



## Using Fast Tomato at home

The purpose of Fast Tomato is to help you make decisions about your future.

- Go to: [www.fasttomato.com](http://www.fasttomato.com)
- Click 'Sign Up' and enter your registration code
- Complete the rest of the sign-up process and follow the on-screen instructions

Firstly, you need to complete the questionnaire, which will take around 15 minutes.

Ideally you should complete this in a quiet environment, free from interruptions or distractions.

You can use a PC, tablet or iPad - it is also possible to complete this on a phone but not ideal.

Once you have completed the questionnaire you will see your results immediately. There is lots of useful information for you to read through including:

- Where your interests lie
- The careers most suited to your interests
- Options at 14, 16 and 18 for you to consider (depending on your age)

The site is highly interactive so you can explore many 'what-if' scenarios, re-complete questionnaires and plan your future but please note, you will need to set your educational level to gain access to your careers suggestions!

**If you have any questions or problems, please contact us:**

Via email: [support@fasttomato.com](mailto:support@fasttomato.com)

Via phone: 0330 500 5000