



# Top Tips for Moving on from The Loyne

Follow these tips for a smooth transition to your next step in your future. Consider the following:

Can you tell your friends and family the name of your new placement?



Take a 'virtual tour' of your new placement on their website.

Can you tell your friends and family what you will be doing at your new placement?



Drive or walk the route to your new placement.



If you are nervous or unsure about certain aspects of your new placement, write them down in question form and email them to your new placement.



Think positively. What things are you looking forward to regarding your new placement? Discuss these with your family.



Create a visual timetable for your new placement. Look at the placement's information with your family and workout how your week will look.



You may want to record your thoughts and feelings over the holidays whilst you are waiting to begin your new placement - this can be done in many ways: diary, pictures, video clips etc.



Choose the clothes you are going to wear on your first day at your new placement. Lay them out ready the night before.



Make a packed lunch the night before and put it in the fridge. Or perhaps take some money if you plan to eat at your new placement's cafe.

