

Country to Canberra

Leadership Competition Resource Document

Version 1

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VERSION NUMBER	DESCRIPTION OF CHANGES	DATE
1.0	Version 1	08/07/2023

WELCOME

Thank you for your interest in Country to Canberra, our Leadership Competition and Power Trip. This resource guide has been designed to contain all the information needed to apply for Country to Canberra's 2023 Leadership Competition. If, after reading this guide, you still have questions, please don't hesitate to reach out to our friendly team.

WHO WE ARE

Country to Canberra is an Australian not-for-profit that is empowering young rural women to reach their leadership potential. Founded in 2014, we run national initiatives that provide leadership opportunities, inspire self-belief, and uniquely, connect young rural women with motivational mentors to breakdown gender and geographical barriers to success.

Our Mission: To empower young rural women to reach their leadership potential.

WHAT IS THE LEADERSHIP COMPETITION

Leadership Competition and Power Trips: Country to Canberra runs a nationwide leadership competition about gender equality for high school students in rural and remote Australia. After having their work published, the competition winners are awarded a Power Trip to Canberra where they meet with politicians and influential role models, connect with mentors, undertake leadership and public speaking training, tour Parliament, connect with other young trailblazers and much more!

WHO CAN I CONTACT FOR MORE INFORMATION

If you want more information, please contact the Country to Canberra Leadership Competition Team at leadershipcompetition@countrytocanberra.com.au

LEADERSHIP COMPETITION PRIZE - THE POWER TRIP

Winners of our Leadership Competition will be awarded an exclusive, all-expenses paid 5-day Power Trip to Canberra, including:

Leadership and Empowerment Training

- Award-winning Country to Canberra Project Empower workshop to develop an understanding of diversity, build your self-esteem, and learn to apply your values.
- Targeted public speaking and presentation workshops from industry professionals.
- Personalised leadership coaching and support.

Networking Opportunities

- Q&As with CEO's, industry leaders, and inspiring activists.
- Powerful discussions and private meetings with state and federal politicians.
- The chance to connect with other incredible like-minded people from all across rural and remote Australia!

Careers Coaching

- An inspiring careers fair, driven by Agrifutures Australia.
- Future focused goal setting support from the University of Canberra.

Runners-up will also have their competition entries published on the Country to Canberra website as part of the 'Top 40' and promoted on social media.

Other incredible perks include:

- The opportunity to join Country to Canberra's esteemed Mentorship Program, including being personally matched with a mentor that has experience in your areas of interest!
- Access to our exclusive Alumni Network, and additional networking opportunities
- An inspiring winners pack, full of incredible merchandise, resources, information, and goodies!
- Winning entries will be published on the Country to Canberra website, as well as by our sponsors and key partners to provide national exposure.

HOW TO APPLY

What do I need to do?

To apply for the Leadership Competition, you need to submit a response to the 2023 Leadership Competition Question:

Strong communities, stronger futures: How do diverse young leaders strengthen rural communities?

This response can take any of the following formats. Be creative! If you have a format in mind that isn't covered here, reach out to us! We are more than happy for you to be as creative as you like in your entry!

- Written entry: 450-600 word response - for example essay, story, poem, blog post, listicle or article.
- Video entry: 3-4 minute video. Video must include the participant or their voice narration. Video must be submitted via a private or public YouTube account and the link is provided as part of the submission. Landscape (horizontal) view is preferred.
- Art entry: an art piece accompanied by a 300-450 word response justifying the piece in the context of the competition question. The artwork must be scanned or photographed and attached as a jpeg or pdf file as part of the submission.

How will you mark my application?

Your application will be reviewed by the Country to Canberra team and an external Selection Panel. All applications are assessed and rated against the 2023 Selection Criteria. It is advised that you look at the selection criteria to guide your response.

SELECTION CRITERIA

Question: Strong communities, stronger futures: How do diverse young leaders strengthen rural communities?

