



GENERAL INSTRUCTION: TROJAN'S TREK 2020

Introduction

1. Trojan's Trek 2020 for male and female participants will be conducted in the vicinity of Moreton Island, Queensland from 22nd March to 27th March 2020. The trek will cater for up to 12 ex-service or serving personnel of each gender identified as individuals who will benefit from the experience.

2. The trek will be based at Comboyuro Camp Area Moreton Island which is 14 km North of Tangalooma Island Resort on the western side Moreton Island, south east Queensland. A significant part of the course will involve presentations on several wide-ranging subjects by skilled leaders. **All nights will be spent in the bush in relatively rough conditions** so please prepare accordingly.

Aim

3. The aim of Trojan's Trek is to provide a setting and conditions under which participants will experience a lasting positive shift in personal values and interpersonal relationships.

Objectives

4. The objectives of the trek are to develop in the participants through joint and individual challenge:

- an understanding of how thoughts and feelings influence behaviour,
- exposure to various strategies which will bring about positive change,
- suggested individual responses which are effective in achieving the aim, and
- enhance self esteem

General

5. The course will involve a group of up to 12 participants who will be taken on a journey, both literally and figuratively, to explore issues which affect their lives. Group dynamics will be utilised by activities at team and individual levels. It is anticipated that the calming effect of the remote environment and the peace experienced by being part of this landscape will positively affect awareness, perception and outcomes.

6. The area in which the trek will be conducted is out of mobile phone range and commercial radio signals are also weak. The nearest large town Redcliff which is 1 ½ hr Boat Ride away from the Comboyuro base camp. Participants are to ensure that enough personal items, such as soap, tobacco etc are carried in sufficient quantity to last the period.

7. The course delivery is the responsibility of the Director, Peter Keith, assisted by staff members.



Organisation

8. Peter Keith, Director has overall responsibility for the conduct of the trek. The trek will be based at the Comboyuro Point Camp but the participants and most of the staff will be living in the field. Staffing will be as follows:

Ser	Male Trek	Name	Remarks
1	Director	Peter Keith	
2	Trek Commander	Brett van der Heide	
3	Team Leader/Facilitator	Zen Spokes	
4	Facilitator	TBA	
5	Medic/Facilitator	TBA	
6	Mentor	TBA	
7	Mentor	TBA	
8	Mentor	TBA	
Female Trek			
9	Team Leader/Facilitator	Ramon Fenton	
10	Facilitator	TBA	
11	Medic/ Facilitator	TBA	
12	Mentor	TBA	
13	Mentor	TBA	
14	Mentor	TBA	
15	Mentor	TBA	
16	Mentor	TBA	
Support Staff			
17	Camp Commandant		
18	Chef		
19	First aider	TBA	
20	Admin Officer	Brett van der Heide	brett@trojanstrek.com 0427 198 259
21	Male POC	Brendan Barry	brendan@trojanstrek.com 0419 384 214
22	Female POC	Ramon Fenton	ramon@trojanstrek.com 0418 283 752

Selection

9. Participants must volunteer to attend. The website www.trojanstrek.com provides anecdotal and other reports which explain the trek's philosophy. The course is not physically demanding however a basic standard of fitness is required. Points of contact are listed at paragraph 25. Potential trekkers are encouraged to call or contact those listed for further information. Candidates are selected on the basis:

- that a clearance from their GP is completed
- they have volunteered to attend, and
- they have completed and submitted Annex A



Annex A is the **Personal and Medical Information Form** which is to be completed by participants and their respective doctors. **This form MUST be returned by 21st Feb 2020** to the POC. Participants should note this Annex includes other relevant information which is required during the trek. For example, it is vital that the details of next of kin and personal contact details are accurately recorded.

Movement and Deployment

10. Travel assistance to and from Brisbane is available for those who require it. Early contact with the POC is advised as soon as possible to confirm entitlement and funding availability.

Note. **Once teams have arrived at Moreton Island it will be difficult for individual participants to return to Brisbane earlier than Friday 27th March.**

11. Movement to the base camp at Moreton Island will be as follows:

a. Field Staff

Sat 21st March, the remaining staff members will depart Brisbane to arrive at 0700 hrs in 4WD vehicles, one with trailer.

b. Participants

Sun 22nd March. Participants will depart by bus from Kedron-Wavell Services Club, Kittyhawk Drive, Chermside at 0700 hrs under the direction of a staff member.

The driving time from Brisbane to Moreton Island is approximately 30min plus a 1 ½ hr Boat ride.

