

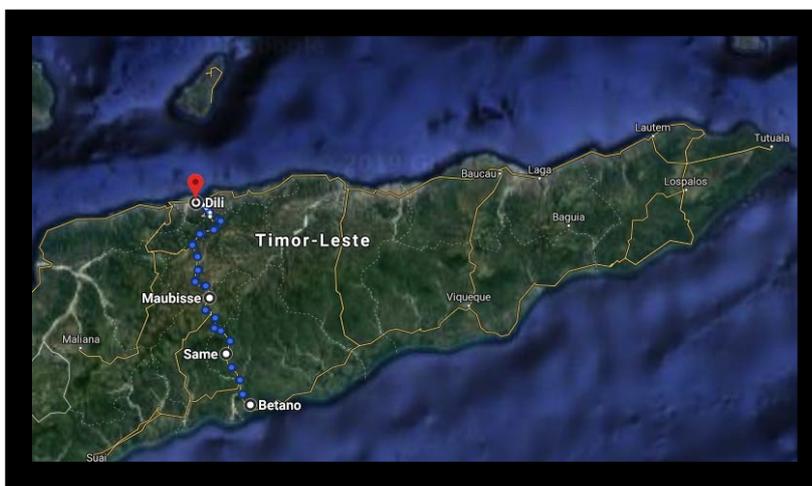


Participant Information Pack

Timor Awakening 12 (TA12)

Sat 22 February to Wed 4 March 2020

Prepared by Michael Stone, 20 Dec 2020



This information pack has been developed for all participants of Timor Awakening. Congratulations on being selected, the program is a unique experience that has an established track record of inspiring healing and growth. Please read page 2 to 6 thoroughly as there are specific details and instructions for your planning and preparation.

*If you have questions, please contact Rowena at support@veteranscare.com.au
More pictures, videos, information and wellbeing resources can be found at www.timorawakening.com*

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Key Activities on Timor Awakening

- Self-awareness exercises.
- Physical exercise: light group walks, stretching, breathing and time for personal exercise.
- Volunteer work: basic handyman labour, gardening, painting, teaching and playing with children.
- Goal setting.
- Group discussion and peer to peer activities.
- Introduction to mindfulness.
- Introduction to neuro linguistic programming.
- Community engagement with schools, Timorese veterans, NGOs, Timorese leaders, museums.
- Visits to Australian & Timorese historic locations. Commemoration of TL Veterans Day.

Topics for Discussion

- Dealing with anxiety, depression or post-traumatic stress.
- Addiction and relapse prevention.
- Forgiveness.
- Nutrition.
- Resources for veterans and families at home.
- Communication.
- Sleep health.
- Growth mindset and goalsetting.
- Living with purpose and identity (and helping others).



Provided on Timor Awakening

- Return flights from Darwin to Dili: booked and paid as detailed below.
- Accommodation for 10 nights in Timor-Leste: Darwin accommodation is not funded.
- All transport within Timor-Leste: mini-bus and 4WD.
- Most meals in Timor-Leste (around 6 meals are personal responsibility)
- All cultural and historical activities
- Comprehensive travel and medical insurance (from when you leave your home location).
- Detailed program of holistic health and life education
- Camaraderie, pastoral support and coaching

Participant Responsibilities

1. Book and pay for flights to/from Darwin from your home location (see flight information page 3).
2. All meals, accommodation and water in Darwin organised and paid for by participants.
3. Fill in the Health/NOK form enclosed and return to VCA.
4. Consult your GP with the Medical Clearance Form filled and returned to VCA.
5. Send copy of your main passport page to VCA (passport must have 6 months validity at time of travel).
6. Vaccinations and personal medications as recommended by your Doctor.
7. Personal spending money for meals, drinks, snacks, gifts, donations. US\$300-\$500 is recommended.
8. Personal clothes – a recommended packing list is below.
9. Commitment to respect the culture & values of the Timorese people and other participants.
10. Commitment to respect other participants & local culture, to be safe and be an active participant.

