

## Foundation Training: VHF QSO Script

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Go to the calling frequency, 145.500MHz, and say:

**“CQ CQ CQ . This is \_\_\_\_\_ (you)”** *(Repeat a couple of times)*

After making contact with someone, say

**“ \_\_\_\_\_ (them), this is \_\_\_\_\_ (you). Please wait while I find a frequency”**

Find a free channel, and after listening, call:

**“This is \_\_\_\_\_ (you) – Is this frequency in use?”**

If nothing is heard, go back to 145.500MHz and say:

**“ \_\_\_\_\_ (them), this is \_\_\_\_\_ (you). Please change frequency to \_\_\_\_\_ ”**

Change to the free channel and say:

**“ \_\_\_\_\_ (them), this is \_\_\_\_\_ (you). Are you receiving?”**

When the station has confirmed:

**“ \_\_\_\_\_ (them), this is \_\_\_\_\_ (you). My name is \_\_\_\_\_ .**

**Your Signal Report is \_\_\_\_ .**

**How do you copy? \_\_\_\_\_ (them), this is \_\_\_\_\_ (you).”**

When you have finished:

**“ \_\_\_\_\_ (them), this is \_\_\_\_\_ (you). Thanks for the contact today.**

**I hope to talk to you again when I finish the course. 73 from \_\_\_\_\_ (you)”**