

## Contacts / Enquiries

We'll want to know your name, address, age, contact details (phone and email) and service summary

### SA Men

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### SA Women

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### QLD

[www.trojanstrek.com/next-trek/](http://www.trojanstrek.com/next-trek/)



## Trojans Trek Foundation

Trojans Trek is a 100% not-for-profit organisation run by veterans and wholly devoted to the support of Australia's veterans and their families.

The trek is a supported experience guided by veterans and civilian experts. The program introduces and encourages:

- concepts and strategies to make better life choices
- how thoughts and feelings influence behaviour
- how these can be used to enhance self esteem
- trekkers to step outside their comfort zone and take stock of their lives.

It's a free service. We are wholly dependent on donations from the public and the corporate sector. Donations are fully tax deductible.

If you would like to help us help them, please get in touch. Please.

# TROJAN'S TREK

## Meeting service-induced stress illnesses head-on

A unique, effective, six day wilderness-based healing experience for those suffering from a service-induced stress illness



Flinders Ranges, South Australia  
Millmerran, Queensland



## Service-Induced Stress Illness

Men and women who've put themselves in harm's way in the service of their country very often come home with psychological injuries that are every bit as real and debilitating as bullet wounds.

Service-induced stress illness can ruin the life of the sufferer and the lives of his or her family. It's often managed by a repetitive regime of counselling and/or medication.

## Trojan's Trek

Trojan's Trek takes a different route. It's a six day, 4WD wilderness-based healing experience that brings veterans together to meet their service-induced stress illnesses head-on.

You'll learn how your thoughts and feelings influence your behaviour. You'll learn various individual, personalised strategies to bring about positive changes in your life.

You'll be reacquainted with your self-esteem.

Drawing on remote, wilderness settings, Trojans Trek is a peer-to-peer circuit breaker which interrupts negative thoughts and behaviour patterns. A Trojan's Trek is a safe, non-judgemental, non-clinical environment in which veterans, along with other experts, help veterans.

“The best decision I ever made was attending this Trek, to finally know that I am not the only woman who felt the way I did and suffered similar issues as others and to finally make friends and support each other through the good and bad. It's been life changing. Thank God for Trojans Trek.”

Trekker

“I'm finding answers to why I think I am what I am ... I'm mainly here because I see myself failing as a father at home.”

Trekker

## Frequently asked questions

**Q** I haven't served overseas but I've got problems related to my service. Can I come?

**A** Yes. Contact us.

**Q** I'm in Emergency Services and I've got problems too. Can I come?

**A** Yes. Contact us

**Q** Are there male and female treks?

**A** Yes. Absolutely. The treks are separate because a lot of time is spent discussing gender-based issues. Think men's business. Think women's business.

**Q** Is Trojan's Trek an alternative to working with doctors and psychologists?

**A** No. Trojan's Trek is something you do as well. This is about spending time with people like you - people with service-induced stress illness along with people who have come out the other side. Trojan's Trek is about new strategies, new approaches and, most importantly, new mates who know exactly where you are, exactly where you need to be and how to get there.

**Q** How much does it cost?

**A** Nothing. There is no cost for the trek. You do need to get yourself to either Brisbane or Adelaide. But if that's a problem, talk to us.

**Q** I'm not that fit - is there much "trekking" involved?

**A** No. It's only a "journey" in the healing sense. There are opportunities for exercise if you are up to it but, practically, it's a 4WD camping trip in remote, beautiful country. Sitting around campfires yarning, sleeping in warm, comfortable swags under the stars. Any walking is limited to 3 km or less though sometimes over rough, hilly ground.

**Q** Food?

**A** All meals are provided. And we can cater for special dietary needs if we know about them.

**Q** Do I need to have a medical before I come?

**A** Not necessarily. You will need to be in relatively good health though, and you will need a written clearance from your GP.

**Q** What do I need to bring?

**A** Basic personal gear - clothes, boots, toiletries. If you're not sure, ask us. For instance, if you don't have a swag, we can find you one. No problem.