	4	3	2	1	0
Consideration					
Exploration of the role of diverse young leaders in strengthening rural communities.	The response demonstrated an excellent understanding of the issues and explained them in an inspiring and powerful way.	The response demonstrated a strong understanding of the issues and explained them in a clear and considered way.	The response provided general explanations.	The response discussed gender-related issues that departed from the question.	No evidence.
Exploration of leadership and /or other relevant qualities for strengthening rural communities.	The response demonstrated an excellent grasp of a range of qualities and explained why they are important.	The response explored a number of qualities and suggested their importance.	The response explored at least one character trait.	The response made reference(s) to or alluded to a character trait(s).	No evidence.
Quality of examples	Examples provided were outstanding, intelligent, and interconnected to enhance the overall argument.	The example(s) provided were multidimensional and relevant.	The example(s) provided were thoughtful and considered.	The example(s) provided were simple and unidimensional.	No examples provided.
Evidence of passion	Passion about topic is communicated clearly and consistently throughout the piece.	Passion about the topic is communicated clearly throughout most of the piece.	Passion about the topic is evident, and generally communicated.	Passion about the topic is evident at least once.	No passion evident.
Coherence and flow		Coherent, controlled, and complete themes. All ideas were well developed.	Ideas are grouped into themes – with some overlaps and/or weaker stronger ideas.	Attempted to group ideas into themes.	No evidence of structure or organisation of ideas.
Persuasion and engagement		Sustained and effective use of persuasive devices and appealed to one or more of the reader's reason, values or emotion.	Used some devices that persuade.	Used a statement(s) of personal opinion(s).	Limited evidence of an attempt to persuade and engage the audience.
Written technical elements			Spelling, punctuation and grammar enhances meaning and understanding.	Spelling, punctuation and grammar minimally impacts meaning and understanding.	Spelling, punctuation and grammar significantly impacts meaning and understanding.
Visual technical elements			Composition enhances meaning and understanding.	Composition minimally impacts meaning and understanding.	Composition significantly impacts meaning and understanding.

PREVIOUS WINNING ENTRIES

Sithmi Konara, 2021 Winner, Rockhampton Queensland

Video Entry: <http://countrytocanberra.com.au/winner-2021-sithmi-konara/>



Olivia Titley, 2020 Winner, Charters Towers Queensland

Video Entry:

<http://countrytocanberra.com.au/winner-2020-olivia-titley/>



More examples can be found at

<http://countrytocanberra.com.au/leadership-competition/>

PREVIOUS WINNING ENTRIES CONTINUED

Charlotte White, 2020 Winner, Yarrowonga Victoria

LIFTING US UP – How can women and girls empower each other and their communities in times of uncertainty and change

In its purest, simplest form, empowerment is education. And, the opportunity of the educated to use that understanding to educate others.

But what does empowerment look like in the real world?

Defined, empowerment is the process of becoming stronger and more confident, especially in controlling one's life and rights. When I think of the leaders in this field, I think of people like Congresswoman for New York's 14th District, Alexandria Ocasio-Cortez. Recently, she has made headlines for an eloquent speech in the House of Representatives in America in which she responded to derogatory comments made towards her by Representative Yoho, a Congressman. She shone a light on misogynistic behaviour, and called out those who encourage it, but refused to belittle those who participated. Her respect, even when treated so poorly herself, makes her an incredible role model.

Politics is a field largely male inhabited, and almost entirely seen through the male gaze. In her speech she states that the ghastly language used against her 'is not new, and that is the problem.'

AOC as she is known, empowered me, and presumably many others through delivering this speech, to stop allowing the cultural ideology towards women. Her speech, which I only watched through a screen, was immeasurably inspiring.

She is a woman who empowers others. AOC stimulates the growth of gender-equality.

However important this gesture was and will continue to be, women do not need to be on the world stage to motivate gender equality.

