

KOKODA CHALLENGE

YOUTH PROGRAMS

YOUR JOURNEY AS A KCYP VOLUNTEER LEADER



AN OPPORTUNITY FOR ASPIRING YOUTH LEADERS

ARE YOU THE NEXT KCYP LEADER?

DO YOU WANT TO:

- ✓ MAKE A DIFFERENCE AND IMPACT THE LIVES OF AUSSIE TEENAGERS?
- ✓ SERIOUSLY CHALLENGE YOURSELF?
- ✓ INSPIRE PEOPLE TO GO BEYOND THEIR LIMITS?
- ✓ SPEND TIME IN NATURE, TRAVEL TO PNG AND HIKE 500KMS?

THEN READ ON...

OUR STORY

The Kokoda Youth Foundation (KYF) was born in 2004 when Founder and Chairman, Doug Henderson, OAM heard the remarkable story about the Australian Diggers who stopped the world in Kokoda in 1942 and the profound impact that campaign had on Australia. Doug felt compelled to start the Kokoda Challenge Youth Program (KCYP) to teach the next generation about the values and important life skills that our brave Australian diggers displayed. Courage, Endurance, Mateship and Sacrifice.



ABOUT KCYP

KCYP is a life skills program for 15-17 year olds from all walks of life, affectionately known as our 'Kokoda Kids' (KK). As young adults they all have unique needs and are at an impressionable stage in life, being faced with real life choices that will shape your future. You get the chance to help them.

Many teenagers in this day and age are experiencing anxiety, depression or low self-esteem and figuring out that high-pressured question that schools and society can sometimes force upon them... **What do I want to do with my life?**

KCYP helps bridge the gap between what they learn in school and the critical life skills and qualities that will help propel them forward for life after school. KCYP teaches teens about making positive choices, resilience, tolerance, self-worth, teamwork, hard work, good nutrition, exercise and leadership.

THE IMPACT SO FAR

Since inception in 2004, KYF have changed the lives of 50 kids every year, from all walks of life and backgrounds. Through the Kokoda Challenge Events the local community has raised millions of dollars for the KCYP. Over the years, Kokoda Kids have progressed to school captains, secured apprenticeships, risen through the ranks in the army, gained entry into universities and grown into strong figures within their community, harnessing their leadership potential with valuable life skills and a sense of purpose. KCYP inspires adventure, growth and confidence.



WHAT KCYP INVOLVES

KCYP uses a strength and values based approach and teaches you about the Spirit of the WW2 Kokoda Campaign and it's values:

COURAGE, ENDURANCE, MATESHIP AND SACRIFICE.

This is done through a 14-month program that involves:

- Weekly training sessions (20wks) designed to develop physical + mental capabilities
- Peak experiences including the 96km Gold Coast Kokoda Challenge + PNG Kokoda Tack
- Two Day Camp designed to help improve self confidence, worth and social skills
- Ten months Community Service designed to teach the value of giving back
- Education on the Kokoda campaign fought by our Australian soldiers, which undoubtedly saved Australia from the Japanese invasion during WWII in 1942
- Regular activities which encourage team work, cooperation and leadership skills



BEING A KCYP LEADER

WHAT YOU'LL GET FROM BEING A KCYP LEADER

REWARDING EXPERIENCE

Connecting with young people and learning from others, helping each other grow, making life long friends and unforgettable memories.

EPIC ADVENTURES

The chance to tackle The 96km Kokoda Challenge on the Gold Coast and travel to Papua New Guinea to trek the Kokoda Track and Volunteer in local villages.

PHYSICAL + MENTAL GROWTH

You can improve or maintain your own physical fitness. Imagine climbing the equivalent of Mt Everest 3.5 times? You'll achieve this and more with KCYP, approx 500kms and 13,000m elevation gain in 20wks.

JOIN A LIKE-MINDED COMMUNITY

The Kokoda spirit amongst our KCYP Leaders and Kokoda Kids is often described as a community. You'll have the opportunity to connect with like-minds to achieve a common goal.

RECOGNITION

All KCYP Leaders receive certificate of appreciation on completion and attend a formal Graduation Ceremony.

THE TYPE OF KCYP LEADERS WE'RE LOOKING FOR

- ✓ You're someone who is energetic with a passion and invested interest in young people
- ✓ You're someone who loves making a positive difference in people's lives and giving back
- ✓ You're community minded, genuine and up for a physical + mental challenge in nature
- ✓ Your zone of genius is empowering and encouraging



THE KCYP LEADER COMMITMENT

Becoming a Youth Leader is not something to be taken lightly. It's a serious commitment and KCYP is designed this way as leadership continuity and consistency is important as this contributes to providing a safe, predictable and trusting environment, which in turn builds a stronger rapport with these young adults.

APPLY TODAY!

CONTACT:

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AVAILABILITY & COMMITMENT

SUNDAY TRAIL WALKING TRAINING

You'll be guiding groups for a min of 18 out of 20 weeks of trail-walks between May- September in preparation for PNG trail. The exception to this is on challenge weekends or Mother's Day and Father's day, which will be moved to Saturday.

WEDNESDAY BOOT CAMP TRAINING

You'll be leading groups for a min – 16 out of 20 weeks of boot camp style fitness sessions for 1 hour. Think Burpies, Squats, Beep Tests and more. It's a lot of fun!

LEADERSHIP TRAINING

Be prepared to undertake a Leader Training Program weekend (this will be held over two consecutive days).

INVESTED INTEREST IN YOUNG PEOPLE

Building relationships with young people is critical for KCYP and a desire to create an environment that empowers these young adults to succeed. You'll be a role model to them and you'll have the ability to facilitate and foster their development through mentoring and leading with your actions and allowing the KK the time and freedom to take responsibility for the choices they make. This is not about being friends with the KK - it is about being a role model and encouraging them to aim high by setting a quality standard.

SOUND LEVEL OF FITNESS

The 20 weeks of training consists of bush walking, which can be quite strenuous on the body and it's important that Leaders have a reasonable level of fitness.

BLUE CARD (NO COST)

You must have a blue card or be prepared to apply for one

VISIT THE KOKODA CHALLENGE FACEBOOK PAGE AND YOUTUBE CHANNEL TO WATCH STORIES AND ADVICE FROM CURRENT AND PREVIOUS KCYP LEADERS
@TheKokodaChallenge