



**NOT OUR
Culture!**

Tackling Indigenous Smoking

2013 Healthy Hostels Contest

Competition Handbook



Better Lives, Better Futures... safe, comfortable, culturally appropriate and affordable accommodation for Indigenous Australians who must live away from home to access services and economic opportunity.

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Guidelines

Tackling Indigenous Smoking at AHL invites all employees and current residents of the organisation to participate in the Healthy Hostels Contest. In teams of 4 to 6 residents and staff are being asked to showcase their ideas on how we can all lead healthy, meaningful lives in the most imaginative way possible. Teams may like to perform a short skit, produce a song or choreograph a dance. Themes may include being smoke free, eating regular and nutritious meals or participating in daily exercise. Whatever your idea, perform the skit, record it on video and send it through to Tackling Indigenous Smoking.

Aim

The competition aims to encourage AHL stakeholders to think about how they can improve overall levels of health and wellbeing for themselves and within their own communities.

How to Enter

1. Come up with an idea
2. Create a team with no less than 4 and no more than 6
3. Record it on video, DVD or other electronic media
4. Fill in the application form, clearly indicating your contact details.
5. Send your entries to

TIS Healthy Hostels Competition

PO Box 30

Woden ACT 2606.

Or email to:

samara.rahman@ahl.gov.au

by 3 February 2013

For more information on the competition please contact Samara Rahman on samara.rahman@ahl.gov.au or call 02 6212 2063.

Prizes

Major Prize Winner

- Catered seats at the NRL Indigenous All Stars games at Suncorp stadium and the opportunity to attend a coaching clinic with the NRL Indigenous All Stars Women's team. Transport and/or accommodation will be provided for winners outside of Brisbane metro area.

Second Prize

- A framed and autographed picture of the NRL Indigenous Women's team and a certificate for all team members

Third Prize

- A special hamper with delicious goodies and gift vouchers.

Eligibility and Criteria

1. Teams must be employees of AHL or staying at an AHL facility at the time of entry.
2. Teams must contain less than six people.
3. Teams are encouraged to speak to external sources, including Aboriginal Medical Services and health professionals to inform their talent piece.
4. Participants must complete the Application Form.
5. Participants must sign and agree to the Terms and Conditions listed overleaf.
6. The video must not contain any information which may be considered derogatory, offensive or culturally inappropriate.
7. All entries will be judged against the following criteria
 - 1) The creativity of the piece submitted
 - 2) The information contained in the piece and
 - 3) The entertainment value of the video.

Possible Ideas for Your Creative Piece

1. Mock game show
2. Skit
3. Play
4. Movie
5. Dance
6. Song
7. Interviews with hostel staff and health professionals
8. Martial arts
9. Stand-up comedy routine
10. Speeches
11. Debates
12. A beauty pageant inspired mini contest
13. Gymnastics routine
14. Circus routine
15. Magic show inspired piece
16. Fashion show
17. Dance drama (ie Rock Eisteddfod)
18. Instrumental musical piece
19. A mock sports carnival

Possible Themes for your Creative Piece

1. The benefits of not smoking on your health
2. The importance of eating 2 serves of fruit and 5 servings of vegetables a day
3. The benefits of drinking water
4. Exercise and your body
5. The role of smoke free spaces in helping people quit smoking
6. The importance of having regular medical check ups
7. The benefits of a good night's sleep
8. The harmful impacts of excess alcohol
9. Meditation, yoga and emotional wellbeing
10. Traditional bush healing methods
11. How to have healthy pregnancies
12. Joining a sports team
13. Eating nutritious meals
14. Eating regularly
15. Cooking meals at home
16. Limiting fast food or take away in your diet

Full Terms and Conditions

- This competition is conducted by Aboriginal Hostels Limited
- By participating in the competition and submitting your entry you are deemed to accept these Terms and Conditions of the Competition.
- The competition is open to all current AHL employees and residents.
- Entries must be submitted by mail and received in Canberra by 2 February 2013, any entry received after this date will be deemed invalid.
- You are able to enter more than once.
- By entering this competition you represent and agree that your entry is original and your own work and it does not infringe the rights of any third party.
- By entering this competition you assign all intellectual property rights (including but not limited to full copyright) to Aboriginal Hostels Limited. You agree that your piece may be used by AHL agencies for promotion, advertising, education, teaching and research purposes. You agree that your piece may be published in whole or in part and agree that in using or publishing this Aboriginal Hostels Limited do not have to acknowledge you as the contributor.
- You represent and agree that your piece is not sexually explicit, offensive, defamatory or in breach of the confidentiality or privacy of any third party in any way.
- You agree that prizes must be accepted as awarded and no fee will be payable to you for the use of your entry.

- This is a competition of creativity and skill, chance plays no part in determining the winner. Each entry will be individually judged based on merit. The judges' decision is final and no correspondence will be entered into. Entries will not be returned. Shortlisted entries will be notified via the details provided on the entry form.
- Entrants are responsible for ensuring all personal information entered is correct and complete. No responsibility will be taken for any failure to contact a shortlisted entrant as a result of incorrect information. If shortlisted entrants cannot be contacted within two weeks of the judges final decision another entry will be selected.
- The prizes are NOT transferable or exchangeable and cannot be taken as cash. Any taxes which may be payable as a consequence of a winner receiving a prize are the sole responsibility of the winner.
- Aboriginal Hostels Limited is not liable for any costs associated with entering the competition.
- To the extent permitted by law, Aboriginal Hostels Limited makes no representations or warranties as to the quality, suitability of any prize awarded nor will they be liable for any loss or damage whatsoever which is suffered (including but not limited to indirect or consequential loss), or personal injury which is suffered or sustained in relation to this promotion, except for any liability which cannot be excluded by law.
- Entries which do not comply with these Terms and Conditions will not be eligible for the competition.

Privacy Notice

- Personal information collected from you in connection with this competition is limited to the items on the submission form and whatever personal information about yourself or other persons that you choose to provide with your entry. Personal information obtained from you via the submission form will be used solely for the purposes of running the competition. The names of winners and any award recipients and their home state or territory, may be published on the Aboriginal Hostels Ltd and the Commonwealth Department of Health and Ageing's website and in other promotional material.
- If you advise the competition organisers that you do **not** wish to have your name published and/ or do not wish to be contacted for promotional or website development purposes, your name will not be published.

I agree to the above terms and conditions:

Print Name: _____

Sign: _____ Date: _____

Parent or guardian signature is required

Print Name: _____

Sign: _____ Date: _____

Application Form

1. Team Name: _____

2. Address: _____

3. Phone number: _____

4. Email: _____