12. Participants are requested to arrange their own transport to and from the departure location.

13. Vehicles are to carry complete tool kits. Drivers are to ensure that spare tyres, wheel brace, first aid kits and the like are present and serviceable before departure. This includes the trailers. Separate instructions will be issued to drivers.

14. All roads in the trek area are unsealed. Due care must be exercised by all drivers and supervising staff. Normal speed limits apply, and care must be exercised when driving off roads. Further instructions concerning driving standards will be issued after arrival.

Dress and Equipment

15. Day temperatures are expected to be around 25-35 degrees. Evening temperatures are warm and will drop to around 18 deg. Rain is likely so the carriage of some form of wet weather gear is advisable.



16. All participants are to bring the following items packed in a duffle bag or similar:
- personal toilet items
 - camera (preferred instead of mobile phone camera)
 - towel
 - sleeping bag, pillow and night wear (suitable for very cold and hot conditions)
 - swag (swags are available from Trojan's Trek if required, refer Annex A for indication)
 - insect repellent and sunscreen
 - comfortable sturdy boots suitable for walking – sneakers/runners are ok
 - good quality socks
 - long sleeved shirt/T-shirts and long trousers/shorts for bush wear
 - warm jacket or pullover for night wear
 - Rain Coat of some sort to stay dry.
 - torch/head torch
 - money and driver's licence
 - water bottle (preferably 2) brew mug optional
 - prescription medicines
 - wide brimmed hat/cap, and
 - notebook, pen or pencil
 - Swim wear

Stores and Equipment

17. Rations, stores and equipment will be carried to Comboyuro Camp site with the advance party and staff in the 4 WD. Rations will be organised separately by the Admin Officer.

Medical

18. A first aider will be in each camp for the duration of the trek. A St John's medical kit will be located with each group. The nearest hospital is located at Brisbane with evacuation available. Medical advice from a Doctor is available by phone 24 hours per day.

Rations and Quarters

19. Rations and quarters will be provided for the complete duration of the trek. Participants will spend at least four nights in the bush in swags. **Any special dietary requirements should be indicated at Annex A.**
20. **No alcohol, drugs (other than covered by prescription) or weapons** are to be taken to or consumed during the trek.



Evaluation

21. Each participant is required to complete a series of psycho-social instruments immediately before and after the trek. This information is confidential and will be used only to gauge the effectiveness of the project. Honesty is paramount in completing these documents. Further instructions regarding this aspect will be issued during the Trek and afterwards by email/mail. An internal evaluation will also be completed by the staff and participants.

Use of Private property / State Forest

22. The exercise will be conducted on National Park /State forest. All participants are reminded of the common courtesies demanded in the bush. They are:

- gates are to be left as found
- remove all litter
- do not cut vegetation
- respect flora, fauna and stock, and
- extinguish unattended fires.

Fuel and Repairs

23. Fuel and repairs including repair of punctures are available from Bulwer on a debit card held by the Commander.

Communications

24. Communication to and from Camp is via a Satellite Phone. The number is listed below. This is to be used for incoming calls in an **emergency only**. Mobile phones do not operate in the trek area. Communications during the trek will be by 2way radios and satellite phone when required.

Contact Numbers

25. The contact details are listed below:

- | | |
|----------------------------------|---|
| • Director | Peter Keith 0478 755 322 peter@trojanstrek.com |
| • Trek Commander | Brett van der Heide 0427 198 259 brett@trojanstrek.com |
| • Male POC (pre Trek) | Brendan Barry 0419 384 214 brendan@trojanstrek.com |
| • Female POC (pre Trek) | Ramon Fenton 0418 283 752 ramon@trojanstrek.com |
| • Trojans Trek Sat Phone | Brett van der Heide 0147 169 143 |



Media/Publicity

26. A media release will be issued prior to the commencement of the trek. Queries will be handled by the Director.

Public Liability

27. The trek is covered by the Trojan's Trek public liability policy.

Report

28. The report will be completed by the Director.

Return

29. Participants will return to Brisbane on Friday 27th March 2020 arriving back at the Kedron-Wavell RSL Services Club at approximately 1300 hrs. Those requiring airport travel will then be taken straight to the airport. **Please do not book return flights before 1600 hours on Friday 27th March 2020.**

Visitors

30. Visitors wishing to visit the project are requested to seek approval from the Director prior to Friday 21st February 2020.

Conclusion

31. Trekkers are encouraged to attend the trek with an open mind. The opportunity to meet and share experiences with other individuals in a similar position is unique. For a short investment of time, trekkers have the opportunity to make a new start with relationships and in life.

Brett van der Heide
Project Manager

30th Jan 2020

Distribution List: Staff, Candidates, Participants

Annex A. Personal and Medical Information