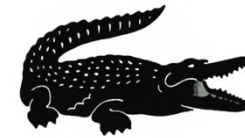




TIMOR AWAKENING 25

SATURDAY 16TH TO TUESDAY 26th SEPTEMBER 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.

TA embodies the relationship between Aussie 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.

Correct as at 9 September 2023



TIMOR AWAKENING 25 (TA25)



Sat 16 Sep to Wed 27 Sep 2023



D MINUS 1 – SATURDAY 16 SEPTEMBER 2023 (DARWIN)

Ser.	Time	Activity	Remarks
1	1:30 PM	VCA Team arrive Darwin Airport	
2	3-5 PM	One on One Initial Meet Novotel Airport Hotel, Darwin	Participants / Peer Mentors
3	5.30 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>

DAY TO DAY PROGRAM

DAY 1, SATURDAY 16 SEP: HOME CITY - DARWIN
 DAY 2, SUNDAY, 17 SEP: DARWIN - DILI
 DAY 3, MONDAY, 18 SEP: DILI
 DAY 4, TUESDAY, 19 SEP: DILI
 DAY 5, WEDNESDAY, 20 SEP: DILI (Interfet Soccer Tournament)
 DAY 6, THURSDAY, 21 SEP: DILI - BAUCAU
 DAY 7, FRIDAY, 22 SEP: BAUCAU
 DAY 8, SATURDAY, 23 SEP: BAUCAU - LOIHUNO
 DAY 9, SUNDAY, 24 SEP: LOIHUNO - BAUCAU
 DAY 10, MONDAY, 25 SEP: BAUCAU - DILI
 DAY 11, TUESDAY, 26 SEP: DILI – DARWIN (arriving 5:10pm)

TA Support Team

Australia

Rowena Langan, Participant and Family Liaison, 0410 543 177, rowena@veteranscare.com.au

Timor-Leste

Mick Stone, Program Director, michael@veteranscare.com.au

Mick Lay, Program Manager, michael.j.lay@hotmail.com

Roy Henry, Peer Mentor

Kelly-Marie Harding, Peer Mentor

Katie Kilpatrick, Peer Mentor

Luke Hilton, Peer Mentor

Mark Heriwini, Paramedic



BE ACTIVE, BE SAFE, BE RESPECTFUL



Veterans Care Association Inc.

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RSL
Queensland



TIMOR AWAKENING 25 (TA25)




Sat 16 Sep to Wed 27 Sep 2023



DAY 1 – SUNDAY 17 SEPTEMBER 2023 (DARWIN/DILI)

Ser.	Time	Activity	Remarks
1	9 AM – 11.30 AM	Program Briefing – For all participants Video – Short TA Documentaries Admin, Holistic Health Intro, Expectations, Medical	Loc: Conference Room – Novotel Airport Hotel
2	11:45 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	12:45 PM	Proceed to clear Immigration	
4	1:30 PM	Depart Darwin	Terminal 5 (upstairs)
5	2:25 PM	Arrive Nicolau Lobato Airport	Comoro, Dili
6	2:30 - 3 PM	Welcome by Timorese Veterans / Arrival admin	VIP Terminal, Nicolau Lobato Airport Dili
7	3:30 PM	Shuttle Bus to Timor-Plaza	Timor Plaza to provide
8	4:00 PM	Check-In – Timor Plaza Hotel Reception	
9	5:00 – 6:00 PM	Freshen up – move to Orchard room	
10	6:00 PM	Welcome Brief and Introductions	Sky Bar
11	6:30 PM	Reflection <i>1st world problems/1 goal for Timor Awakening</i>	Lead: Mick Stone
12	7:30 PM	Opening Dinner – Hotel TP Outside Balcony	Timor Plaza: Sky Bar

DAY 2 – MONDAY 18 SEPTEMBER 2023 (DILI)

Ser.	Time	Activity	Remarks
1	7:00 AM	Breakfast	
2	8.00 AM	Morning session – Timor Plaza Orchard Room Level 5	Big Talk – Mick Lay
3	9 AM	Depart Timor Plaza – Hotel Timor Plaza Car Park (outside Gloria Jeans / Hotel entrance)	Orchard Room
4	9.30 AM	Visit Sparrow Force House History Briefing / Walking Tour	 Major Guy Warnock
5	12:30 PM	Lunch – Boss Satay	Advance team pre-order
6	2PM	Timor-Plaza Conference Room A Hero’s Journey	
7	3.45PM	Circle Time – HTP Conference Room	Lead: Mick Lay
8	4.30PM	Team Tours of Timor Plaza / Rest	
9	6.00 PM	Team Dinners	

Admin Notes.

