Brief History of Timor Leste

Pre 1940 – Portuguese Colony (Island of Timor split between Portuguese in the East and Dutch in West)

1942 – Timorese fight alongside Australians in WWII. ~60,000 Timorese killed

1975 – Portuguese Administration withdraws

1975 – Indonesia invade from West Timor

1975 to 1999 – Indonesian occupation

1999 – Vote for independence. Peacekeeping force arrives

2002 – 20th May Independence achieved. UN Joined

(BBC, 2018)
ACU in Timor Leste

Teachers College
Ambulance service
Barefoot Nurses
Health Science Programs
• Nursing
• Midwifery
• Paramedicine
• Physiotherapy
• OT
• Speech
Future in Youth
Early History of the Program

Circa 2010 a need was identified

- Courtenay Peters, Prof. Br Jude Butcher, Dr Paul Callery, Dr Ross Smith

Program aims

- Decrease violence
- Increase social engagement
- Increase sport skill
- Fun, Fair, Respect

Increase capacity of local partners

(Myrttinen, 2010)
(Peters, Butcher & Pink, 2011)
(Pink, Butcher & Peters, 2012)
Capacity Building and Reciprocity

Capacity Building

• Key focus in two iterations of the program
• Ultimately successful in the first leaving us unneeded
• Remains an important aim of the current program

Reciprocity

• All partners need to benefit in some way
• Community partners: to meet a community need
• ACU Students and Staff: professional and personal skills
Capacity Building in our Partner Community

A new need identified

Teachers training primarily theoretical

Limited in the amount of practical experience

Limited confidence and capacity to run effective lessons

Sport classes = football

Modelling sessions and then mentoring teachers

Providing resources where needed
Current Program Design

Multiple visits to most schools
3 – 6 schools per day
Demonstrate sessions and then invite teachers to engage
New intensive school visits

2019
• 24 schools
• 2000+ students
• 50 – 60 teachers
Capacity Building in Students and Staff

Professionally
• Exercise prescription
• Exercise leadership
• Team work
• Communication
  • Language skills (Tetun)
  • Non-verbal communication skills

Personally
• Capacity for meaningful relationships
• Leadership
• Empathy
Empathy – The role of Cultural Emersion and Reflection

Cultural Emersion

- Home stay style accommodation – Melitas
- Exploring the locale
  - Markets
  - Games and sports with locals
  - Lived in Timor, not just visited
Empathy – The role of Cultural Emersion and Reflection

Workplace integrated learning

• Won’t just happen
• Needs to be supported, scaffolded.

Reflection

• Part of the program from day one
• Refined in successive years
• Before, during and after
Lessons learnt, Concerns and Considerations

Listen, don’t tell
Trust
We are building on a legacy
Sustainability
The Future?

We hope to one day not be needed in this role

In the meantime

• Develop more resources
• Continue improving skills in teacher engagement/leadership
• Look for roles for other disciplines
• Continue listening
Thank You!