In my small country community, I can think of many women who inspire me to empower both others and myself in simple ways, like working in Agriculture, a generally male dominated field, and when I look a little deeper, I notice that they have all had incredibly tough times in their lives. This fact makes them even more inspiring. These women have found their voice and stood up to stereotypes within the industry, allowing them to endure and survive. These women are the people I think of when I need the leaders of my community, because they know how to adapt to change.

Times have always been uncertain and changing in relation to gender equality, even more so today, so how can we continue our collective move towards empowerment?

We focus on the little things.

In relation to this beautiful word, empowerment, I believe that this means going back to step one of this journey, the step which I call 'acknowledgement'. The simplest way to give confidence to our women is to recognise them. Their glory, their hardship, and everything in-between. In tough times, all we, as a society, need to do is acknowledge the incredible women of our communities who motivate others, and those who need empowering.

We, as a community, must continue our journey to claiming the rights of our women and girls, and to do this we simply need to open our eyes. Seek out the women in your community who do these little things extraordinarily well and lift their voices, therefore encouraging women around you to do the same.

For, in the words of Paul Kelly, from little things, big things grow.

PREVIOUS WINNING ENTRIES CONTINUED

Kayanne Lewis, 2020 Winner, Ernabella (Pukatja) South Australia

LIFTING US UP – How can women and girls empower each other and their communities in times of uncertainty and change

Katuralanya Kanyini äöñ Lifting us up

By Kayanne Lewis

My grandmother is the most important woman in my life. She is strong and supportive. Her words constantly encourage me to stay at school and keep learning. This year I will be the first student in a decade to complete SACE on country and in my community. My community is very different to country towns and city centres of Australia. I live in the very remote central desert; my language is Pitjantjatjara and my culture has evolved from more than 70,000 years in this place – it keeps us strong. The challenges we face as women and girls in our community are like that which other girls and women face globally however, being Anangu adds another layer of disempowerment and voicelessness to our story.

This year has been too hard. It has been hard for everyone all over the world. In February 2020, Anangu felt scared about Coronavirus and its impact on people and community. In March everything shut down. In the APY Lands, shops stopped selling fuel, the art centre closed, there was uncertainty about whether school would close, the old people in aged care were sent to Adelaide, the youth program was closed and the youth worker left, we were restricted from travelling between communities, and funerals stopped. This meant we could not hunt for food; adults were without income to support their families; people could not get home to community and were stuck all over the place; our grandmothers and grandfathers were in a foreign place with no family; and the children had no afterschool activities and no bush trips for on country learning. As part of the federal bio-security act most of these decisions were out of our control – in an isolated community we were even further isolated.

Even though corona virus has been scary and hard in the uncertainty and change for community, women have stayed strong. Women have always been strong. My grandmothers, aunts and mothers have shown me this. Women work hard in lots of ways. They care for family, help each other when there is fighting and violence and help keep culture strong by taking us young girls out bush and telling us stories. When I have fight with my friends my Aunties help me, they help us talk and calm down. Compared to the men in community, almost all women have a job. My sister-cousin Eva, (Anangu way) has two jobs, she works at the clinic helping keep people to be safe and at the school, helping children learn. Lots of the jobs that women have not only supports their family but support the whole community. An important job is working for NPY Women Council, they have a strong Anangu voice for women. They help with domestic violence, when women need food or clothes, and help make change for women's health and wellbeing.

I learn from the women around me, they have taught me to be strong. With this strength I can empower girls to be strong and empower each other. By finishing school, I am a role model for valuing education. We can also empower women and girls by teaching and empowering the boys in our community because the strength and safety of women and girls is their responsibility too.

Ngayulu Anangu Pitjantjatjara kungka munu ngayulu kunpu munu ngayulu ninti ngayuku tjukuparku. Panya empower-milantjaku ngayuku kiminiti nganana mukuri nganyi, kutjupa tjutangka kulintjatku nganampa tjukurpa munu tjataringkula nintiringkutjaku nganampa wai. I am a strong proud Anangu Pitjantjatjara girl, I know my story. To empower my community, we need others to listen to our story and start to understand our way.

