Participant Information Pack

Timor Awakening 8 (TA8)

23 February to 6 March 2019

Prepared by Michael Stone, 28 January 2019

This information pack has been developed for all participants of Timor Awakening. Congratulations on being selected, the program is a unique experience that has an established track record of inspiring healing and growth. Please read page 2 to 6 thoroughly as there are specific details and instructions for your planning and preparation.

If you have questions, please contact Michael Albrecht at support@veteranscare.com.au
More pictures, videos, information and wellbeing resources can be found at www.timorawakening.com

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Provided on Timor Awakening

- Return flights from Darwin to Dili
- Accommodation for 10 nights in Timor-Leste (Darwin accommodation is not funded)
- All transport within Timor-Leste
- Most meals in Timor-Leste (selected meals during free time are personal responsibility)
- All cultural and historical activities (as per the program)
- Comprehensive travel and medical insurance (from when you leave your home location).
- Detailed program of holistic health and life education
- Camaraderie and pastoral support

TA EXPECTATIONS

BE SAFE
BE RESPECTFUL
BE ACTIVE

Participant Responsibilities

1. Book and pay for flights to/from Darwin from your home location (see flight information page 4).
2. All meals, accommodation and water in Darwin organised and paid for by participants.
3. Fill in the Health/NOK form enclosed and return to VCA (see note below). *
4. Please consult your GP with the Medical Clearance Form filled and returned to VCA (see below). *
5. Please send a copy of your main passport page to VCA (see note below). *
6. Vaccinations and personal medications as recommended by your Doctor (usually Hepatitis A and Hepatitis B (Twinrix), Typhoid and Tetnus Booster are recommended as a minimum).
7. Personal spending money for meals, drinks, snacks, gifts. (US$250-300 is enough for most)
8. Personal clothes – a recommended packing list is below.
9. Commitment to respect the culture & values of the Timorese people.
10. Commitment to respect other participants & local culture, to be safe and be an active participant.

Recommended Packing List

- Travel Bag plus day bag. We are travelling by vehicle so you can bring a backpack, duffle bag, or suitcase. There is no more than 1 flight of stairs at accommodation.
- Lightweight long pants and long sleeve shirt/t-shirt for wearing at night.
- Socks x 4 - 5 pairs.
- Underwear - enough for the duration of the trip.
- Lightweight rain jacket / portable umbrella.
- 2 pairs trek shorts / long pants and swimming attire.
- Quantity of lightweight shirts for day (long sleeve for sun and mosquito protection).
- Personal toiletries and wash kit.
- Good walking shoes for day & sandals / thongs for wearing at the end of the day.
- Head torch and spare batteries.
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc).
- Personal medicines including your usual requirements plus:
    - gastrointestinal antibiotic (e.g. Ciprofloxacin), gastro treatment (e.g. Imodium), mild pain killers (e.g. paracetamol / ibuprofen), throat lozenges, prescribed anti-malarial medicines.
- Mosquito repellent and sunscreen.
- Laundry soap/powder (you will need to wash your own clothes in district).
- A mobile phone that you can insert Timor sim card and use for wifi in hotels.
- European power adapter.

Health Considerations

Travelling to Timor brings some inherent health risks, as any international travel might.

We will be stationed at Hotels for much of the tour, as such exposure to mosquitoes will be reduced. The most effective way to avoid any mosquito borne diseases is simply to prevent being bitten as much as possible. It is important to bring long sleeves shirts and trousers to wear, as well as closed shoes, especially at night. We recommend bringing two bottles of insect repellent. A larger one to leave in your bag, plus a small pocket sized one to carry around.

A small bottle of evaporating hand sanitiser is a good idea to use prior to meals, many of which will be cooked for us by locals.

Consultation with our GP has indicated that there are three recommended inoculations to get prior to the program:

1. Hepatitis A and B - Twinrix
2. Typhoid
3. Tetanus booster.

Some people will choose to be on a malaria prevention / eradication program while they are on the tour, such as Doxycycline (Doxy) and Primaquine. Please note however that cases of Malaria in Timor are reported to be rare, and one of the main threats is from Dengue Fever, which is not preventable by Doxy.

