Overseas Training Program Information Brochure for India 2017
What is the Overseas Program?

Since 2011, SKATTLE’s local work with young people in Australia has extended to working with children and other professionals in international communities.

Similar to the services we offer in Brisbane, the intention of this work is to support children and teenagers to navigate life-changing experiences in ways that:

- focus on their strengths and intentions;
- have them feeling heard and acknowledged; and
- recognise and value their potential.

By drawing on various therapeutic processes and metaphors from the Narrative and Solution Focused approaches, SKATTLE’s SKILSS approach aims to acknowledge skills and knowledge and to create stories of resilience that are shared with people from the local community.
How do we do it?

The Overseas Program is made possible when facilitators from SKATTLE are joined by a group of trainees who begin their training in this approach here in Brisbane before travelling together to undertake a 10 day practicum with Kutumb Shelter in Varanasi, India.

While visiting Kutumb Shelter, SKATTLE facilitators and the trainees work closely with local professionals and their clients to share these gentle and empowering approaches to conversations about loss, trauma and hope.
## Program Outline - India 2017

<table>
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<th>Day</th>
<th>Activities</th>
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<td>Brisbane</td>
<td>Five days Training</td>
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| Varanasi, India  | Team Building Activities  
                    Group work with a variety of children and young people living at and around Kutumb Shelter  
                    Group work with a variety of young people living at Nadesha’s Railway community  
                    Ceremonial celebration of the skills of the young people  
                    Group dinners and Tourist Activities  
                    Mixed Accommodation between Hotels and stay in Local Shelter |
Cost of Program
$2700

Includes:
- Five day Training at SKATTLE House in Brisbane (33 PD hours)
- Ten Day Practicum, including supervision and professional development
  - 30 client contact hours & 15 PD/supervision hours & 40 general placement hours
- Accommodation for ten nights
- All transport for training related activities

Excludes:
- International airfares
- Visas
- Transport for non-training related activities
- Food and personal items
- Travel insurance (required)
- Vaccinations
Brisbane Training

At the completion of this workshop participants will have explored and feel confident to:

○ Articulate the poststructuralist approaches underpinning the SKILSS approach to counselling children, young people;
○ Practice skills drawn from Narrative and Solution-Focused Therapy;
○ Practice conversational maps that can assist in engaging children and young people in tricky conversations;
○ Write a letter as an alternative to a ‘case note’ that can assist the person to take action toward their hopes; and to
○ Use various metaphors to demonstrate the SKILSS approach with groups of children and young people.
By the end of this 10 day field experience, participants will have:

- Had opportunities to co-facilitate a group with culturally diverse participants, and practice the skills learned in Brisbane with peers in special spiritual places
- Received regular debriefing using Narrative and Solution Focused Practice
- Participated in regular practice reflection sessions
- Experienced how these principles and skills can be used in the supervision context
- Helped to organise and co-facilitate a closing ceremony
What to Bring (Recommendation Only)

○ Clothes appropriate for the climate and time of year; for more info, enquire with the team
○ In respect of the local culture, we strongly recommend you wear clothing that covers shoulders (e.g. sleeved shirts, longer sleeved tunics) and pants/skirts that are ankle length
○ Comfortable and supportive footwear
○ Shawls/scarves to help with covering shoulders and/or to keep protected against dust during autorickshaw/ tuk-tuk rides
○ Sleeping bag, travel pillow, towel, torch, mosquito repellant
○ Toilet paper (can be purchased in India, but good to bring one roll to travel with) and personal toiletries including soap/shower gel (can be purchased in India)
What to Bring (Recommendation Only)

- A photocopy of the front page of your passport and Visa
- A lightweight bag/backpack that you can carry your personal belongings in during the day
- Journal – beautiful and cheap journals can be purchased in India
- Camera, other electronics, and electrical adaptor that is suitable for Indian powerpoints (can be purchased at any major Australian electrical store)
- Personal medications and basic first aid kit (e.g. bandaids, gastrolyte, panadol etc)
- Locks for luggage
Things to Consider Before Travelling

Health and Safety

If you have any medical condition, allergies or physical limitations that may limit your participation in the field experience or activities in any way, or if you take regular medication, you must seek professional medical advice and inform SKATTLE Limited of these so that we can take any special measures to meet your needs.

If you take regular medication, you should either bring enough of it with you to last the whole time you are away, or bring a letter from your Doctor/Physician that can be shown to an Indian doctor, in case of any medical emergencies.

When bringing medications back into Australia, you should carry a letter from your doctor explaining why you are carrying the medication to avoid embarrassing delays with Australian Customs officials on entry into Australia.

We recommend that you consult a Travel Doctor and receive any recommended vaccinations /immunisations before leaving for India or Nepal.

It is also recommended that you wear sunglasses to protect your eyes from the dust.
General travel and mobility in Varanasi involves walking up and down stairs, and occasionally on uneven surfaces. If you have any concerns with your balance, endurance or mobility, please consult your medical doctor before committing to travel.

During your time in India, we recommend that you drink and wash your mouth with sealed bottled water only (purchased at local street stores). At restaurants, participants should request bottled water during meals. It is recommended that you eat at established restaurants and eateries. Any decision to eat at smaller local or street vendors is the sole responsibility of the participant.

We recommend that you do not pet or feed stray dogs or animals on the street or at temples.

To ensure personal safety, we strongly recommend that you pay particular attention to any instructions and precautions given by staff or our hosts before and during the program. We also recommend participants to attend the Cultural Awareness Gathering in Brisbane to be involved in discussions around health, safety and cultural sensitivity.
Things to Consider Before Travelling

Insurance
Participants are strongly urged to arrange their own health and travel insurance before leaving Australia to cover costs of cancellations, loss or damage to baggage, money or other personal possessions or hospital admission.

Money
ATM terminals are available in the city of Varanasi and can be used to withdraw money during the journey. The ability of accommodation to accept credit cards cannot be guaranteed.

Electricity & Power
With an Indian and Nepalese electrical adaptor/ converter, Australian electrical appliances including laptops and phones can be used in India. These adaptors can be purchased from any major electrical store in Australia.
Electricity supply can vary in any Indian city, especially in the old city of Varanasi. This can affect the availability of electricity and hot water.
Key Contacts

For all enquiries relating to the Overseas Training Program:

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