

**‘From Inside the Farm Gate: Rural Women’s Stories of Thriving and Surviving’**  
**Expression of Interest to Participate**

**Are you a Victorian woman living in a rural farming community?**

**Have you experienced tough times??**

**Share your experience, tell your story and help others by taking this unique and supported opportunity to participate in a ‘From Inside the Farm Gate’ digital storytelling workshop.**

Feedback from previous Digital Storytelling Workshop participants includes:

*“It was a powerful, fantastic and at times quite full on experience”*

*“It reinforced that people can understand...the underlying problems in people’s lives, by watching and listening to their personal story”*

*“Watching my video I am very proud of the outcome. Several people have watched it and have given back so much positive feedback.”*

*“Participating in the digital storytelling workshop was both a very humbling experience as well as inspirational, in working so closely with such a small group of other amazing farmers...shared their [stories] to initially a room of strangers, who three days later had then become very special friends. This could never have occurred without the amazing support from the [workshop facilitators]...Well done to all who participated!”*

The National Centre for Farmer Health is looking for 24 enthusiastic rural Victorian women whose lives have been affected by tough times in some way (for example: physical health, wellbeing challenges for yourself or someone you have cared for, financial hardship, bereavement, natural disaster, leaving the farm, etc.). You need to be comfortable using a computer, attend a 3-day workshop, and be passionate about telling your story to give voice to rural women and build knowledge and understanding of the rural experience in the broader community.



Support provided: The good news is that we can provide accommodation and most meals, and travel allowance to recognise the time off-farm or away from your community.

Telling your story: What is digital storytelling?

We are wanting to make a short movie/video (digital story) using sound, narrative, images and voice over. Typically, digital stories run for 2 - 4 minutes and contain an emotional component that enables personal perspective to be communicated.

More information can be found at [https://en.wikipedia.org/wiki/Digital\\_storytelling](https://en.wikipedia.org/wiki/Digital_storytelling)

The NCFH Digital Storytelling Workshop

Where: Hamilton, Victoria

When: Workshop 1: January 30<sup>th</sup> – February 1<sup>st</sup>, 2018  
Workshop 2: February 6<sup>th</sup> - February 8<sup>th</sup>, 2018

Cost: FREE to participants (valued at over \$2500 per person)

To register your interest and learn more about the workshop, please complete the following details and return to [alison.kennedy@wdhs.net](mailto:alison.kennedy@wdhs.net).

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Name:.....

Email:.....

Phone:.....

Age range (please circle): 18-30 yrs 31-45 yrs 46-64 yrs 65+ yrs

What computer experience do you have? (please tick all that apply and add others that you think are important)

- ☐ Email
- ☐ Surfing the net
- ☐ Word
- ☐ Photoshop
- ☐ Accountancy packages
- ☐ Movie maker

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**Find us on**   



Other computer experience.....

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Would you require financial support for:

- Travel (please circle) — yes / no
- Accommodation (please circle) — yes / no

Describe how you have been affected by tough times

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Are you willing to make your story available for research and educational purposes and the Farmer Health website [www.farmerhealth.org.au](http://www.farmerhealth.org.au) (this may include promotion, conference presentations and community presentations/forums)? (please circle)

yes / no

This project has been supported by funds donated by the Victorian Women's Benevolent Trust and the William Buckland Foundation.

