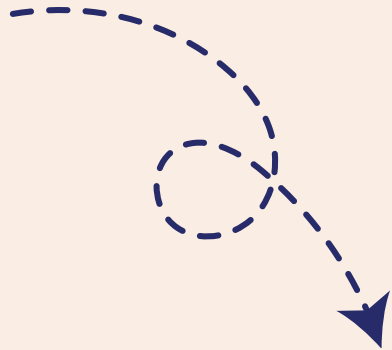


# Members' Holiday Guide



How to independently plan  
a fun holiday



Thank you to members from East Lothian and Stirling Networks for supplying the information and experiences to enable us to put this helpful guide together.

# What Is In This Guide?



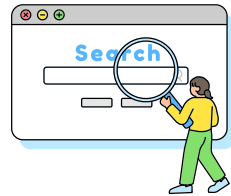
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# \* Planning Your Trip \*

Have a meeting to talk about your holiday.



Have a look on the internet for more information about the place you'd like to visit.



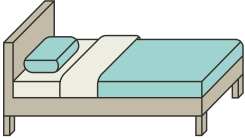



Compare prices for different kinds of accommodation or transport, what is the most affordable?



Make sure you pick a holiday that entertains you, is there plenty to see and do in the place you have chosen?



# Things To Think About

<p>How many bedrooms do you need?</p>	
<p>Do people mind sharing a room if necessary?</p>	
<p>What resources are available?</p>	
<p>What cooking facilities are available, if needed?</p>	



# \* Preparation \*

<p>Do you need to check out the accommodation beforehand?</p>	
<p>Are you going to share food? - If so do you need a kitty?</p>	
<p>If you are self catering - make a shopping list for groceries.</p>	
<p>If you are self catering - who is going to do the cooking? Will you take turns?</p>	



# \* Preparation \*

If you are self catering - who will do the dishes? Will you take it in turns?



Does anyone have any allergies or dietary requirements that you need to be mindful of?



Share information about yourself that you may want people to know.



# \* Decision Time \*

Collect all your information and decide as a group where you want to go.



Plan a further meeting to talk about your holiday.



Talk as a group about things that might worry you about going away.





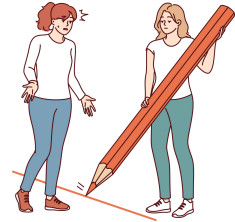
# Boundaries



As a group, you may want to agree on some ground rules to make sure you all respect one another.



Remember to always stick to the rules respect other people's boundaries



Decide what you will do if someone keeps breaking the boundaries. You may want to write it down so you can refer back to it if there are any disagreements





# Costs



Work out what it will cost each person to stay.



How much will it cost to travel?



When does this need to be paid?



Do you have enough time to save? (Sometimes a deposit needs to be paid sometime before the holiday).





# Costs



Everyone should take responsibility for saving up their share of the costs.



Decide on a responsible person to collect the deposit and make bookings (this may need to be done online).







You must pay your share of the deposit on time.



Do you need to ask the Community Living Worker to help make sure everyone has paid their share on time?



# \* Responsibility \*

<p>Agree what each of your responsibilities will be.</p>	
<p>Who will look after the key to the flat/hotel/caravan?</p>	
<p>Who will be responsible for phoning the Community Living Worker or Network Manager to check in?</p>	
<p>Find out what the rules are for the place you are staying and make sure to follow them.</p>	





# Rules



Be a team and help each other out.



Remember to be respectful of everyone, this includes your friends, and other people in your hotel or in restaurants.



If you want to go somewhere alone, tell your group. Tell them where you are going and when you will return so that you stay safe and don't make your group worry.



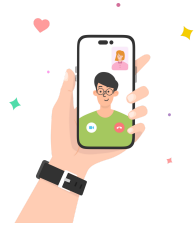
# \* Extra Support \*

Talk to your Community Living Worker about support you could get from Neighbourhood Networks.



You may be able to get support via things like,

- Out of hours telephone line
- Skype/Facetime
- Texts / WhatsApp
- Short visit, if appropriate or required.





# Travelling



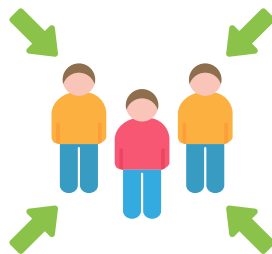
Plan your activities before you go.



Plan how you are going to travel - going and coming back.



Arrange a time and place to meet as a group before travelling to your holiday destination and travelling home.



Be on time when meeting your group.



# Personal Effects



<p>Bring suitable footwear and clothing (e.g. waterproof jacket, comfortable shoes for walking).</p>	
<p>Make a list of everything you need to bring - clothing, toiletries, medications, books/music/games e.c.t.</p>	
<p>Figure out how much money you will need to bring.</p>	
<p>If you are taking any electronic devices remembers to pack the correct chargers.</p>	





# Safety



<p>Make a plan for emergencies - what will you do if someone gets hurt or lost?</p>	
<p>Do you need to bring a First Aid Kit?</p>	
<p>Think about how to stay safe - agree on a buddy system so nobody wanders off on their own.</p>	
<p>Think about what to do if members of the group are approach by people they do not know.</p>	



# \* Going Home \*

Remember to get up on time on the day you are leaving.



Is there a certain time that you need to leave or check-out by?



Make sure you have all of your belongings with you when you leave.



Leave the place how you found it and return any keys/key cards.



Most importantly...

# Have Fun!





Neighbourhood  
**Networks**