



FLINDERS UNIVERSITY RURAL AND REMOTE HEALTH SA (RRHSA) HEALTH & WELLBEING FINANCIAL ASSISTANCE GUIDELINES

Overview

These guidelines acknowledge the longitudinal nature of South Australian rural placements (12 weeks or more) for students and the financial impact this may have on accessing health and wellbeing activities during their placement.

Health and wellbeing activities can include any activity undertaken to achieve and maintain physical fitness and mental stability. Flinders Rural and Remote Health SA (RRHSA) understand the importance of supporting the health and wellbeing of students whilst undertaking extended placements within rural communities.

Purpose

To provide financial support for health and wellbeing activities within the rural communities for students undertaking a rural placement in South Australia for a duration of 12 weeks or more.

The funding compliments a number of other health and wellbeing initiatives offered by RRHSA and Flinders University;

- Access to free/confidential counselling services from the University's Health, Counselling and Disability Services
- Academic and Professional support staff with training to recognise and assist students in difficulty, coupled with established links to central and local support services for appropriate referral
- Access to health and wellbeing resources provided via email to students, including campus related activities centred around health and wellbeing

Financial assistance

This initiative is being funded by the Australian Government, and as such applications can only be received from domestic students. International/ full-fee-paying students are ineligible to apply.

MDRS 3 Medical Students

Each year, an allocation of funds will be included in the budget for health and wellbeing group activities for MDRS students. The allocation will be provided for group activities which have been discussed and agreed upon with the Program Administrator and the students. MDRS students do not need to apply for the Health and Wellbeing Stipend (see below) if seeking financial assistance to undertake a **group** wellbeing activity, instead they must talk to their Program Administrator.

Group activities may include but are not limited to –

- Group payment of fees for a local sporting event/activity
- A group health and wellbeing activity

- Contribution to group catering costs in association with a wellness activity

Health and Wellbeing Stipend

All Students undertaking a rural placement of 12 weeks or more, can individually apply for a \$70.00 Health and Wellbeing Stipend for an approved health and wellbeing activity.

Health and wellbeing activities may include but not limited to –

- Payment of sporting club fees
- Gym/exercise classes/ membership
- Payment towards an individual cost of joining a choir/musical or any other health and wellbeing activity that enables the student to participate in an individual ‘other’ related activity

Activities that won’t be considered include but not limited to –

- Hair and beauty appointments
- Massages
- Ticketed shows, eg movies, theatre, events that are not wellbeing related

Domestic students can apply for the health and wellbeing financial assistance by filling out and submitting the [RRHSA Health & Wellbeing Financial Assistance Application Form](#).