Recommended Packing List

- Travel Bag plus day bag. We are travelling by vehicle so you can bring a backpack, duffle bag, or suitcase. There is no more than 1 flight of stairs at accommodation.
- Lightweight long pants and long sleeve shirt/t-shirt for wearing at night.
- Socks x 4 - 5 pairs.
- Underwear - enough for the duration of the trip.
- Lightweight rain jacket / portable umbrella.
- 2 pairs trekking shorts / long pants and swimming attire.
- Quantity of lightweight shirts for day (long sleeve for sun and mosquito protection).
- Medals or miniatures, beret or hat, to wear at TL Veterans day commemoration. (as desired)
- Personal toiletries and wash kit.
- Good walking shoes for day & sandals/thongs for wearing at the end of the day.
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc).
- Personal medicines including your usual requirements plus gastro treatment (e.g. Imodium), mild pain killers (e.g. paracetamol / ibuprofen), throat lozenges and as recommended by your doctor.
- Mosquito repellent and sunscreen.
- Laundry soap/powder (you will need to wash your own clothes).
- A mobile phone that you can insert Timor sim card and use for wifi in hotels.
- European power adapter – see picture.



Flights and Accommodation to/in Darwin

Each participant is responsible for booking their own flights from their home location to Darwin, and return. For the evening of Saturday 22nd February, we recommend booking accommodation at either Mercure or Novotel Hotels, which are directly opposite each other, at Darwin airport. Both have free minibus to/from airport or you can walk. The VCA staff will be staying at Novotel and our initial meet and greets will be in the same location.

Please send Rowena an email informing your flight and accommodation details once they have been booked, so we can start planning times for initial interviews with your pastoral carers. Initial interviews will take place in Darwin prior to departure to Timor.

Meet and Greet, 5.00pm Saturday 22 February 2020 - Novotel. An informal meet and greet drinks and dinner will be at the poolside bar/restaurant at the Novotel Darwin Airport Hotel. This meal is individual responsibility (split bill). TA shirts, hats, nametags and journals will be handed out.

Opening TA briefing, 10.00am – 12.30pm, Sunday 23 February 2020. Held in the Marrara room at the Novotel Darwin Airport Hotel. The room is 30m past reception. From there we will proceed to check-in at the airport.

Flight Details - Darwin to Dili (Funded and Coordinated by VCA)

Depart Darwin, Australia:	Sunday 23 February 2020, 3:30 PM, TL518, Airnorth	(1 x checked bag 20kg)
Arrive Dili, Timor-Leste:	Sunday 23 February 2020, 4:20 PM	(approx. 1hr 10m flight)

Flight Details -Dili to Darwin (Funded and Coordinated by VCA)

Depart Dili, Timor-Leste:	Wednesday 4 March 2020, 11:15AM, TL515 Airnorth	(1 x checked bag 20kg)
Arrive Darwin, Australia:	Wednesday 4 March 2020, 1:05 PM	(approx. 1hr 10m flight)

General Travel Advice

Passport. Your passport needs to be in good condition and have 6 months validity in it.

Visa. You do not need a Visa for Timor-Leste. The Timorese Government waves Tourist Visa fees for participants of Timor Awakening as guests of the State.

Weather/Dress: In general, the weather is warm and humid and likely to rain. Recommended attire for daytime is light long pants, shoes and TA polo shirt/light long sleeve shirt (protection from sun and mozzies). Please wear long pants and the TA polo shirt for the flight into Dili as we will be welcomed through the VIP terminal where long pants must be worn as a matter of protocol.

Money in Timor-Leste (USD). The only currency accepted in Timor-Leste is US Dollars. There are ATMs throughout Dili, including at our Dili hotel. We recommend you change enough money for drinks, gifts, tips/donations and a few meals. USD\$300 to \$500 is standard. There are many places we visit producing local products that you can buy for your friends and family and support local industry.

