

PARTICIPANT PROFILE



Indah Prastika

Indah completed her Bronze early in November 2023. Over the last 18 months she has worked her way through the requirements of the Silver award gained completion in April 2025.

ADVENTUROUS JOURNEY

Arnhem Land Cultural Trip & Lake Bennett

Indah spent 10 days in Arnhem touring various cultural sites including getting access to special sacred sites. She immersed herself in the culture and learnt a lot in the process. Her only journey focused on improving her swimming and canoeing skills at Lake Bennett. She noticed a considerable improvement in her balance and upper body strength after the journey.

PHYSICAL RECREATION

Dance

Indah is an avid Dancer who is involved in the Slide Youth Dance Theatre. Her assessor noted that she is committed, focused and responsible member of the group. She showed improvement due to determination and understanding. Indah is a hard worker and applies feedback to improve.

SKILL

Reading

Indah is an avid reading who's goal was to widen the genre of titles that she reads. She was successful in making her reading a part of her daily habits.

SERVICE/VOLUNTEERING

Dance & Fundraising

Indah did a variety of activities in the volunteering section. She raised money for local charities, spent time coaching and instructing younger dances and helping out at Slide. Her assessor noted that she showed creativity, capitalising on opportunities and that she goes above and beyond the minimum. Once she starts she is fully committed and focused on getting the best out of everyone.