If you would like to be on Doxy or other malaria prevention protocols to be on the safe side however, this is of course fine. Most of the VCA staff do not take any form of malaria medication.

It will be up to each participant to arrange these pharmaceuticals in advance.

Flights and Accommodation to/in Darwin

Each participant is responsible for booking their own flights from their home location to Darwin, and return. For the evening of Saturday 23rd February, we recommend booking accommodation at either Mercure or Novotel Hotels, which are directly opposite each other, at Darwin airport. Free mini buses to/from airport. The VCA staff will be staying at either one of these, and our initial meet and greets will be in the same location. (Exact time and location for initial meetings are to be advised.)

Please send Michael Albrecht an email informing your flight and accommodation details once they have been booked, so we can start planning times for initial interviews with your pastoral carers. Initial interviews will take place in Darwin prior to departure to Timor, on the Saturday 23rd and Sunday 24th of Feb 19. Timings to be advised.

Meet and Greet 5pm Saturday 23 Feb 19 - Novotel. As per the program, an informal meet and greet drinks and dinner will be at the poolside bar/restaurant at the Novotel Darwin Airport Hotel. This meal is individual responsibility (split bill). TA shirts, hats and journals will be handed out.

Opening TA briefing, 10am – 12.30pm, Sunday 24 Feb 19. Held in the Carpentaria Room at the Novotel Airport Hotel. The room is 30m past reception on the right. From there we will proceed to check-in at the airport.

FLIGHT DETAILS – DARWIN TO DILI (Funded and Coordinated by VCA)

Depart Darwin, Australia: Sunday 24 Feb 2019, 3:30 PM, TL518 Airnorth,
Note: 1 x checked bag 20kg.

Arrive Dili, Timor-Leste: Sunday 24 Feb 2019, 4:20 PM (approx. 1hr 10m flight)

FLIGHT DETAILS –DILI TO DARWIN (Funded and Coordinated by VCA)

Depart Dili, Timor-Leste: Wed 6 March 2019, 11:15AM, TL515 Airnorth,
Note: 1 x checked bag 20kg.

Arrive Darwin, Australia: Wed 6 March 2019, 1:05 PM (approx. 1hr 10m flight)

GENERAL TRAVEL ADVICE

Passport. Your passport needs to be in good condition and have 6 months' validity in it. Please provide an electronic photo / scan of your passport page to Michael Albrecht for ticketing and clearance in TL.

Visa. You do not need a Visa for Timor-Leste. Australians get Visa on arrival at the Dili airport for US$30. The Timorese Government waves Visa fees for participants of Timor Awakening as guests of the State.

Weather/Dress: In general, the weather is warm and humid and should be wet in Feb/Mar. Recommended attire for daytime is light long pants, shoes and TA polo shirt/light long sleeve shirt (to protect you from sun and mozzies). An official Timor Awakening Polo Shirt and hat will be provided to all participants in Darwin or at first available opportunity. Please wear long pants and the TA polo shirt for the flight into Dili as we will be welcomed through the VIP terminal where long pants must be worn as a matter of protocol.

Money in Timor-Leste (USD). The only currency accepted in Timor-Leste is US Dollars. There are ATMs throughout Dili, including at our Dili hotel. We recommend you change enough money for drinks, gifts, tips/donations and a few meals. USD$300 is standard. There are many places we visit producing local products that you can buy for your friends and family and support local industry.

Language. Tetun and Portuguese are the official national languages of Timor-Leste. Bahasa Indonesia and English are working languages. There are 33 Dialects used throughout the Districts. Most people speak in Tetun, mixing in Indonesian and Portuguese. A lot more youth, government workers, police and military now speak English. Speaking Bahasa Indonesia is well received and bears no negativity.

Mobile Phones. We encourage everyone to bring personal mobiles into Timor, as we will have an opportunity to buy a local SIM card (avoid International roaming fees). Everybody will have a functional phone throughout the tour, as well as phone numbers of all staff and participants, as a matter of safety and coordination.