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





TIMOR AWAKENING 25 (TA25)



Sat 16 Sep to Wed 27 Sep 2023



DAY 3 – TUESDAY 19 SEPTEMBER 2023 (DILI)

Ser.	Time	Activity	Remarks
1	6:30 AM	Morning walk to oceanfront / Breakfast	Hotel Timor Plaza Buffet
2	8.30 AM	Morning session – Timor Plaza Conference Room Video - Max Stahl Interfet (55 min) Vic: HTP Meeting Room	Lead: Luke Hilton Topic: Gratitude
3	10:00 AM	Depart Timor Plaza – Hotel Timor Plaza Car Park (outside Gloria Jeans / Hotel entrance)	HTP Meeting Room
4	10:30 AM	Visit Komarka Prison / Chega	30 Mins
5	11.15 AM	Visit Santa Cruz Cemetery	30 Mins
6	12:00 AM	Tour and Lunch – Sunset Inn Restaurant, Pro Ema Bidau Lecidere	
7	2:30 PM	Visit to National Rehabilitation Centre	POC: Sr Alex
8	3:30 PM	Visit to SOLs Becora Tour and Activities	POC: Sr Carlos Circle time in loc
9	4.30 PM	Return to Timor Plaza	
10	5 PM	Wash and prepare for departure	5.15pm departure
11	5.30 - 7 PM	Welcome by HOM and Acting Australian Defence Attache Residence Defence Attache – Centro Penthouse	

DAY 4 – WEDNESDAY 20 SEPTEMBER 2023 (DILI)

Ser.	Time	Activity	Remarks
1	6:00 AM	Morning Walk / Gym	Self PT
2	7:00 – 8.00 AM	Breakfast	
3	8.30 AM	Morning Session Kriadu Video (17 min) Vic: HTP Meeting Room	Lead: Roy Henry Topic: Relationships
4	10.30 AM	Depart for visit CCLN Land	Meet up with CCLN Staff at HQ
5	11.00 AM	Visit CCLN Land Manleuana	
6	12:00 AM	Lunch – Presidential Palace School children lunch program Note: bring cam paint, school items, soccer balls.	
7	1.30 PM	Break to get changed into soccer gear	
8	2.30 PM	Depart for Futsal Tournament	
9	3.00 – 7.00 PM	Friendly INTERFET Anniversary futsal tournament Teams: Hari Hamutuk ADF soldiers , TA Anzac, TA Hamutuk, CCLN Vets, Int Advisors, F-FDTL	Timorese military HQ Includes Dinner TA to field two teams All friends invited to support from 3pm.
10	8:00 PM	Return to Timor Plaza	

Admin Notes.

- UHF Comms Prepped and Distributed – Luke Hilton.





TIMOR AWAKENING 25 (TA25)



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DAY 5 – THURSDAY 21 SEPTEMBER 2023 (DILI - BAUCAU)

DAY 5 – FRIDAY 22 SEPTEMBER 2023 (BAUCAU)

Ser.	Time	Activity	Remarks
1	7:00 AM	Breakfast	
2	8:00 AM	Check Out Bags to lobby (L side reception)	
3	8:30 AM	Morning Briefing (Inc Convoy Brief) Video – Max Stahl Tribute (14 min) Vic: Orchard Room	Lead: Mick Lay
4	9:30 AM	Depart Timor Plaza	
5	12:00 PM	Arrive Baucau – TL Veterans Office	
6	12:30 PM	Lunch – TL Veterans	Talas, Ai-Farina
7	1:30 PM	Walk around basic landmarks old Baucau, finishing at Veterans Clinic	
8	2:00 PM	Visit of Baucau Veterans Clinic TA Medical team meet with Clinicians, potentially commence support to clinic.	
9	3:30 PM	Check-In Baucau Pousada	
10	3:30 – 5PM	Free time	
11	5:30 PM	Circle Time	
12	7:00 PM	Dinner - Pousada	