Language. Tetun and Portuguese are the official national languages of Timor-Leste. Bahasa Indonesia and English are working languages. There are 33 Dialects used throughout the Districts. Most people speak in Tetun, mixing in Indonesian and Portuguese. A lot more Timorese now speak English. Speaking Bahasa Indonesia is well received and bears no negativity.

Mobile Phones. We encourage you to bring your personal mobile to Timor to buy a local SIM card, for local and international calls. It is a safety precaution for all in the group to have a functional phone and a contact list of all staff and participants. We will organise sim cards on Monday in Dili.

Internet. For regular internet access we recommend you get a local sim card with data package (\$1 sim, US\$10 for calls and 2.4GB data). Timor Plaza hotel has free WiFi. We will also be carrying remote internet wifi that can be used, whenever other WiFi isn't available.

Drinking Water. You should not drink local water. We will have a stock of water bottles for you in most places. Bottled water is available everywhere and cheap (50c for 1.5L in most shops and stalls).

Access to Medical Facilities. There are modern medical facilities in Dili with a wide range of capabilities. Medical support in the Districts is limited. We have qualified medical support on TA & connection with Dili facilities, with capacity to medivac to Australia if required.

Safety. As most places around the equator, our greatest risks are driving, gastro (stomach illness) and mosquito bites. We will be travelling with an entourage of highly respected Timorese Veterans and hosted by local communities as special guests.

Electricity. Most electrical plugs are the same as Indonesia, European plugs with two rounded bars. Portable battery packs are advised to recharge phones on the move.

Shopping. For the first and last couple of nights we are staying in the best hotel in Dili, located on the top floor of Timor Plaza. See <http://www.timorplaza.com/> for the range of shops you will have downstairs to buy anything you forget (there is even Gloria Jeans and Burger King).

Travel Information About Timor-Leste. Included below are some pictures, info and links to provide insight into the history of Timor-Leste. TripAdvisor (on the following link) is a good starting point to explore some of the main attractions, especially in Dili, many of which we will be visiting. https://www.tripadvisor.com.au/Tourism-g295117-East_Timor-Vacations.html As one of our legacies and contributions to Timor-Leste, we can each contribute testimonies of the places we visit on Trip Advisor, google, Lonely Planet etc.

Timor Awakening Website and Youtube. If you have a friend or relative you think would also benefit from this program in future, please go ahead and refer them to our website. From the website they can download the most up to date EOI form - www.timorawakening.com

The following Youtube videos will provide insight into what can be expected during Timor Awakening:

https://www.youtube.com/watch?v=ZnGj3_NGyHs

<https://www.youtube.com/watch?v=MmVmoiRAXpw>

<https://www.youtube.com/watch?v=Ndyyzl5ZlBs>

Daily Program

An overview of the first three days can be seen below. A detailed program will be provided in Darwin if not sooner.



TIMOR AWAKENING 12 (TA12)



Sat 22 Feb to Wed 4 Mar 2020



D MINUS 1 – SATURDAY 22 FEBRUARY 2020 (DWN)

Ser.	Time	Activity	Remarks
1	1:30 PM	VCA Team arrive Darwin Airport Mick, Michael, Arthur, Rowena, Ben	VA449
2	2-5 PM	One on One Appointments at Darwin Novotel Airport Hotel – One of Pastoral Care Team will contact each participant to make an initial 30 min appointment	Michael, Arthur, Ben, Rowena POC: Michael Albrecht Mob:
3	5 PM	Relaxed meet and greet at Novotel Airport Hotel Poolside *TA Shirts, hats, Journals handed out	Loong Fong Chinese Restaurant (Food and drinks own expense)
4	6:30 PM	Group dinner at Novotel Airport Hotel Loong Fong Chinese Restaurant	Dinner at own expense Please pay individually

Notes.

- Meals and accommodation in Darwin are at own expense. Recommend Novotel or ~~Mesure~~ airport hotels.
- Rowena to hand out TA hats and shirts at 1700.
- Pastoral Care team to call individuals prior to TA to introduce themselves, answer any questions and line up interview in Darwin.