Internet. Some of the hotels we will be staying at have free WiFi. We will also be carrying remote internet wifi that can be used, whenever other WiFi isn't available. For regular internet access we recommend you get a local sim card with data package (*$1 sim, US$10 for calls and 2.4GB data).*

Drinking Water. You should not drink local water. We will have a stock of water bottles for you in most places. Bottled water is available everywhere and cheap (50c for 1.5L in most shops and stalls).

Access to Medical Facilities. There are modern medical facilities in Dili with a wide range of capabilities. Medical support in the Districts is limited. We have qualified medical support on TA & connection with Dili facilities, with capacity to medivac to Australia if required.

Safety. Timor-Leste is a safe country. As most places around the equator, our greatest risks are driving, gastro (stomach illness) and mosquito bites. We will be travelling with a large entourage of highly respected Timorese Veterans and hosted by local communities as special guests. We will brief further on basic hygiene and health care in our initial briefings.

Electricity. Most electrical plugs are the same as Indonesia, European plugs with two rounded bars. Vehicles have 12V ports for adapters to allow you to charge in the car, with your own adapter. Portable battery packs are advised to recharge phones on the move.

Shopping. For the first 3 nights and last 2 nights we are staying in the best hotel in Dili, located on the top floor of Timor Plaza. See http://www.timorplaza.com/ for the range of shops you will have downstairs to buy anything you forget (there is even Gloria Jeans and Burger King).

Travel Information About Timor-Leste. I have included some pictures, info and links below to give a little more insight into the history of Timor-Leste and some of the places we are travelling to. As one of our legacies and contributions to Timor-Leste, we can each contribute testimonies of the places we visit on Trip Advisor, google, Lonely Planet etc. Tourism in Timor-Leste is a critical industry for this young nation and we are fortunate to become advocates and ambassadors sharing the wonders of the nature, people and culture of this amazing country. TripAdvisor (on the following link) is a good starting point to explore some of the main attractions, especially in Dili, many of which we will be visiting. **https://www.tripadvisor.com.au/Tourism-g295117-East_Timor-Vacations.html**

Timor Awakening Website and Youtube. If you have a friend or relative you think would also benefit from this program in future, please go ahead and refer them to our website. From the website they can download the most up to date EOI form - www.timorawakening.com

We ask that you avoid forwarding on the EOI you have received to other potential applicants, as it will have become out of date for subsequent tours. Additionally, these Youtube clips will provide some insight into what can be expected during Timor Awakening:

https://www.youtube.com/watch?v=ZnGj3_NGyHs

https://www.youtube.com/watch?v=MmVmoiRAxpw

https://www.youtube.com/watch?v=Ndyyzl5ZlBs

VETERANS CARE ASSOCIATION HEALTH AND WELLBEING TEAM

Veterans Care Association and Timor Awakening are fortunate to have the generous support and expertise of a wide range of medical, behavioural and healing professionals.

Veterans Care Health Support Team

Medical Doctors
Dr Ian Marshall, The Gap, ex-RAAF GP, President Knights of Malta
Dr Chris Carter, Nerang GC
Dr Andrew Burke, Chermside, ex-Army GP. Respiratory & Sleep Physician
Dr Margaret Buring, Natural Bridge, GP, Nutritionist

Chiropractors
Dr Matt Platz, Alderley Brisbane

Nursing Staff
Mrs Wendy Taylor, New Farm, Ex-Army Medical Officer / Nurse
Mr Arthur Davis, ex-Army

Psychologists
Mrs Chris Hully, Spring Hill, Clinical Psychologist
Dr John Barletta, Windsor, Clinical Psychologist and Rehabilitation Specialist

Life Coach
Michael Albrecht, Windsor, Ex ARA, active ARES

Exercise Physiologist
Mr Russell Jones, Brisbane

Social worker
Ms Elaine Evans, Nerang GC

Massage therapist and Reflexologist
Mr Rob Vicary, The Gap

Chaplains
Chaplain Gary Stone, ex-Army, GC Hinterland
Rev Lyall Cowall ex-Army Caboolture
Rev Graeme Ramsden, ex-Army, Redlands
Chaplain Brenton Fry, Army, Townsville
Chaplain Mick Flew, Army, Darwin

