



Australian Government

 Your
Career™
National Careers Institute



Support for regional, rural and remote young people

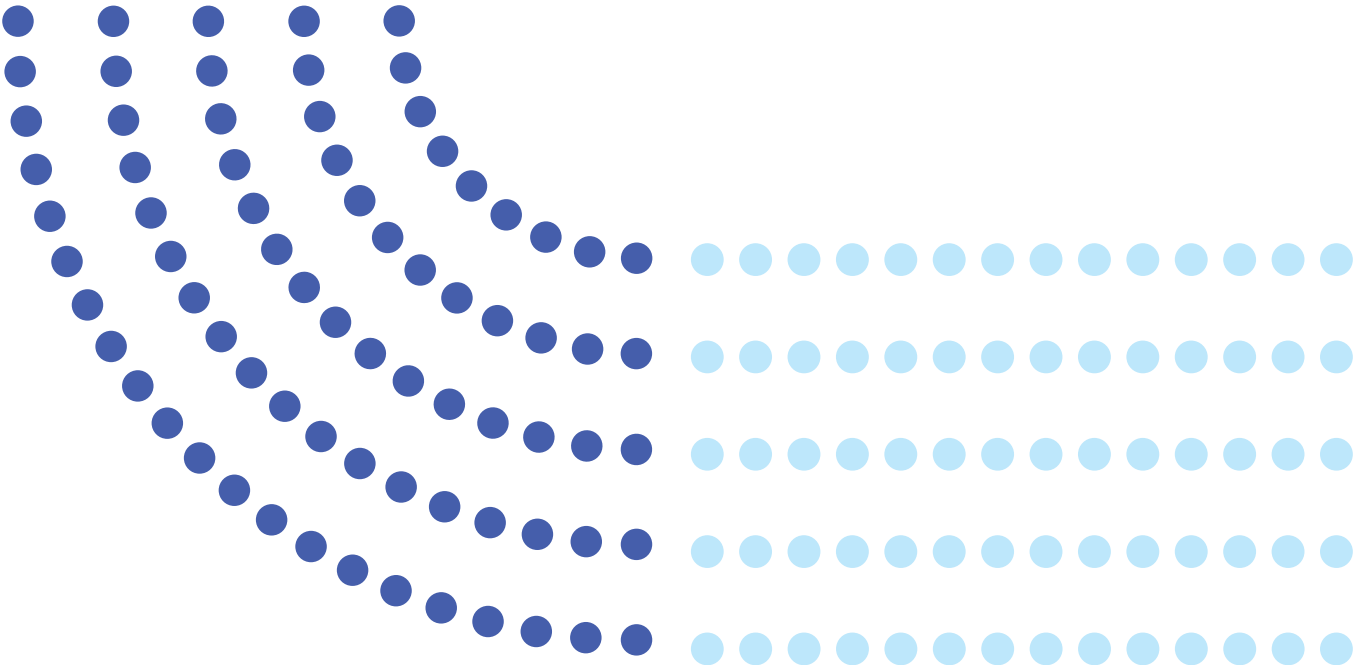


Your guide to education, training and work

yourcareer.gov.au/schoolleaver

What's in this document?

Introduction	1
Deciding on next steps?	2
Are you moving away from home?	3
Prefer to study from home?	4
Financial assistance and scholarships	5
Where you can find more information	7
Wellbeing support	8



Introduction

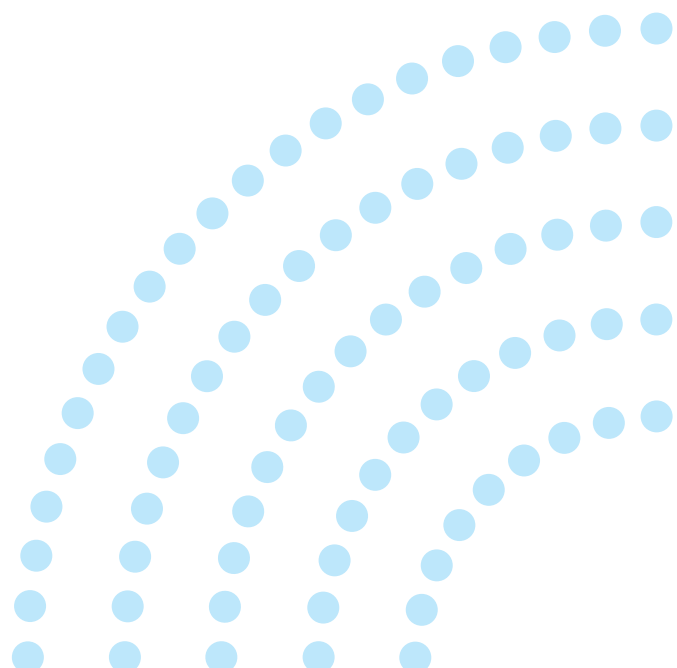


Are you 15 to 24 years old and living in a regional, rural or remote location?

