



TIMOR AWAKENING 23

**SATURDAY 22 APRIL TO
WEDNESDAY 3 MAY 2023**



OFFICIAL PROGRAM

Timor Awakening (TA) is an immersive peer to peer wellbeing program for veterans; composing holistic health education, group therapy, mentoring, counselling, physical activity, historical commemoration and community development.

The program is centered around an immersion in Timor-Leste, an opportunity for participants to take pause, learn about themselves and seize responsibility for a positive direction forward in life.

TA23 is a special inaugural program bringing together Australian and New Zealand veterans, to include celebrating ANZAC Day in Dili.

TA embodies the relationship between Aussie & Kiwi soldiers and the people of Timor-Leste forged in WW2 and Peacekeeping operations, promoting honourable values, shared identity & unified purpose.

Timor-Leste veterans provide inspiration, practical tools and lessons in overcoming trauma and re-establishing purposeful lives. With 24 years of war and oppression these individuals are leaders in resilience, courage and discipline. It is profound that their choice to forgive their enemies has set them free to continue serving their people.

There are benefits for veterans returning to a former conflict zone, to experience places through a new perspective and remove the images of anxiety that may be trapped within their minds. The community engagement and development aspect of Timor Awakening provide veterans a sense of esteem, pride, community, hope and purpose.

Prepared by Michael Stone, correct as at 22 Mar 2023



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D MINUS 1 – SATURDAY 22 APRIL 2023 (DARWIN)

Ser.	Time	Activity	Remarks
1	1:30 PM	VCA Team arrive Darwin Airport	
2	3-5 PM	One on One Appointments at Darwin Novotel Airport Hotel	Peer Mentors
3	5 PM	Relaxed meet and greet at Novotel Airport Hotel Poolside	
4	6:30 PM	Group dinner at Novotel Airport Hotel	<i>Dinner at own expense Please pay individually</i>

Notes.

- Meals and accommodation in Darwin are at own expense. Recommend Novotel or Mecure airport hotels.
- Pastoral Care team to call individuals prior to TA to introduce themselves, answer any questions and line up interview in Darwin.

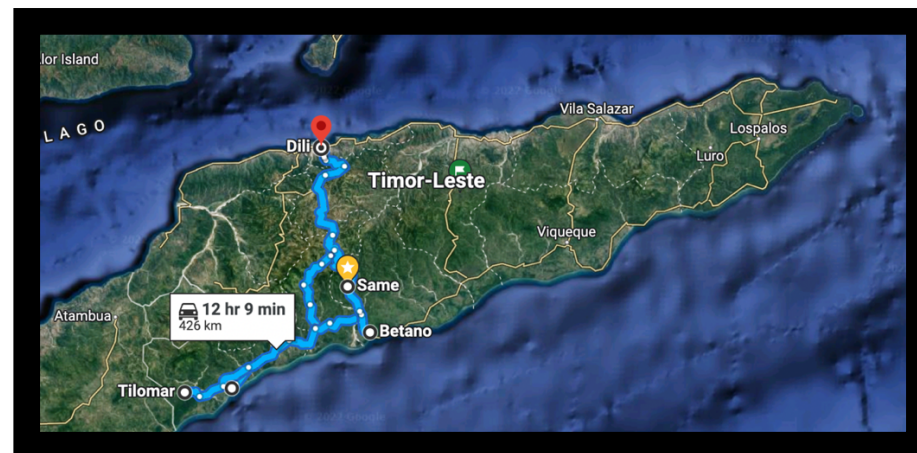
TA Support Team

Rowena, Participant and Family Liaison, 0410 543 177, rowena@veteranscare.com.au (Primary POC)
Mick Stone, Program Director, michael@veteranscare.com.au
Mick Lay, Program Manager, michael.j.lay@hotmail.com
Gary, Pastoral Care Coord / Padre, gary@veteranscare.com.au
Pete Parton, Peer Mentor
Jason Tane. Peer Mentor
Nathan Allen, Peer Mentor
Darryl Ryan, Peer Mentor
Matt Pepper. Medic

BE ACTIVE, BE SAFE, BE RESPECTFUL

DAY TO DAY PROGRAM

DAY 1, SUNDAY, 23 APR: DARWIN - DILI
DAY 2, MONDAY, 24 APR: DILI
DAY 3, TUESDAY, 25 APR: DILI – SAME (Anzac Day Dili, Dare, Maubisse, Same)
DAY 4, WEDNESDAY, 26 APR: SAME (Same Villa Tour, Veterans School Daisua)
DAY 5, THURSDAY, 27 APR: SAME - SUAI
DAY 6, FRIDAY, 28 APR: SUAI
DAY 7, SATURDAY, 29 APR: SUAI – AINARO - HATO BUILICO
DAY 8, SUNDAY, 30 APR: HATO BUILICO – DILI (Dawn walk Mount Ramelau)
DAY 9, MONDAY, 1 MAY: DILI
DAY 10, TUESDAY, 2 MAY: DILI (Decompression rest day)
DAY 11, WEDNESDAY, 3 MAY: DILI - DARWIN



Veterans Care Association Inc.

