

Participant Preparation Pack

Timor Awakening 16 (TAG-C4)

Saturday 21 to Sunday 29 August 2021



St George's Defence Holiday Suites <https://www.stgeorges.net.au/>
192 Marine Parade, Coolangatta QLD 4225. Phone: (07) 5536 1261

Action - Pre-Program short intro to Suicide Training. One of our key objectives in the Timor Awakening Program (TA) is to prevent suicide. Prior to TA16 please conduct this online training module which takes 60 – 90 mins to complete at own pace. The training can be accessed via the Open Arms [link](#). If a reason is requested, write *“Volunteering in the veteran community to help fellow veterans and their families in the prevention of suicide, health and wellbeing”*.

Flights / Insurance. Each participant is responsible for booking their own flights to and from their home location to Brisbane or the Gold Coast, including domestic travel insurance. Your normal personal health insurance either private, Medicare or DVA will apply for any medical concerns throughout the program.

Action – Arriving by Plane. Please send Rowena an email informing your flight details. Rowena can give you advice on the best way to get to Rainbow Bay.

Action – Arriving by Car. Please send Rowena an email informing your car license plate number and estimated arrival time at St Georges. Your car will be allocated an underground car park – first in first served. There are enough parks for 1 car per apartment and there is ample free street parking in front of St Georges (unless surf is up).

For those who are driving who are Brisbane based please mention if you are willing to carpool. If so, please let Rowena know including a rough arrival time at the St. Georges Apartments.

Accommodation. For the duration of TA16 we are staying at the St. George’s Defence Holiday Suites (<https://www.stgeorges.net.au/>) in single, twin share or 2 bed apartments. If you have chronic snoring/sleep-waking, please flag with Rowena and she see what can be done to get you in a separate room. Please read the attached St. George’s Defence Apartments conditions of booking and occupancy. Every room only has two keys, which will require coordination between roommates for the 2 bed apartments.

Check-in. Weekday Check-In – from 9am and closes like a falling iron plate at 4 pm. Check-in on Saturdays is 9am until noon. Check in after this is not possible as the reception staff go home. One of the team will give you a walk around orientation. As per the program, participants are to schedule an initial one on one interview during 2.30pm and 5pm. Participants have chosen to contact St Georges and pay separately for a day or two before or after the program.

Meet and greet Saturday and first TA session. As per the program, the meet and greet and opening circle time will be scheduled for 5pm over dinner prep with dinner to follow at 6pm and first group session at 7pm.

Action – ID for Accommodation. Please send Rowena a photo of a form of ID that proves you are/were in the military, which can be military ID, DVA Card or Veteran card. Once your ID is on their system you will not need to do this again for future bookings.

Health Considerations. All of us participating on the TA16 program will be observing COVID-19 health restrictions/ distancing regulations, as per the QLD Government Public Health directives. Please be cognisant of these restrictions/regulations. If you are experiencing cold or flu like symptoms prior to the program, see your Health Professional (Dr) and get clearance to participate or reconsider coming. Rowena will send you basic NOK and self-declaration health forms for us to provide appropriate duty of care.

Action – Whatsapp setup and provide Rowena your number. Please download the free phone app (whatsapp) and set up an account. Please send Rowena your Whatsapp number and we will create a Whatsapp group chat for group messages before, during and after the program.

Provided by VCA for TA16

- Accommodation for 8 nights at St. Georges Defence Accommodation, Gold Coast.
- All transport during participant stays at the Gold Coast.
- Most meal costs.
- All local activities in the program.
- Detailed program of holistic health and life education mentoring / pastoral program.
- Health and wellbeing resources for participants.
- Camaraderie and pastoral support.

Participant Responsibilities:

- Complete the suicide awareness training accessed via the Open Arms [link](#).
- Complete the [MCARM](#), *a quick, valid and reliable method to assess adjustment and reintegration to civilian life following military service.*
- Commitment to respect other participants, to be safe and be an active participant.
- Self-travel to St Georges, Rainbow Bay, by 4pm, Saturday 21 August 2021.
- BYO named water bottle and named travel coffee cup to refill.
- Provide Rowena with a form of ID (military or DVA gold or white card), a prerequisite for staying at St Georges Defence Resort - established for veterans.
- Personal spending money, to include snacks, drinks and the occasional meal.
- Personal clothes – refer to recommended packing list below.
- Personal medications and / prescriptions.
- Setup a Whatsapp Account and send Rowena your whatsapp number.

Recommended packing list.

- Day bag with name on it.
- Casual clothes for 8 days.
- Warm casual clothes for morning and evening (lows around 8 degrees).
- Tracksuit and active wear for duration of trip (walking and exercise at 6:30am in the morning as well as 2 yoga sessions).
- Named travel or personal coffee cup (for health reasons & the environment).
- Named drink bottle for water (for health reasons & the environment).
- Swimming attire and beach towel.
- Personal toiletries and wash kit, hand sanitiser.
- Personal medications including your usual requirements plus prescriptions.
- Good walking shoes for day & sandals/thongs/Uggs for wearing at the end of the day.
- Farm / outdoor clothes for farm visit.
- Lightweight rain jacket / umbrella.
- Sunscreen.
- Personal mobile phone and charger.
- Notebook and pen for sessions, journaling, and notes.
- Bring your own TA nametag, or another nametag, and a TA shirt and hat (if you have). If you don't, we will provide.

More information, including past programs, testimonies, videos and media are available here:

<https://www.timorawakening.com/participants>