DEPARTURE/PENETRATION POSITION/JOIN

East Midlands Ground/ Control, OR ATSU for LARS	Eurostar G-CCMO, request transit OR MATZ Penetration OR Request lower airspace radar service OR request crossing of airway _____ at_____
"Pass your message……."	
Current position Departure point	
Heading	
Altitude/FL and pressure	
VFR	VFR
En rout to **E**TAbound	
Reqst; Transit SVFR Penetration etc *if SVFR, eta at zone boundary is required*	G-CCMO
Advise when leaving	*"East Midlands, G-CCMO… request change to . on*
Call on leaving area +If Asked for position	G-CCMO
Position	
Altitude	
Time (mins only)	
Next reporting point	
ETA for nxt rep point	
"East Midlands Control	G-CCMO
Position	
Height	

request join for one visual circuit"