Contact Details of Pastoral Care Team for 1 on 1 Interviews

Arthur -	0448 984 444,	arthurkim@bigpond.com
Rowena -	0410 543 177,	rowena@veteranscare.com.au
Ben -	0402 341 645,	benharlow21@hotmail.com
Michael Albrecht:	0434 702 683,	michael.albrecht@veteranscare.com.au

BE ACTIVE, BE SAFE, BE RESPECTFUL

DAY TO DAY PROGRAM

DAY 1, SUNDAY, 23 FEB:	DARWIN - DILI
DAY 2, MONDAY, 24 FEB:	DILI
DAY 3, TUESDAY, 25 FEB:	DILI
DAY 4, WEDNESDAY, 26 FEB:	DILI - MAUBISSE - SAME
DAY 5, THURSDAY, 27 FEB:	SAME
DAY 6, FRIDAY, 28 FEB:	SAME
DAY 7, SATURDAY, 29 FEB:	SAME
DAY 8, SUNDAY, 1 MAR:	SAME - DILI
DAY 9, MONDAY, 2 MAR:	DILI
DAY 10, TUESDAY, 3 MAR:	DILI
DAY 11, WEDNESDAY, 4 MAR:	DILI - DARWIN



DAY 1 – SUNDAY 23 FEBRUARY 2020 (DWN/DILI)

Ser.	Time	Activity	Remarks
1	10 AM – 12.30 AM	Program Briefing – For all participants Marrara Room – Novotel Airport Hotel Video - Timor Awakening Documentary Admin, Holistic Health Intro, Expectations, Medical	Lead: Mick Loc – Novotel Airport Hotel
2	1:30 PM	Group RV and Check In - Take bags to Café at far left of Terminal 'Stokes Corner Store' (near the Aloroto check in)	Darwin Airport – Downstairs Bags can be left next to Café until check in is ready.
3	2:45 PM	Proceed to clear Immigration / grab food upstairs for late lunch	Aloroto Check-in Counters
4	3:00 PM	All participants clear of Customs *3:30 PM - Depart Darwin	Terminal 5 (upstairs)
5	4:20 PM	Arrive Nicolau Lobato Airport	Comoro, Dili
6	4:30 - 5:00 PM	Welcome by Timorese Veteran Community	VIP Terminal, Nicolau Lobato Airport Dili
7	5:00 PM	Shuttle Bus to Timor-Plaza	Timor Plaza to provide
8	5:15 PM	Check-In – Timor Plaza Hotel Reception	Level 5
9	5:30 – 6:00 PM	Freshen up – move to Orchard room	
10	6:00 PM	Welcome Brief Ice breaker, introductions, expectations.	Orchard Room Next to Panorama Restaurant
11	6:45 PM	Reflection 2 nd world problems/1 goal for Timor Awakening	Orchard Room Set up in square with 37 chairs
12	7:30 PM	Opening Dinner – Hotel TP Outside Balcony BBQ Buffett	Timor Plaza: Sky Bar

Admin Notes.

- *Please wear long pants (men) and polo shirt on flight (protocol for Timor arrival VIP terminal). ALL
- *Kits4Kids school equipment to be prepositioned in Orchard Room. Michael A

DAY 2 – MONDAY 24 FEBRUARY 2020 (DILI)