Pastoral Care
Mr. Bob Breen, OAM

Interaction with the Timorese Community

Timorese Veterans and F-FDTL (Timorese Defence Force). *Timor Awakening* nurtures the bond between Australian and Timorese Veterans. This relationship is nourishing and healing to both Australian and Timorese veterans. Activities include:

- Timorese Resistance Veterans welcome us at the Dili airport.
- 10-15 x Timorese Resistance Veterans (from around the country) accompany us for the entire tour.
- On occasion Timorese Veterans share accounts of their experiences and show us places of historical interest from their Independence struggle. The opportunity exists to share many meals, make friends and have personal conversations (numerous linguists in the group can help translate).
- Traditional welcomes are prepared in select rural communities each Timor Awakening.
- Friendly soccer game with Timorese soldiers and veterans at Balibo.
- A joint ceremony of remembrance will be held at Balibo Fort.

NGO's & Volunteer Projects. On Timor Awakening we will visit some NGOs and volunteers throughout TL to learn from their insights and projects, as well as to identify potential ways that you may be able to support in the future (as volunteers back in TL or for projects to raise money for). We will have lunch at the East Timor Development Agency (ETDA), a skills based independent trg institution, which has received significant support from Australians, especially Australian veterans. We will eat lunch in their training restaurant and enjoy their performances and hospitality (from the orphans who are receiving education thanks to the Australian Commando's orphan scholorship fund).

Cultural experience. Timor Awakening includes daily immersion with Timorese culture, with TA7 travelling through 6 of the 13 Districts, and experiencing a wide range of planned and unplanned activities in the cities and in the far reaches of the country. The warm, hospitable and forgiving nature of the Timorese, a culture rich in values and resilience, will serve to inspire us in our own lives and hopefully stimulate a call to action in the service of others as a means of rehabilitation. On our tour you will see a huge range of landscapes and diverse communities.

Historical Highlights of Timor Awakening

- Learn of the amazing survival story of Sparrow Force, a cooperation between Australian Commandos and Timorese 'Criados', the only unit in WW2 to be overrun and never captured by the Japanese.

- Hear historic accounts of the 1975 Indonesian invasion of Timor, visiting historical sites in Dili and the districts, including the Balibo Fort, site of the murder of the Balibo 5 journalists.

- Learn of the 24 year Timorese resistance struggle lead by FALINTIL, meeting former armed members of the resistance, visiting many sites of battles, hide outs and atrocities; and learn how they employed guerrilla tactics to defy unthinkable odds.

- Meet members of the youth movement who rallied publicly in Timor and throughout Indonesia. Visit the sacred site of the 1991 Dili Massacre, the 'Santa Cruz' cemetery, and learn of the trigger that led to the historic UN endorsed 1999 referendum.

- Visit the key sites of Australian military involvement from the time of INTERFET through to present day, including Dili, Batugade, Motaiin, Balibo, Maliana, Tonabibi, Bobonaro, Aidabeletan. Hear of key historical engagements in location from veterans of these operations.

Reading List

Here are a few books that are great reading to give you a good background in the history of Australian and Timorese History.

Crossing the Line, McGrath, K (2017), Black Inc Books. **Abstract:** For fifty years, Australia has schemed to deny East Timor billions of dollars of oil and gas wealth. With explosive new research and access to never-before-seen documents, Kim McGrath tells the story of Australia's secret agenda in the Timor Sea, exposing the ruthlessness of successive governments. Booktopia order link

Criado: a story of East Timor, White, K (2002), Indra Publishing. ***Abstract:*** This story encapsulates the strong bond forged between Australian soldiers and many East Timorese in WW2. Its central theme is the search by two former commandos, in 1975, for the youngsters who were their constant companions and helpers during the war against Japan. Bookapedia.com.au

East Timor: rough passage to independence, Dunn, J (2003), Longueville Books. ***Abstract:*** *From the days of the colonial Portuguese rule, through the tumultuous years of the Indonesian invasion, to the present day, this book portrays the complete failure of the international community to deal with the East Timor situation.*

The men who came out of the ground: a gripping account of Australia's first commando campaign, Timor 1942, Cleary, P (2010), Hachette Australia. ***Abstract:*** By February 1942, the Japanese had invaded the Dutch East Indies as part of their push south. All that stood in the way of their moving significant resources to take part in the main fighting in Papua New Guinea was a force of 700 Australian commandos and a few hundred Dutch soldiers.

