

# KOKODA CHALLENGE

YOUTH PROGRAMS

## YOUR JOURNEY AS A KOKODA KID



A LIFE CHANGING OPPORTUNITY FOR YOUTH



# ARE YOU THE NEXT KOKODA KID?

## DO YOU WANT TO

- ✔ Do what you thought impossible
- ✔ Experience the history and culture of Australia and PNG
- ✔ Gain purpose, confidence and maturity
- ✔ Make great lifelong friends
- ✔ Push yourself beyond your comfort zone
- ✔ Give back to the community

## OUR STORY

The Kokoda Youth Foundation (KYF) was born in 2004 when Founder and Chairman, Doug Henderson, OAM and his wife Anna 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. They 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 you all have unique needs and are at an impressionable stage in life, being faced with real life choices that will shape your future.

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 you learn in school and the critical life skills and qualities that will help propel you forward for life after school. KCYP teaches you 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 (18wks) designed to develop physical + mental capabilities
- Peak experiences including the 48km Melbourne 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 KOKODA KID

## WHAT YOU'LL GET FROM BEING A KOKODA KID

### 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 48km Melbourne Kokoda Challenge 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 times? You'll achieve this and more with KCYP, approx 400kms and 10,000m elevation gain in 18wks.

### 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 Kokoda Kids receive rising sun dog tags and certificates of graduation on completion at a formal Graduation Ceremony.

**APPLY TODAY! CONTACT:**

**dann@kyf.org.au**

**07 5539 4141**

**kokodachallenge.com**

## THE TYPE OF KOKODA KIDS WE'RE LOOKING FOR

Anyone who...

- ✓ Wants an opportunity to improve confidence, self-belief and find the best version of themselves in a supportive environment
- ✓ Wants to go on a life changing adventure, learn valuable life skills, make new friends and belong in a team
- ✓ Wants a physical & mental challenge, push their boundaries and go beyond their comfort zone
- ✓ Wants to walk in the footsteps of our Australian soldiers, visit famous battle sites and honour the legacy of the 1942 Kokoda Campaign



**VISIT THE KOKODA CHALLENGE FACEBOOK PAGE AND YOUTUBE CHANNEL TO WATCH  
STORIES AND ADVICE FROM CURRENT AND PREVIOUS KOKODA KIDS.**

**@TheKokodaChallenge**



# LIFE AS A KOKODA KID