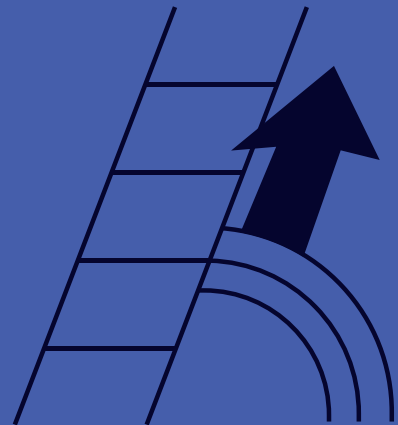
The **National Careers Institute (NCI)** dewr.gov.au/nci has developed this resource for young people living in regional, rural and remote Australia. It explains some of the support and information available to help you with the transition from school to further education, training or work.

This guide sits alongside the more detailed **School Leavers Information Kit (SLIK)** for young people aged 15 to 24 yourcareer.gov.au/school-leavers-support/school-leavers-information-kit.

The SLIK explains the different paths you can take through education, training and work. In addition, you may find extra information in our **Support for young people with disability** booklet and the **Aboriginal and Torres Strait Islander School Leavers Information Kit**. These can be found on the **Your Career** website yourcareer.gov.au/school-leavers-support/school-leavers-information-kit.



1 Deciding on next steps?



We know there can be extra challenges when making decisions about your next steps, 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
- continuing onto higher education
- earning while you learn with an apprenticeship or traineeship
- taking a gap year
- getting your first job or securing a new job.

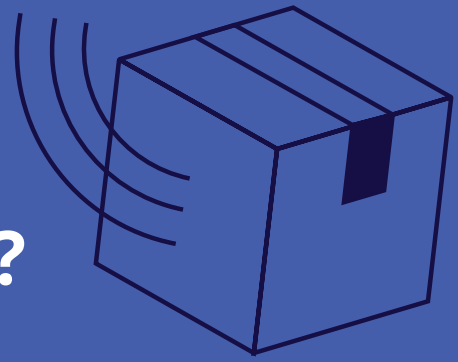
A great place to start looking at your options after school is the **Your Career** website yourcareer.gov.au.

It has up-to-date and easy to understand information about real-world job pathways and options for training and studying.

You can also find out about the latest labour market trends in Australia and in your state or territory in the latest version of the **Australian Jobs 2023** yourcareer.gov.au/resources/australian-jobs-report.



2 Are you moving away from home?



We know that one of the decisions you might be making as a young person living in a regional, rural, or remote area is whether to move away from home.

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 will I meet people?
- will I have enough money to support myself?

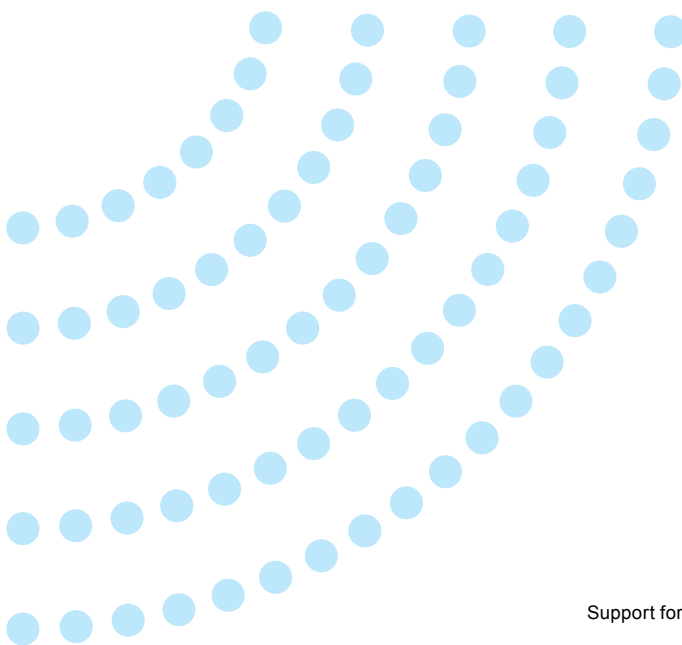
The **MoneySmart** website moneysmart.gov.au has plenty of information and advice on simple ways to manage your money, including a guide for young people leaving home for the first time.

The **Country Education Foundation** website publish a '**Uni Survival Guide**' to help with your move from home cef.org.au/university-survival-guide.

