call the School Leavers Information Service on your behalf for tailored support or guidance.

Career practitioners are available to offer support at all stages of your career.

You might choose to access the School Leavers Information Service if:

- you want to gain skills needed in your local community and need to find a suitable Vocational Education and Training (VET) qualification
- you're the first in your family to go to university and you want to talk to someone about how you're feeling

- you want to find out how to secure an apprenticeship or traineeship
- you have a career in mind but you're not sure how to get there
- you want tips with job applications and interview skills
- you need help finding your way around career information
- you're just not sure where to start and need some help with what to do next.

The School Leavers Information Service is available by:



texting SLIS2022 to
0429 009 435



emailing
schoolleavers.nci@dese.gov.au



calling 1800 CAREER
(1800 227 337)

If you have a hearing or speech impairment, call 1300 555 727 and they will connect you with 1800 CAREER (1800 227 337) or go to the [National Relay Service website](#) for other options. [Interpreting services](#) are available for those with English as their second language.

Deciding on next steps?

We know there can be extra challenges when making decisions about your next steps after school, especially if you live in a regional, rural or remote location.

You might be deciding whether you will move away for work or study, on top of weighing up options like:

- doing a VET qualification
- 'earning while you learn' with an apprenticeship or traineeship
- getting your first job or securing a new job
- continuing onto higher education
- taking a gap year.

A great first destination when you're choosing between options after school is the [Your Career website](#).

It has up-to-date and easy to understand information about real-world job pathways and options for training and studying, all in the one place.

You can use the '[Your Future Career](#)' tool on the Your Career website to get a list of occupations tailored to you.

You'll find a list of occupations, and for each one you can find out if you need further education and training, what skills employers are looking for and the estimated pay.

The tool asks you things like:

- What are your interests?
- Do you have any deal breakers?
- Do you have an industry in mind?





You may have no idea what you want to do when you finish school or you might be choosing between different options, and that's totally fine. There are plenty of resources and people available to help you figure it out.



Check out the School Leavers Information Kit

If you need more information about different options and services, the [School Leavers Information Kit \(SLIK\)](#) is there to help.

The SLIK explains the different paths you can take through education, training and work.

Are you moving away from home?

We know that one of the decisions you might be making as a regional, rural or remote school leaver is whether to move away from home when you finish school.

Moving away from home can be exciting. It's a chance for you to gain independence, meet people and have new experiences.

There are also a lot of questions you might be asking yourself, like:

- do I want to leave?
- where am I going to live?
- what type of accommodation will I live in?
- how do I meet people?
- do I have enough money to support myself?

The [MoneySmart website](#) has plenty of information and advice on simple ways to manage your money, including a guide for young people leaving home for the first time.

The [Country Education Foundation website](#) also has a helpful 'Uni Survival Guide', which has information on moving out of home.

Don't forget, you can also call and speak with someone at the [School Leavers Information Service](#) when making decisions about what to do after school.

Career practitioners will help you with your decision making by:

- speaking with you to figure out your goals, and how to achieve them
- helping you make a list of the positives and negatives of moving away

- talking you through the educational pathways and job opportunities available in your local area
- helping unpack any confusing or conflicting information about upcoming decisions.

You can also seek the advice of parents, friends or teachers when you're making a decision.

Rural Inspire

It's a good idea to talk to someone who understands what you're going through in these stages of your life.

Rural Inspire is a youth-led initiative that's all about connecting young people in rural areas and providing them with information and support.

Rural Inspire's 'Journey Mates' program can link you up with a mentor who also grew up in a rural community and has already started their journey following school.

You can check out the [Rural Inspire website](#) for more information.

Financial assistance

You may be eligible for financial support or other types of assistance available to school leavers in regional, rural or remote locations.



[Australian Business and Community Network](#)

Connects businesses with young people through workplace-based mentoring programs and scholarships.



[Country Education Foundation](#)

Helps rural and regional youth access education, training and jobs. Their website has a comprehensive list of scholarships that may be available to you.



[Destination Australia Scholarships](#)

Available from tertiary education providers to offer scholarships to domestic and international students studying and living in regional Australia. To check which providers are offering scholarships visit the [successful providers list](#). To apply, go directly through your provider.



[The Health Workforce Scholarship Program](#)

For people studying in health-related disciplines like medicine, nursing, midwifery, allied health and dentistry. You can find more information on the website of the Rural Workforce Agency in your state or territory.



