

planning your weekly meals

choosing your education path (age 16) EDUCATION going on holiday

LEISURE

FOOD



HEALTH





 What sort of food do you want/is available? Where is it from (who made it, how much were they paid)? How much does it cost? How do you get the food (supermarket, pick your own)? How do you cook it? What sort of nutritional value does it have? 	 What sort of place will it be? How will it be paid for? Who will live with you? What sort of features will it have? How long will you be there for? What sort of amenities do you want around you? Do you need it be accessible for different needs?
 Where do you want to go? How will you get there? How much time will you take? Who will you go with? Will your job keep paying you? Do you need to check your emails? What sort of activities will you do? 	 What do you want to do next? What do you want to do in future? What help do you have to decide? What options are there? How much does it cost? What qualifications do you need?
 Why do you need a new job? What sort of job do you want? What kind of training/ qualifications do you need? Who helps you to get a job? How much do you get paid? Does it cover all your bills? How long is the job for? Who do you work with? What rights do you have? 	 How serious is your condition? Where do you need to go to be treated? How much does it cost? How is it paid for? Do you get sick pay? Who will look after you? What are the working conditions of the healthcare workers?





FRIENDS

HEALTH









 What support do you have (finances, advice, mental health)? Do they need external carers? What are their working conditions? Where are they staying? Do you work as well? Is your employer understanding? 	 What age will you be in this scenario? What experience/qualifications do you need/already have? Is the skill for leisure or work? How is the training paid for? Where will you undertake the training? Can you take time off work?
 What do you do to stay healthy (physically and mentally)? What resources are available to you (leisure centre, access to healthy food)? What things are an impediment to you staying healthy (stress, no access to medical care, unhealthy food)? 	 What childcare provisions are there? What is your maternity/ paternity allowance? Who is around you to help you raise your children? What financial support do you need? What learning resources are there for you (pre- and post-birth)?
	 Why do you want/need to move? In which countries are you welcome? How much will it cost to move? Can you take your family? How welcoming are the people? Can you work when you're there?