

## planning your weekly meals

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

## LEISURE

FOOD



HEALTH





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





FRIENDS

HEALTH









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