Holistic Care of Body Mind & Soul for Veterans, Families & Carers
Reg. Charity No: CH2629 | ABN: 97 213 464 172



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DAY 1 – SUNDAY 23 APRIL 2023 (DARWIN/DILI)

Ser.	Time	Activity	Remarks
1	9 AM – 11.30 AM	Program Briefing – For all participants Video – RC Testimony / Hero's Journey (half) Admin, Holistic Health Intro, Expectations, Medical	Loc: Conference Room – Novotel Airport Hotel
2	12:15 PM	Group RV and Check In - Take bags to far left of Terminal near the Airnorth check in	Once group has checked in go upstairs for lunch & boarding
3	1.00 PM	Proceed to clear Immigration	
4	1:30 PM	Depart Darwin - Qantas	Terminal 5 (upstairs)
5	2.25 PM	Arrive Nicolau Lobato Airport	Comoro, Dili
6	2.30 - 3:00 PM	Welcome by Timorese Veterans / Process Immigration paperwork	VIP Terminal, Nicolau Lobato Airport, Dili
7	3:15 PM	Shuttle Bus to Timor-Plaza	Timor Plaza to provide
8	3:30 PM	Check-In – Timor Plaza Hotel Reception	Level 5
9	4:30 PM	Circle Time - Introductions	Orchard Room
10	5:15 PM	Shuttle to Central, Pante Kelapa	
11	5:30 PM	Welcome Dinner and Drinks Australian Defence Attache and DCP	Rooftop Central

DAY 2 – MONDAY 24 APRIL 2023 (DILI)

Ser.	Time	Activity	Remarks
1	8.00 AM	Morning session – Timor Plaza Orchard Room Level 5	
2	8:45 AM	Depart Timor Plaza – Hotel Timor Plaza Car Park (outside Gloria Jeans / Hotel entrance)	Orchard Room
3	9 AM	Visit Sparrow Force House History Briefing / Walking Tour	
4	12:30 AM	Lunch – New Zealand Embassy	Alt: Best Satay
5	2:30 PM	Visit to Komarka Prison / Chega	
6	3.30 PM	Visit to Santa Cruz Cemetery	
7	4.30 PM	Return to Timor Plaza	
8	5 PM	Wash and prepare for dinner	
9	5:30 PM	Circle Time – Sky Bar	
10	6:30 PM	Dinner – Team Dinners	Early rest

Admin Notes.

*Long pants (men) and polo shirt required on flight (protocol for Timor arrival VIP terminal).



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DAY 3 – TUESDAY 25 APRIL 2023 (DILI – ANZAC DAY)

Ser.	Time	Activity	Remarks
1	5:00am	Depart Timor Plaza	Pending timings
2	5:30 – 8 AM	ANZAC Day Dawn Service Cristo Rei	Breakfast in location
3	9.00 AM	Timor Plaza wash and check out	Move bags to Orchard Room
4	10 AM	Morning Brief Orchard Room	Kriado Video, Introduce Drivers
5	11AM	Depart Timor Plaza	
6	11:30 AM	Lunch / Visit Dare Memorial Cafe	
7	12:30 PM	Depart Dare	
8	2:00 PM	Rest break Maubisse Market	Toilet stop at junction
9	2:20 PM	Depart Maubisse Market	
10	3:00 PM	Stop at Datina – XG Hideout	
11	4:30 PM	Arrive Hotel Uma Liurai	Check in and relax / swim
12	6:00 PM	Circle Time	
13	6:30 PM	Dinner	Hotel Uma Liurai

DAY 4 – WEDNESDAY 26 APRIL 2023 (DILI TO SAME)

Ser.	Time	Activity	Remarks
1	7:00 – 8:00 AM	Wash and Breakfast	
2	8:00 AM	Morning Session	
3	9:00 AM	Same Tour Administrator Manufahi Office, Same Postu. WW2 Church, SOLs / Hindu Temple, Monaco Maternity Clinic.	
4	12:30 PM	Lunch - Same Villa	
5	2:00 PM	Visit IBTL and SOLs Tour of school	
6	5:00 PM	Return to Hotel Uma Liurai	
7	6:30 PM	Circle Time	
8	7:00 PM	Dinner Watch A Heros Journey Video	Hotel Uma-Liurai