Ser.	Time	Activity	Remarks
1	6:30 AM	Morning walk to oceanfront / Breakfast	*Hotel Gym opens at 5.30am Hotel Timor Plaza Buffet.
2	8:15 – 9:15 AM	Morning session – Timor Plaza Orchard Room Level 5 Video – A Hero's Journey (30 min)/Warm Up/Brief	Orchard Room
3	9:20 AM	Discussion and Program Brief	Orchard Room
4	9:45 AM	Depart Timor Plaza – Hotel Timor Plaza Car Park (outside Gloria Jeans / Hotel entrance)	2 x Mini Bus, DCP Mini Bus
5	10:30 AM	Visit Santa Cruz Cemetery	
6	11:00 AM	Visit Chega – Komadia Prison Balide	
7	12:00 – 1:15 PM	Lunch at ETDA	
8	1:30 – 3:30 PM	Group activity - pack school kits in Orchard Room Gary lead / Col and Bill assist (Dili Rotoractors assisting)	Hotel Timor Plaza Orchard Room
9	2:30 PM	Set up phones with local sim cards – gogo Timor Plaza Ben and Rowena (rotate groups from work party)	
10	5 PM	Circle Time	Orchard Room What is something I hope to get out of TA? / reflection
11	5:30 PM	Briefing	
12	6:30 PM	Dinner – Hotel Timor Plaza	Details tbc
13	8:00 PM	Rest	

Admin Notes.

- Transport – TL Government to provide mini buses (4 x mini bus – 37 passengers)
- Organise phones/phone list. Ben and Rowena (all participants to have a phone)
- Organise Kits4Kids. Michael and Arthur



Interaction with the Timorese Community

Timorese Veterans and F-FDTL (Timorese Defence Force). *Timor Awakening* nurtures the bond between Australian and Timorese Veterans. This relationship is nourishing and healing to both Australian and Timorese veterans. Activities include:

- Timorese Resistance Veterans welcome us at the Dili airport.
- 10 x Timorese Resistance Veterans (from around the country) accompany us for the entire tour.
- On occasion Timorese Veterans share accounts of their experiences and show us places of historical interest from their Independence struggle. The opportunity exists to share many meals, make friends and have personal conversations (numerous linguists in the group can help translate).
- Traditional welcomes are prepared in select rural communities each Timor Awakening.
- Friendly soccer game with Timorese soldiers and veterans at Balibo.
- A ceremony of remembrance will be held at Balibo Fort.

NGO's & Volunteer Projects. We will visit NGOs and volunteers throughout TL to learn from their insights and projects, as well as to identify potential ways that you may be able to support in the future (as volunteers back in TL or for projects to raise money for). We have lunch at the East Timor Development Agency (ETDA), a skills based independent trg institution, which has received significant support from Australian veterans. We will eat lunch in their training restaurant and enjoy their performances and hospitality.

Cultural experience. Timor Awakening includes daily immersion with Timorese culture and experiencing a wide range of planned and unplanned activities in the cities and in the far reaches of the country. The warm, hospitable and forgiving nature of the Timorese, a culture rich in values and resilience, will serve to inspire us in our own lives and stimulate a call to action in the service of others as a means of rehabilitation. On our tour you will see a huge range of landscapes and diverse communities.

Historical Highlights of Timor Awakening

- Learn of the amazing survival story of Sparrow Force, a cooperation between Australian Commandos and Timorese 'Criados', the only unit in WW2 to be overrun and never captured by the Japanese.
- Visit Betano beach, landing beach of 2/4 Independent Coy in WW2 and withdrawal beach of Sparrow Force.
- Hear historic accounts of the 1975 Indonesian invasion of Timor, visiting historical sites in Dili and the districts, including the Maubisse and Same Fort.
- Learn of the 24 year Timorese resistance struggle lead by FALINTIL, meeting former armed members of the resistance, visiting many sites of battles, hide outs and atrocities; and learn how they employed guerrilla tactics to defy unthinkable odds. Learn from these veterans how they endured and transitioned to life after protracted warfare and extreme trauma, how they reconciled with their enemies and themselves.
- Meet members of the youth movement who rallied publicly in Timor and throughout Indonesia. Visit the sacred site of the 1991 Dili Massacre, the 'Santa Cruz' cemetery, and learn of the trigger that led to the historic UN endorsed 1999 referendum.
- Visit the key sites of Australian military involvement from the time of INTERFET through to present day. Hear of key historical engagements in location from veterans of these operations.

Reading List

Below is a selection of books that are great reading to provide interesting background in the history of Australian and Timorese History.