PREVIOUS WINNING ENTRIES CONTINUED

Elora Guirguis, 2021 Winner, Wagga Wagga NSW

COURAGE TO CHALLENGE: what is the role of rural women in driving change in their communities?

They are as sweet as the nectar they seek – each one embellished with the brilliant yellow of sunny daydreams and reassuringly dark bands. Into the honeyed light of day they come, blessing each flower as they pass. Bees, despite their minutest frame, hold what is key to replenishing our earth and protecting ecological balance so that humans can survive – pollen.

Just as bees ensure our replenishment and survival, so too do rural women as they hold leadership qualities to constantly take on various roles within their communities. These qualities spark changes and thus prosperity to then fit members' growing needs.

Without our bees, there cannot be enough to sustain our population. And yet, despite their nourishment, humans take the sweetness, the warmth of their honey, and mercilessly trample them underfoot. Just as so, women's efforts are often underappreciated, overlooked, ignored, nevertheless, they continue to drive change and create new transformational pathways for each other...

We are volunteers.

Women often play a role in community changes and development by aiding organisations within rural communities with nothing in return. A study led by the University of Melbourne found that women are more likely to volunteer.

We are supporters.

Women constantly face uncertainty, thus affecting their well-being. In fact, the Beyond Blue organisation states that women aged 16-24 had the highest rate of psychological distress of any age group or sex in 2017-18. Rural women, however, often aim to change this by empowering and supporting one another and the community. The Womn-Kind youth organisation within my regional NSW town, for instance, had a young female ambassador. She ran various social activities to change current stigmas and close the gap in effective emotional support and education for fellow adolescent girls.

We are activists.

We are Sabina Yasmin. Women, though often viewed as weak, play an imperative role in fighting for the rights of members within their rural communities – as activists. Their participation at the forefront is essential in effectively leading to community change. Sabina, a rural woman located near Bangladesh, is a great example. Disabled since 6 months old, she became a disability activist and helped form a local women's council.

We are resourceful. We are Esther Nyaga.

In spite of doubt and limited resources within rural communities, our women continue to make a difference. For instance, in the face of residing within a poorer community in Kenya, a woman named Esther Nyaga worked with community groups in her area to coordinate the planting and care of thousands of trees to tackle climate change.

As leaders, women now often hold an active role in leading initiatives and economic dynamics that create positive changes in the socio-economic development of rural areas (as made clear by Bourke and Luloff, 1997). They are more responsive to the people they govern and thus bring out necessary changes and stability within their communities in times of uncertainty. In this ever-changing world, these qualities are essential for community survival. Don't you agree? Despite the underappreciation we receive, we rural women will continue to pollinate our communities. We empower each other and our rural communities. We will not be torn by the ever-growing winds of misogyny and underappreciation. Instead, in a meditative buzz of togetherness, we, the bees, will sing our way through these winds in harmony. Small, but mighty, we strive to make a difference.

We are change-makers, sprinkling sustenance wherever we go. We are the bees of our rural communities. And we will fight until we receive the recognition we deserve.

Just think – where would we be without our bees?

TERMS AND CONDITIONS - ELIGIBILITY

NOTE: Our Terms and Conditions are available in full on our website. However, we have included key eligibility and submission information below.

To win the Power Trip prize, entrants must be:

1. Female/female identifying/non-binary students who are attending school in grades 10, 11 or 12 in 2023;
2. Be 15 years of age by 26 November 2023;
3. Attend a school or TAFE that fits with the below criteria.

For students in New South Wales, Victoria, Queensland, South Australia and Western Australia, entrants must:

- a) Attend a school categorised by MySchool (www.myschool.edu.au) as Inner Regional, Outer Regional, Remote and Very Remote; OR
- b) Not attend any school categorised as being within a Major City.