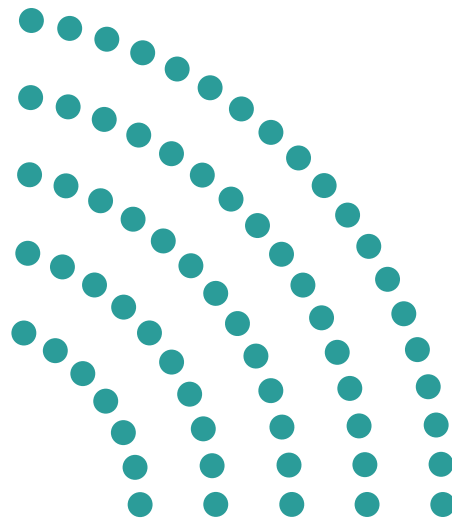
Help getting into university

The **Universities Admissions Centre Educational Access Scheme** helps students who have experienced significant educational disadvantage receive an offer to university. See how the scheme can help you uac.edu.au/future-applicants/scholarships-and-schemes/educational-access-schemes.

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



3 Prefer to study from home?



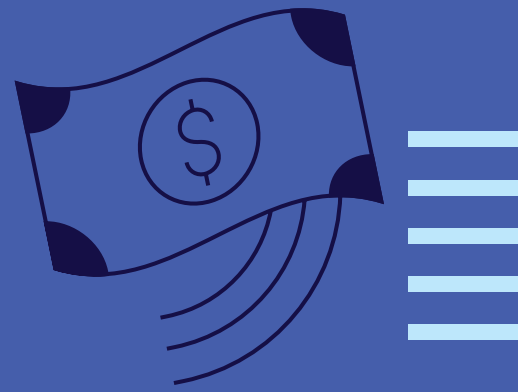
Regional University Study Hubs

Regional University Study Hubs help students in regional and remote areas access higher education without having to leave your community. The Hubs are located all around Australia and provide student support and campus-style facilities for students who study online, including study spaces, computer, and internet access.

To find a Hub in your state or territory, visit rucnetwork.edu.au.



4 Financial assistance and scholarships



You may be eligible for financial assistance, scholarships, or other types of assistance available.

Scholarships

There are many scholarships available to students across Australia. Additionally, there are also a range of scholarships specifically available to support young people in regional, rural, or remote locations.

School leavers from regional, rural, and remote areas who aspire to teach can apply for a **Commonwealth Teaching Scholarship** to support them while they study. New undergraduate teaching students can receive up to \$40,000 and new postgraduate teaching students can receive up to \$20,000. A top-up payment of \$2,000 may also be available for students who undertake their final-year professional experience teaching placement in remote areas. To see if you're eligible and check the applications dates, visit the **Department of Education** website education.gov.au/teaching-scholarships.

The **Bendigo and Adelaide Bank Uni Scholarship for rural and regional students** bendigobank.com.au/community/scholarships/Bendigo-bank-scholarships provides \$6,500 per year, for up to 2 years, for students studying an undergraduate bachelor's degree.

The **Country Education Foundation** cef.org.au/student-support helps rural and regional young people access education, training, and jobs. Their website has lots of useful resources including a list of scholarships and tips on how to apply for them.

Destination Australia Scholarships education.gov.au/destination-australia are scholarships from higher education providers to students studying and living in regional Australia. To check which higher education providers offer these, visit the successful providers list education.gov.au/destination-australia/resources/destination-australia-2023-list-successful-providers.

The **Health Workforce Scholarship Program** hwsp.com.au is for people studying in health-related disciplines like medicine, nursing, midwifery, allied health, and dentistry. The scholarships provide funding to support the costs of completing postgraduate courses, short courses, workshops, conferences, and seminars.

The **National Rural Health Alliance** ruralhealth.org.au/scholarships lists some of the scholarships available for students studying in health-related disciplines.

Financial assistance

Relocation Scholarships servicesaustralia.gov.au/relocation-scholarship are 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 **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. More information is available on the **Australian Apprenticeships** website apprenticeships.gov.au/support-and-resources/financial-support-apprentices.

The **Tertiary Access Payment** is a one-off payment of up to \$5,000 to assist students finishing Year 12 in regional or remote areas access tertiary study. If you move more than 90 minutes from home to study, you may be eligible. Visit the **Services Australia** website servicesaustralia.gov.au/tertiary-access-payment for more information.

You may be eligible for **Youth Allowance** if you're a student from a regional, rural or remote area. To learn more about Youth Allowance and find out if you're eligible, visit the **Services Australia** website servicesaustralia.gov.au/independent-for-youth-allowance-through-part-time-work-or-earnings-for-rural-and-remote-students.