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DAY 5 – THURSDAY 27 APRIL 2023 (SAME - SUAI)

	Time	Activity	Remarks
1	6:30 AM	Morning Village Walk	
2	7:15– 8:00AM	Wash and Breakfast	Pack Vehicles / Leave Keys
3	8:30 AM	Morning Session	
4	9:30 AM	Depart Same	
5	10:00 AM	Visit Institute Polytechnic Betano	Optional Visit Beach
6	11:30	Light lunch Betqno	
7	2.30 PM	Depart Betano	
8	2 PM	Rest stop Zumalai	Pick up Mick Jeffries
9	3:00 PM	Arrive Suai Hotels – Check in	
10	3:30 PM	General driving tour of Suai Township	
11	5:30 PM	Circle Time	
12	6:30 PM	Dinner at Same Villa Restaurant	

DAY 6 – FRIDAY 28 APRIL 2022 (SUAI)

	Time	Activity	Remarks
1	6:30 AM	Morning Village Walk	
2	7:15 - 8:00AM	Wash and Breakfast	
3	8:30 AM	Morning session – Dining room	
4	9:30 AM	Depart Suai	
5	10:30 AM	Visit to Tilomar / Memorials.	Note: Coord F-FDTL, TL Veterans
6	13:00 PM	Lunch	Bread, bananas, snacks to be taken from Suai.
7	13:30 PM	Visit NZBatt / PKF Areas, In the field and Suai township.	
8	6:00 PM	Circle time – Golden Dragon Hotel	
12	7:00 PM	Dinner	Golden Dragon (tbc)

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DAY 7 – SATURDAY 29 APRIL 2023 (SUAI - HATOBUILICO)

Ser.	Time	Activity	Remarks
1	7:30 AM	Breakfast	
2	8:00 AM	Check out	
3	8:30 AM	Morning circle time	
4	10:00AM	Depart Suai	
5	10:30AM	Rest stop Zumulai	
6	12.00 PM	Lunch Ainaro	
7	1:30 PM	Walking tour Ainaro Village	
8	2.30 PM	Depart Ainaro	
9	3.30 PM	Arrive Hatobuilico	
10	5:30 PM	Circle time	
11	6.00 PM	Dinner (Guest House tbd)	

DAY 8 – SUNDAY 30 APRIL 2023 (HATOBUILICO - DILI)

Ser.	Time	Activity	Remarks
1	3:30 AM	Wake up	
2	4AM	Walk up Mt Ramelau	Check out and load cars
3	8.00AM	Breakfast	
4	10:00 AM	Depart Hatobuilico	
5	12.30 PM	Lunch in Dili Circle time with Sabeh staff	Sabeh
6	3:00 PM	Check in Timor Plaza	If not available earlier
7	3:00 PM – 5.30PM	Free time	
8	5.30 PM		
9	7.00 PM	Dinner – Free time (restaurants in TP)	

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DAY 9 – MONDAY 01 MAY 2023 (SAME)

Ser.	Time	Activity	Remarks
1	6.30 - 7:30 AM	Morning Walk to Beachfront	
2	7:30 – 8:30 AM	Breakfast	
3	9:00 AM	Morning Briefing	Orchard Room
4	10:00 AM	Drive to Mehi Coffee Shop	Coffee and Ice-cream
5	11:00 AM	<i>Visit Pro-Ema Training School and Sunset Inn.</i>	
6	12.30 – 2 PM	Lunch	Pro-Ema Restaurant
7	3 – 5 PM	1 on 1 final Interviews	Hotel Timor Plaza
8	6:00 PM	Circle Time	Sky Bar
9	7:00 PM	Dinner	TBC

DAY 10 – TUESDAY 02 MAY 2023 (SAME TO DILI)

Ser.	Time	Activity	Remarks
1	6.30 - 7:30 AM	Morning Health Activity	Self – Gym/Walk
2	7.30 – 8:30 AM	Breakfast	
3	9:00 AM	Morning Briefing	Orchard Room
4	10:00AM	Morning Activity - AHHA	TBD
5	12.30 – 2 PM	Lunch Best Satay	
6	3 – 5 PM	Free Time	
7	6:00 PM	Circle Time	Orchard Room
8	7:00 PM	Dinner	TBC

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DAY 11 – WEDNESDAY 03 MAY 2023

Ser.	Time	Activity	Remarks
1	6:45 AM	Check Out Hotel	Move all bags to lobby
2	7:00 AM	Depart Hotel for Airport	
3	8:35 AM	Airnorth Flight TL511 Departs Dili	
3	10:50 AM	Airnorth Flight TL511 Arrives Darwin	
4	11:15 AM	Participants clear customs and check in to onward flights	



END OF PROGRAM – Obrigado Timor-Leste



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