Duntroon to Dili: mayhem and miracles, traumatic stress and trust in God, Stone, G (2014), Barrallier Books**.** ***Abstract:*** A compelling story of a man who has committed his life to the service of others. Book chronicles Gary's service as a Chaplain with multiple deployments to Timor-Leste and his work as an active leader in a wide range of communities, an outspoken advocate for peace, justice and morality. Amazon order link

Timor-Leste, Lonely Planet (2011). This guide gives the low-down on East Timor's compelling history, unique culture and language, and covers must-see attractions. Lonely Planet also has a great phrasebook and dictionary. You can purchase both books at Bookapedia.com.au

Mission accomplished, East Timor: the Australian Defence Force participation in the International Forces East Timor (INTERFET), Breen, B (2001), Allen & Unwin.

Meet The Team

Michael Stone

Program Director

Michael deployed to East Timor in 1999 and 2001 as a Platoon Commander in 2 RAR. He returned as a Training Team commander in 2004 to the Timorese 1st Infantry Battalion, mostly former guerilla fighters. He is a fluent speaker of the Timorese language Tetun. In the 2006 crisis Mick was a negotiator between warring factions, responding to critical incidents on a daily basis and spokesman for International forces. President José Ramos-Horta seconded Michael to his cabinet, where he worked as a senior advisor for 4 years. Featured on ABC's Australian Story in 2007, "The Peacemaker", and 2009, "The President's Man".

Gary Stone

Pastoral Care Coordinator, Chaplain, President - Veterans Care Association

Gary Stone is an Australian Army Veteran of over 47 years service. He served in operations in 7 theatres and has been one of the leading experts in cultural preparedness and character development, helping prepare thousands of soldiers deploying to Afghanistan, Iraq, PNG and Timor-Leste. Gary has extensive experience and relationships in Timor-Leste, having been there 40 times & founder of 'Friends and Partners of East Timor' (which won national RSL Peace Prize in 2005). As founder and President of Veterans Care Assn, Gary is focussed on providing veterans and their families holistic care, empowering them for a positive life.

Bob Breen

Pastoral Care Team and Mentor

Over 40 years experience in participating in as well as researching and writing about post-Cold War Australian military and humanitarian operations. Published over nine books and monographs on ADF off-shore operations and assisted several deployed commanders in Bougainville and East Timor (later Timor Leste), including Commander International Force East Timor then Major General Peter Cosgrove. Bob is a qualified and experience mentor. Having participated on TA1 as a participant Bob has been integral on every subsequent program as a mentor & pastoral care support to participants.

Michael Albrecht

VCA Life Coach and Pastoral Care Team

Michael is a former Australian Army soldier of 13 years, serving on operations in The Solomon Islands, East Timor and twice in Afghanistan. After separating from the full-time army in 2015, Michael followed his ambition for being a life coach and serving other military members. He is currently employed part-time as a life coach by Veterans Care Association (VCA) and remains active in the Army Reserve. Michael's vision as your coach is to be somebody in your corner, who sees aspects of your life better than you currently see them and can enable you to see the path in getting there as soon as possible.

Simon Wilson

Behavioural Specialist and VCA Volunteer

Simon is a behavioural specialist currently working with teachers and schools to help them support students who are suffering trauma and improve teaching standards. Simon was the first modern history high school teacher in Queensland to implement studies of East Timor into the curriculum. Travelling to Timor in 2005 had a profound impact on him. He continues to be a supporter and advocate for the people. Simon is inspired by the resilience of the Timorese in overcoming a tragic history through reconciliation and forgiveness and believes that Australia owes a huge debt for their great sacrifice in supporting the Sparrow Force Commandos in 1942. Simon is very proud and honoured to be supporting Veterans to make positive life choices.