For students in Tasmania and the Northern Territory, entrants must:

- a) Attend a school categorised by MySchool (www.myschool.edu.au) as Inner Regional, Outer Regional, Remote and Very Remote; and
- b) Not attend a school located in the state or territory capital city. Schools in the following postcodes are determined to be part of the capital city and surrounding suburbs, and are ineligible.
- Darwin - 0800, 0801, 0804, 0810, 0811, 0812, 0813, 0814, 0815, 0820, 0821, 0822, 0828, 0829, 0830, 0831, 0832
- Hobart - 7000, 7001, 7004, 7005, 7007, 7008, 7009, 7010, 7011, 7015, 7016, 7017, 7018, 7019, 7021, 7030, 7050, 7052, 7053, 7055, 7170
- c) Entrants attending boarding school in Darwin and Hobart are eligible if they are from a regional or remote town. For example, a student in Tasmania could attend boarding school in Hobart, and still enter the competition if they came from Wynyard. Country to Canberra reserves the right to determine eligibility.

For students from Australian external territories, the Indian Ocean Territories of Christmas Island and the Cocos (Keeling) Islands, Norfolk Island, the Jervis Bay Territory, the Ashmore and Cartier Islands, and the Coral Sea Islands, are eligible to apply.

Entrants from these territories will be considered together with entrants from the following states for marking and eligibility purposes:

- a) Indian Ocean Territories of Christmas Island and Cocos (Keeling) Islands, Ashmore and Cartier Islands - Western Australia, and
- b) Norfolk Island - New South Wales
- c) Coral Sea Islands - Queensland

For students attending TAFE, entrants must:

- a) be enrolled in a TAFE program listed on the relevant state or territory TAFE locations website, and
- b) the TAFE suburb must be categorised by MySchool (www.myschool.edu.au) as Inner Regional, Outer Regional, Remote and Very Remote

Australian Capital Territory students are ineligible to apply.

TERMS AND CONDITIONS - SUBMISSIONS

To submit an entry:

1. Entries must be submitted via the Country to Canberra [Leadership Competition Entry Portal](#) by 11.59 pm Australian Eastern Standard Time (AEST) on 8 September 2023.
2. Submit in one of the formats listed on Page 5 of this document.

Country to Canberra reserves the right to use its discretion if an entry exceeds format limit and parameters. Entries must be in English, written or spoken.

Reasonable adjustments and special consideration are available for students with unique individual circumstances including, barriers arising from language, submission format, and educational disadvantage. More information on this can be found in the full T&C's on our website.

Additional Terms & Conditions

1. Only one entry per person is allowed.
2. Previous Country to Canberra competition winners (those that visited Canberra on the 'Power Trip' or participated in 'C2C On Screen' in 2020 and/or 2021) are not eligible for the 2023 prize. Previous finalists (Top 40) can enter.
3. Parents/Legal Guardians of competition winners must be willing to sign a Talent Release Form. Parents/Legal Guardians of the competition winners must also be willing to sign a legal consent form, and a medical form. This form allows the winners to travel to Canberra between 25 November 2023 and 29 November 2023. If not, the Power Trip prize will be revoked.
4. Winners must be available to travel to Canberra in the Australian Capital Territory, unaccompanied, between 25 November 2023 and 29 November 2023 and attend all Power Trip events.

Country to Canberra is cognisant of the fact that final exams may impede on the ability for some students to be able to travel on these dates. Unfortunately, Country to Canberra is unable to change the Power Trip dates and therefore, students must be available on the specified dates. If a winner is unable to attend after being selected, the prize will be provided to a runner-up. Efforts will be made to provide the affected individual with mentoring and other opportunities as deemed appropriate by Country to Canberra.

In submitting an entry to the 2023 Country to Canberra Leadership Competition, you declare that the entry provided is your own work and has not been published previously by another website or entered into another competition. You have read all of the terms and conditions and agree to abide by them.

Country to Canberra

**THANK
YOU**