



GENERAL INSTRUCTION: TROJAN'S TREK AUGUST 2021

Introduction

1. Trojan's Trek August 2021 for male and female participants will be conducted in the vicinity of Millmerran, Queensland from 1st to 6th August 2021. The trek will cater for up to 12-15 ex-service or serving personnel of each gender identified as individuals who will benefit from the experience.

2. The trek will be based at SSAA range facility at Captain's Mountain which is 20 km west of Millmerran on the Gore Highway between Toowoomba and Goondiwindi in south east Queensland. A significant part of the course will involve presentations on several wide-ranging subjects by skilled leaders. **Most 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 12-15 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 is Millmerran which is 20 minutes away from the SSAA base camp. The next largest town is Toowoomba, about 75 minutes by road. 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 SSAA Range Facility Base 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	Brendan Barry	
4	First Aider/Facilitator	Shane Johnson	
5	Facilitator	Zen Spokes	
6	Mentor	TBA	
7	Mentor	TBA	
8	Mentor	TBA	
	Female Trek		
9	Team Leader/Facilitator	TBA	
10	First Aider/ Facilitator	TBA	
11	Facilitator	TBA	
12	Mentor	TBA	
13	Mentor	TBA	
14	Mentor	TBA	
15	Mentor	TBA	
16	Mentor	TBA	
	Support Staff		
17	Camp Commandant	Trevor Hewitt	
18	Chef	Brad Coleman	
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 26. 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 2nd July 2021** 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 Captain's Mountain it will be difficult for individual participants to return to Brisbane earlier than Friday 6th August.**

11. Movement to the base camp at Captain's Mountain will be as follows:

a. Base Staff

Fri 30th July. Camp Commandant, Chef and a staff member will depart Brisbane in one 4 WD vehicle with trailer to organise the delivery of food and stores from local suppliers.

b. Field Staff

Sat 31st July, the remaining staff members will depart Brisbane to arrive at 1200 hrs in 4WD vehicles, one with trailer.

c. Participants

Sun 1st August, Participants will depart by bus from Kedron-Wavell Services Club, Kittyhawk Drive, Chermside at 0830 hrs under the direction of a staff member.

The driving time from Brisbane to Captain's Mountain is approximately three and a half hours.

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. Various 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 25-39 degrees. Evening temperatures are cool and will drop to around -2 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

Stores and Equipment

17. Rations, stores and equipment will be carried to Captain's Mountain 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 at the SSAA Kitchen/Quarters. The nearest hospital is located at Millmerran with evacuation available. Medical advice from a Doctor is available by phone 24 hours per day. Refer paragraph 26.

Rations and Quarters

19. Rations and quarters will be provided for the complete duration of the trek. Stops on route to and from the trek area will allow the purchase of snacks at members' expense. 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 private property as well as Crown land /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 Millmerran on a debit card held by the Director.

Communications

24. Communication to and from SSAA quarters is by telephone. 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 CB 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 |
| • SSAA Quarters | (07) 4695 4273 answered out of hours during the Trek |
| • Camp Commandant | Trevor Hewitt 0409 021 165 |
| • Millmerran Hospital | (07) 4695 3111 |
| • Trojans Trek Sat Phone | 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 6th August 2021 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 6th August 2021.**

Visitors

30. Visitors wishing to visit the project are requested to seek approval from the Director prior to Friday 2nd July 2021.

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

17th March 2021

Distribution List: Staff, Candidates, Participants

Annex A. Personal and Medical Information