Ines Almeida

Jorge Alves

Balibo

Balibo is a town that has prominently featured from the Dutch/Portuguese wars in the early 18th century to the Aussie border HQ during INTERFET and UNTAET. Below is a brief history about the fort from the hotel website http://baliboforthotel.com

Balibó fort is the largest and most intact example of Portuguese fort architecture remaining in Timor-Leste. While few colonial records from the period remain, Balibó fort is thought to date from between 1700 and 1750 and is the second-oldest surviving fort in Timor-Leste. Portuguese settlers first reached the coast of Timor-Leste around 1515 and sought to capitalise on the regional trade in sandalwood. The fort at Batugade – the oldest in Timor-Leste – was constructed around 1655 to protect the colony against hostile indigenous people. Balibo Fort was built to further protect the port colony of Batugade.

Balibó was considered an ideal location for the fort due to its commanding height, its position at the crossroads of important trade routes and its location in the middle of a turbulent tribal area. The fort commands sweeping views across the village of Balibó, down to the port town of Batugade, across the Ombai-Wetar Straits and into West Timor. Balibó Fort has played a significant role in the history of Timor-Leste. In the 19th century, the presence of the fort and its role as a military stronghold helped to define the border between the Portuguese-controlled East Timor and the Dutch-controlled West Timor. During World War II, the Balibó fort was used a base for Japanese forces in Balibó. On September 4th 1944, Dutch airmen from the No.18 Netherlands East Indies Squadron RAAF flying a US Mitchell bomber destroyed the original fort house during a bombing raid on a Japanese rifle position.

In 1975, five Australian-based television journalists – who would later become known as the Balibó Five – filmed pre-invasion Indonesian naval forces at Batugade from the ramparts of the fort. The five men were murdered by Indonesian troops on October 16th, 1975. The Balibo Five Flag House Memorial Room is located across from Balibo Fort Hotel at the Balibo Community Learning Centre. In 1999, part of the Australian INTERFET peacekeeping force was based in the fort, helping to secure the Indonesian border, just a few kilometres from Balibó.

Balibó Fort Today

Today the fort serves as an enduring link between Balibo's past and its hopes for a peaceful and prosperous future. The fort walls, ramparts and cannon have been preserved and the former colonial administrator's residence inside the fort is restored. Following appropriate archaeological research, the fort's former prison cells and munitions stores have also been preserved. The fort serves as a hub for cultural tourism in the western part of Timor-Leste benefitting the people of Balibó, the surrounding sukus of Batugade, Cova, Leohitu, Leolima and Sanirin and the people of Bobonaro district.

Community capacity building is a crucial element of the project. Local people have been trained in hospitality and tourism and mentored to develop the skills and experience needed to transition the project to long-term local ownership. They are learning skills in areas such as English, marketing, technology and internet and are directly employed in the operation of the fort and related activities. Funds generated by the project directly support the Balibó community through a local development fund, focusing on strategic infrastructure and capacity-building programs. Future plans include the construction of a dental clinic at the Community Learning Centre.

FALINTIL

From Wikipedia, the free encyclopaedia

FALINTIL originally began as the military wing of the political party FRETILIN of East Timor. It was established on 20 August 1975 in response to FRETILIN's political conflict with the Timorese Democratic Union (UDT). The name FALINTIL is an acronym of its full name in Portuguese, *Forças Armadas da Libertação Nacional de Timor-Leste*. In English this translates as "The Armed Forces for the National Liberation of East Timor".

FALINTIL gained most of its initial military units when most the former Portuguese garrison forces in the territory switched allegiance to FALINTIL in August 1975, after the Portuguese withdrawal.[2]

At the time of the Indonesian invasion of East Timor in 1975 FALINTIL consisted of 2,500 regular troops, 7,000 who had some Portuguese military training, and 10,000 who had attended short military instruction courses, for a total of 20,000.[3]

The first commander of FALINTIL was Nicolau Lobato. Lobato was killed during a battle with the Indonesian armed forces in 1978 [4] and Xanana Gusmão was elected as his replacement during a secret national conference in Lacluta, Viqueque in 1981.[1] This meeting also saw the formation of the Revolutionary Council of National Resistance (in Portuguese *Conselho Revolucinario de Resistencia Nacional* or CNNR), which was the first step in uniting the different resistance movement factions under one umbrella organisation.