	Time	Activity	Remarks
1	6:30 AM	Morning Village walk	
2	7:00 – 8:00AM	Wash and Breakfast	Pack Vehicles / Leave Keys
3	8:30 AM	Morning Session	Lead: Kelly Topic: Mindfulness
4	9:00 AM	Medical Team to Clinic Main Body – Baucau Beaches Recon	Medical Team with Baucau Veterans Clinic all day.
5	12:30 PM	Village lunch	
6	2:00 PM	Baucau Village Free Time	
7	4 PM	Baucau Pool Parade	
8	6:00 PM	Circle Time	Vic: TBD Lead: Kelly
9	7:00 PM	Dinner – Aurelia’s Restaurant	





TIMOR AWAKENING 25 (TA25)



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DAY 7 – SATURDAY 23 SEPTEMBER 2023 (BAUCAU - LOIHUNO)

Ser.	Time	Activity	Remarks
1	6:30 AM	Morning trip to Baucau beach	
2	8:00 AM	Breakfast	
3	9:00 AM	Morning Session <i>Video – Wasadiga (30 Minutes)</i>	Load cars in carpark and hand in keys to reception Lead: Mick Stone
4	10:30 AM	Depart Baucau	
5	11.30 PM	Lunch Venilale - Markets	Potential visit to school
6	13.00 – 1430 PM	Drive to Loihuno	
7	14:30 PM	Check in to Guest Houses in Loihuno	
8	15:00 PM	Walk up Wasadiga historic track Meet at Timor Village Hotels Wailakurini	Falintil Veteran Guides
9	18:00 PM	Circle Time – Wailakarini Dining Area	
10	19:00 PM	Dinner – Wailakarini Dining Area	

DAY 8 – SUNDAY 24 SEPTEMBER 2023 (LOIHUNO - BAUCAU)

Ser.	Time	Activity	Remarks
1	6:30 AM	Morning Walk – Labalao Historic Monument RV – Wailakurini Dining Area	
2	9:00 AM	Breakfast – Guesthouses	Wash and pack vehicles
3	10:30 AM	Morning session, include Wellbeing Plans	Lead: Katie Topic: Forgiveness
4	11:30 AM	Depart Loihuno	
5	12.30 PM	Lunch in Ossu or Venilale	Potential Waterfall trip
6	2.30 PM	Check in Palapa Guest House	
7	3.30 PM	Baucau Pool Afternoon - Rest	
8	6.00 PM	Circle Time, followed by dinner at Aurelias Restaurant	Circle time: Katie Briefing for Mon: Mick Lay





TIMOR AWAKENING 25 (TA25)



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DAY 9 – MONDAY 25 SEPTEMBER 2023 (BAUCAU - DILI)

Ser.	Time	Activity	Remarks
1	6.00 - 7:00 AM	Morning Walk / Sunrise	Self PT
2	7.30 – 8.30 AM	Breakfast and pack vehicles	
3	8.30 AM	Morning Briefing	Breakfast Area
4	9.30 AM	Drive to Dili	
5	12.30 PM	Arrive Timor Plaza Self-lunch Timor Plaza	
6	1.30-5 PM	1 on 1 final Interviews / Explore Dili	MannyTT veh's available for specific Dili missions (coffee, beach, visit old bases, Tais market, cream bath, massage)
7	5 PM	Depart for Dinner	
8	5:30 PM	Circle Time	Idyllic Restaurant
9	6:30 PM	Dinner – Idylic	Location below

Location Dinner: <https://goo.gl/maps/DYbjzh78p3Mm5uQ76>

POC: Maun Daniel

DAY 10 – TUESDAY 26 SEPTEMBER 2023 (DILI)

Ser.	Time	Activity	Remarks
1	6.30 - 7:30 AM	Self PT / Gym	
2	7.00 - 8:00 AM	Breakfast	
3	8.15 AM	Morning briefing – Transition	Conference Room
4	8:40 AM	Depart Timor Plaza	
5	9.00 AM	Visit to President José Ramos-Horta Presidential Palace	
6	10:15 AM	Return to Hotel Timor Plaza	Check out of rooms
7	11 AM – 1 PM	Free time to eat in TP and shop	<i>Last chance cream bath</i>
8	1.00 PM	Shuttle buses begin to airport	
9	3.15 PM	Qantas Flight to Darwin	
1-	5.10 PM	Arrival Darwin	

END OF PROGRAM – OBRIGADO TIMOR-LESTE





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