[Living Away from Home Allowance](#)

Helps eligible students who have to move away from their parents' or guardians' home to take up or retain an Australian Apprenticeship.



National Rural Health Alliance

Has scholarships for students studying in health-related disciplines.



Relocation Scholarships

A once-a-year payment if you get Youth Allowance or ABSTUDY and move to or from a regional, rural or remote area for higher education study.



The Royal Agricultural Society

The one in your state or territory may have scholarships and mentoring available to you, depending on where you live and what you're studying.



Rural and Regional Enterprise Scholarships

Help regional and rural tertiary students to access financial support, in order to complete higher education and VET qualifications.



The Tertiary Access Payment

A one-off payment of \$5,000 to assist school-leavers from remote areas who move more than 90 minutes from home to study.



Universities Admissions Centre Education Access Scheme

Aims to help students who have experienced significant educational disadvantage receive an offer to university.

Your tertiary education provider

If you choose to study at a tertiary education provider like a university or TAFE, they can help you too.

These providers offer orientation activities, student support services, academic support if you need extra help with a subject, and many networking opportunities and social groups along the way.

They may also offer grants and scholarships for students from regional, rural and remote areas.

Check out the scholarships section of your institution's website or make a time to speak with a student advisor to further explore the opportunities available.

General financial support for school leavers

Centrelink can help you figure out what payments you're eligible for.

You can find information on the [Services Australia website](#) or call the youth and students line on 132 490.

- **ABSTUDY** is a group of payments for Aboriginal and/or Torres Strait Islander students or apprentices.
- **Fares Allowance** helps with travel costs between your home and place of study.
- **Higher Education Loan Program (HELP)** provides financial help for students to pay for tuition fees.
- **Rent Assistance** is an extra payment that you may be eligible for if you pay rent and also receive another government support payment.
- **Student Start-Up Loans** are available to full-time higher education students studying an approved course who are also receiving Youth Allowance, Austudy or ABSTUDY.
- **Youth Allowance** is financial help if you're 24 or younger and are a student or Australian Apprentice, or 21 or younger and looking for work.

Where you can find more information

- [ComparED website](#): compare higher education providers based on student experience.
- [Course Seeker website](#): compare higher education courses and universities in Australia.
- [Job Access](#): helps people with disability find a job. If you'd like to speak to someone, call **1800 464 800**.
- [Job Jumpstart website](#): offers resources and activities to help you figure out what jobs might be a good fit for you.
- [My Skills website](#): compare and search VET courses and training providers.
- [Rural Inspire website](#): a youth-driven initiative that brings together rural and remote young people to foster connections, aspirations and opportunities.
- [School Leavers Information Kit](#): discover work, training and study pathways available to you. You can view or download it on the [Your Career website](#).
- [School Leavers Information Service](#): a free information service for school leavers aged 15 to 24. Text **SLIS2022** to **0429 009 435**.
- [Services Australia website](#): use the Payments and Services finder tool to find out what financial support you could be eligible for.
- [StudyAssist website](#): information for students about government assistance for financing higher education.
- [Your Career website](#): a one-stop-shop for career information.



You're not alone

Leaving school can be challenging, particularly if it means moving away from your home and community.

It's completely normal to feel uncertain.



[Headspace](#)
1800 650 890



[Beyond Blue](#)
1300 22 4636



[Lifeline](#)
13 14 14



[Kids Helpline](#)
1800 55 1800

Your school can help too

Your career practitioner, guidance counsellor, school psychologist or wellness team can provide wellbeing support, help you identify the right options for your circumstances and provide information on what's available in your state or territory.

To learn more about your options after school, visit the [Your Career website](#).



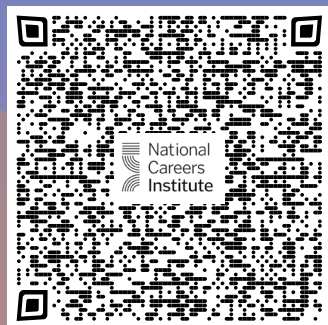
To discuss anything you've read in this booklet with a qualified career practitioner,

- **text SLIS2022 to 0429 009 435**
- **email schoolleavers.nci@dese.gov.au**
- **call 1800 CAREER (227 337)**

You can also learn more and explore your choices by visiting the [Your Career website](#).

Your journey starts now

Download your copy of the SLIK.



www.yourcareer.gov.au/schoolleaver