Resistance struggle

FALINTIL veterans in East Timor, 2005

Throughout the 1980s Gusmão, leading both FALINTIL and the CNNR resistance unification movement, began distancing himself from the FRETILIN party and began attempts to make FALINTIL non-partisan, and to make it the armed resistance wing of the unified resistance movement. On 12 May 1983 Gusmão proclaimed the convergence of all nationalists in their struggle against the Indonesian occupation and by April 1984 Gusmão had proclaimed the ideological independence of FRETILIN from the overall resistance movement, and began to re-structure the armed resistance movement. In the first week of June 1986, FALINTIL fighters attacked an Indonesian Army engineering unit, killing 16 soldiers.[5] On 31 August 1983, the Indonesian Army commenced military operations around Viqueque, about 100 miles from Dili. A spokesman for the Indonesian Embassy in Canberra, said about 3,200 troops in four battalions, including special forces, were deployed with tanks and troop transport aircraft.[6] On 5 May 1985 Gusmão sent the FRETILIN Central Committee, operating in exile, a message informing them of the structure of the CNNR and assuming the title of Commander in Chief of FALINTIL.

Significant progress in the unification of the resistance movement occurred in March 1986 when FRETILIN and UDT agreed to the creation of the "nationalist convergence". In the meantime, the FALINTIL guerrilla force continued to attack Indonesian troops. Diplomats in Jakarta later admitted losing between 20 and 35 Indonesian soldiers killed in a FALINTIL ambush in June 1986.[7]

On 20 June 1988 the *Resistencia Nacional dos Estudantes de Timor-Leste* (RENETIL), the National Resistance of East Timorese Students, was created in Indonesia, reporting directly to FALINTIL and its Commander in Chief Xanana Gusmão. On 31 December 1988 Gusmão officially announced that FALINTIL was now the non-partisan armed resistance wing of the unified resistance movement, which was now to be known as the *Conselho Nacional da Resistência Maubere* (CNRM), the National Council of Maubere Resistance.

Between the 23rd and 28 May 1990, CNRM held an extraordinary meeting for the purposes of restructuring the entire resistance movement. It was during this conference that Gusmão officially resigned from the FRETILIN party, whilst remaining Commander-in-Chief of FALINTIL and the president of CNRM. This meeting also saw the formation of the Clandestine Front, which came about from the recognition that FALINTIL, the armed resistance, had been significantly weakened by many years of guerrilla activity against the Indonesian military. The formation of the Clandestine Front was a strategy to organise the population against the occupying Indonesian forces. These events saw an upsurge in activity against the unified resistance movement by the occupying forces, which saw many resistance leaders flee to the mountains or overseas, and led to the arrest of Gusmão on 20 November 1992. Ma'Huno, a member of FRETILIN's steering committee, became the leader of the resistance only to be arrested himself on 5 April 1993. Nino Konis Santana replaced the arrested Ma'Huno as leader on 25 April 1993 and by September all factions of the resistance accepted Santana as leader of the overall movement. Taur Matan Ruak was appointed commander of FALINTIL. Under Santana's leadership the restructuring started by Gusmão was further reinforced under the CNRM umbrella with Santana as leader of the Executive Council of "the Struggle", Ruak in charge of FALINTIL, and a man called Sabalae taking charge of the Clandestine Front.