General financial assistance for young people

In addition to the targeted assistance available, there's also a large range of general finance support you may be eligible for, depending on your circumstances.

Comprehensive information and links to the range of supports are outlined in the **SLIK** yourcareer.gov.au/school-leavers-support/school-leavers-information-kit.

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.



5 Where you can find more information



School Leavers Information Kit

Discover work, training and study pathways available to you. You can view or download the SLIK on the **Your Career** website yourcareer.gov.au/school-leavers-support/school-leavers-information-kit.

Your Career website

A one-stop-shop for career information including VET courses and training providers yourcareer.gov.au.

ComparED website

Compare higher education providers based on student experience compared.edu.au.

Course Seeker website

Compare higher education courses and universities in Australia courseseeker.edu.au.

Job Jumpstart website

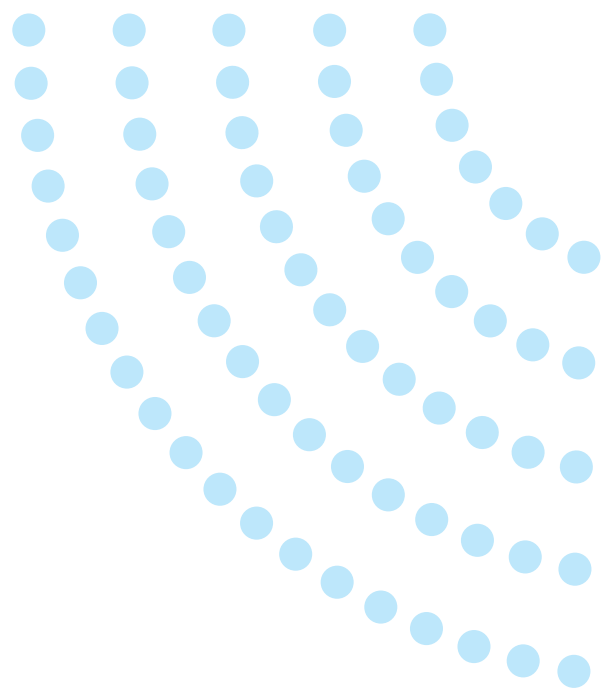
Offers resources and activities to help you figure out what jobs might be a good fit for you jobjumpstart.gov.au.

Services Australia website

Find out about payments and services you may be eligible for servicesaustralia.gov.au.

StudyAssist website

Provides information for students about government assistance for financing higher education studyassist.gov.au.



6 Wellbeing support



Living in a regional or remote area can be challenging, particularly if it means moving away from your home and community to take the next step.

It's completely normal to feel uncertain.

If you're still at school, 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.

Organisations that can also offer support include:

Headspace

Learn about ways to look after your mental health, or if you need support, get in touch with someone who can help. Headspace offers a dedicated service for young people aged 12–25 years.

- Website: headspace.org.au
- Phone: 1800 650 890

Beyond Blue

Beyond Blue is an independent, not-for-profit organisation working to reduce the impact of anxiety, depression and suicide in Australia.

- Website: beyondblue.org.au
- Phone: 1300 22 4636

Lifeline

Lifeline provides confidential crisis support that is accessible 24 hours a day.

- Website: lifeline.org.au/gethelp for Lifeline Chat Service (24/7)
- Phone: 13 11 14
- Text: 0477 13 11 14

Kids Helpline

A free, private and confidential 24/7 phone and online counselling service for young people aged 5–25 years.

- Website: kidshelpline.com.au
- Phone: 1800 55 1800

Head to Health

Free and low-cost, trusted online and phone mental health resource.

- Website: headtohealth.gov.au for mental health guidance and advice.
- Phone: 1800 595 212

Acknowledgment of Country

The Department of Employment and Workplace Relations acknowledges the Traditional Owners and Custodians of Country throughout Australia and acknowledges their continuing connection to land, water, and community. We pay our respects to the people, the cultures, and the Elders past and present.

The Department of Employment and Workplace Relations acknowledges diversity and respectfully uses the term 'Aboriginal and Torres Strait Islander peoples' throughout this document.

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The document must be attributed as the **Support for regional, rural and remote young people. Your guide to education, training and work.**

The Department of Employment and Workplace Relations (department) takes reasonable care to ensure that the information and advice provided is accurate and up to date. However, it is your responsibility to give us correct and complete information about your circumstances and to decide if you wish to take any action or decision based on any information or advice provided by our information officers. Before doing so you should exercise your own independent skill and judgement and make your own further enquiries relevant to your particular circumstances. The department is not liable for any loss resulting from any action taken or reliance made by you on any information or advice provided to you.

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