Crossing the Line, McGrath, K (2017), Black Inc Books. **Abstract:** For fifty years, Australia has schemed to deny East Timor billions of dollars of oil and gas wealth. With explosive new research and access to never-before-seen documents, Kim McGrath tells the story of Australia's secret agenda in the Timor Sea, exposing the ruthlessness of successive governments. [Booktopia order link](#)

Criado: a story of East Timor, White, K (2002), Indra Publishing. **Abstract:** This story encapsulates the strong bond forged between Australian soldiers and many East Timorese in WW2. Its central theme is the search by two former commandos, in 1975, for the youngsters who were their constant companions and helpers during the war against Japan. [Bookapedia.com.au](#)

East Timor: rough passage to independence, Dunn, J (2003), Longueville Books. **Abstract:** *From the days of the colonial Portuguese rule, through the tumultuous years of the Indonesian invasion, to the present day, this book portrays the complete failure of the international community to deal with the East Timor situation.*

The men who came out of the ground: a gripping account of Australia's first commando campaign, Timor 1942, Cleary, P (2010), Hachette Australia. **Abstract:** By February 1942, the Japanese had invaded the Dutch East Indies as part of their push south. All that stood in the way of their moving significant resources to take part in the main fighting in Papua New Guinea was a force of 700 Australian commandos and a few hundred Dutch soldiers.

Duntroon to Dili: mayhem and miracles, traumatic stress and trust in God, Stone, G (2014), Barrallier Books. **Abstract:** A compelling story of a man who has committed his life to the service of others. Book chronicles Gary's service as a Chaplain with multiple deployments to Timor-Leste and his work as an active leader in a wide range of communities, an outspoken advocate for peace, justice and morality. [Amazon order link](#)

Timor-Leste, Lonely Planet (2011). This guide gives the low-down on East Timor's compelling history, unique culture and language, and covers must-see attractions. Lonely Planet also has a great phrasebook and dictionary. You can purchase both books at [Bookapedia.com.au](#)

Mission accomplished, East Timor: the Australian Defence Force participation in the International Forces East Timor (INTERFET), Breen, B (2001), Allen & Unwin.



Language Preparation

Tetun. Learning a few lines of the Timorese language, Tetun, will enhance your experience and bring huge smiles from our Timorese friends. Here are a few lines and words to get started. I will give a few tips when we arrive to make this easier and happy to be a personal language tutor to all of you.

Useful Phrases

Bon Dia	Good morning
Botarde	Good afternoon
Di'ak ka lae?	How are you? (literally "good or not?")
Hau diak. Obrigadu/a. Ita mos di'ak?	I'm fine, thanks. And you?
Ita nia naran saida?	What is your name?
Ha'u nia naran (your name)	My name is (you name)
Ita mai husi ne'ebe?	Where are you from?
Ha'u husi ...	I'm from ...
Hau mai husi ...	I came from ...
Ita bele ko'alia Inglês?	Do you speak English?
Sim, ituan	Yes, a little
Deskulpa	Sorry
Ha'u la hatene ko'alia Tetun	I can't speak Tetun
Ha'u komprende	I understand
Ha'u la komprende / Hau la hatene	I do not understand
(...) iha tetun dehan saida?	How do you say (...) in Tetun?
Favor ida koaliala neneik ituan	Please speak more slowly
Favor ida bele dehan fali	Please say that again
Hau mak Veteranus	I am a veteran
Uluk hau servisu iha INTERFET	Before I worked in INTERFET
Ita iha Oan nain hira?	How many children do you have?
Hau iha oan nain tolu	I have three children
Kleur ona la hetan ita	Long time no see

There are some great resources (written and audio) you can find here:

https://www.livelingua.com/course/peace-corps/Tetun_Language_Lessons

The main introductions can be heard below in this video/audio file to give you an understanding of the accent. All other chapters can be found at link above.

<https://www.livelingua.com/peace-corps/Tetun/videos/Tetun%201.mp4>

THANK YOU!

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