Throughout the 1990s the occupying Indonesian forces stepped up their actions against the resistance and factional troubles between FRETILIN and other resistance organisations plagued the CNRM, with FRETILIN members signing a document against the leadership of Santana. Sabalae, the leader of the Clandestine Front, disappeared in June 1995. Gusmão remained supreme leader of CNRM and Commander in Chief of FALINTIL despite being incarcerated in an Indonesian prison. On 31 May 1997, the East Timorese guerrillas killed 16 policemen and 1 soldier in an ambush near the Abafala Village.[8] In 1998 Santana died in an accident and the FALINTIL commander, Ruak, was elected as leader of "the Struggle", whilst also remaining operational commander of FALINTIL. In April 1998 during the National Convention of East Timorese Living Abroad, held in Portugal, the *Conselho Nacional da Resistência Timorense* (CNRT), the National Council of Timorese Resistance, was formed, replacing CNRM and reinforcing the previous attempts to unify all the factions of the resistance struggle against Indonesia.

Videos to watch

Timor Awakening. A number of videos from previous Timor Awakening programs can be found at the Timor Awakening youtube channel at the following link:

https://www.youtube.com/channel/UC2tkQXz_XOSUAyR2NF8Vp1Q/featured

Timor-Leste Tropical Haven free from Tourist Crowds, Australian Geographic (23 mins)

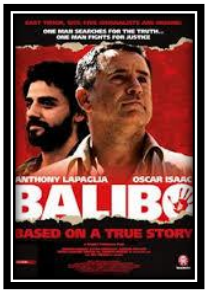
http://www.australiangeographic.com.au/travel/destinations/2015/09/timor-leste-tropical-haven-free-from-tourist-crowds

Commando Story - the men of Sparrow Force feature in ANZAC: Australians in World War II

Published on 5 Jan 2016 by Grant McGlaughlan https://www.youtube.com/watch?v=M9HYMoEa-Bw

Here is a clip from Part 13 of ANZAC: Australians in World War II titled "Commando Story", which features the men of Sparrow Force. Many of the men featured are identified by name. A lot of this footage was filmed by Damien Parer for his "Men of Timor" newsreel. This clip provides more detail as it was produced after the war when there was less censorship.

Movies. Balibo, 2009. We are staying two nights inside the Balibo fort, one of the most historic locations on the Island of Timor; it is the location of the Indonesian secret invasion, where the Balibo 5 journalists were murdered and Australian Border HQ was located for INTERFET and UNTAET from 1999 to 2002. The feature film captures the plight of the Timorese people in 1975 and the cover up of grievous crimes for over 30 years. It also highlights the key role that former President José Ramos-Horta has played for decades in bringing light to the darkness, and in fighting for freedom and peace for his people. A must watch.



LANGUAGE PREPARATION

Tetun. Learning a few lines of the Timorese language, Tetun, will enhance your experience and bring huge smiles from our Timorese friends. Here are a few lines and words to get started. I will give a few tips when we arrive to make this easier and happy to be a personal language tutor to all of you.

Bon Dia	Good morning
Botarde	Good afternoon
Di'ak ka lae?	How are you? (literally "good or not?")
Hau diak. Obrigadu/a. Ita mos di'ak?	I'm fine, thanks. And you?
Kleur ona la hetan ita	Long time no see
Ita nia naran saida?	What is your name?
Ha'u nia naran (your name)	My name is (you name)
Ita mai husi ne'ebe?	Where are you from?
Ha'u husi …	I'm from …
Hau mai husi …	I came from …
Ita bele ko'alia Inglês?	Do you speak English?
Sim, ituan	Yes, a little
Deskulpa	Sorry
Ha'u la hatene ko'alia Tetun	I can't speak Tetum
Ha'u komprende	I understand
Ha'u la komprende / Hau la hatene	I do not understand
(…) iha tetum dehan saida?	How do you say (…) in Tetum?
Favor ida koalia neneik ituan	Please speak more slowly
Favor ida bele dehan fali	Please say that again
Hau mak Veteranus	I am a veteran
Uluk hau servisu iha INTERFET	Before I worked in INTERFET
Ita iha Oan nain hira?	How many children do you have?
Hau iha oan nain tolu	I have three children

There are some great resources (written and audio) you can find here:

https://www.livelingua.com/course/peace-corps/Tetun_Language_Lessons

The main introductions can be heard below in this video/audio file to give you an understanding of the accent. All other chapters can be found at link above.

https://www.livelingua.com/peace-corps/Tetun/videos/Tetun%201.mp4

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