

THE
Nicole Fitzsimons
F O U N D A T I O N



the unthinkable does happen...

“no family, no boyfriend, no husband, no brother or sister has to go through what we went through...”



Please click to find out more about the ‘Life, Legacy and Mission of The Nicole Fitzsimons Foundation

our tragedy

Late last year, my family suffered the devastating loss of our beautiful daughter and sister, Nicole Fitzsimons. Nicole was an inspiring, talented dancer and devoted footy fan with an infectious love of life. Anyone who was lucky enough to spend time with her was a better person for that experience. At 24 years young, Nicole was on the brink of achieving her dream as a sports journalist with Channel 9, before her life was tragically taken in a motorbike accident whilst holidaying in Thailand, October 2012.

To understand more about Nicole's story & the Foundation we have established in honour of her inspiring legacy, please watch this short clip that was aired on A Current Affair:



Nicole Fitzsimons



Nicole's story on A Current Affair

“No family, no boyfriend, no husband, no brother or sister needs to go through what we have went through and....”

we'll make sure that message gets out to every single one of us Australians because.....

there's not a minute that goes by that we are not suffering enough for losing Nicole the way we did.”



Jamie Keith (Nicole's Partner)

our commitment

My name is Kate Fitzsimons, Nicole's younger sister, and as a result of the tragedy of losing Nicole I have decided to leave a career in the corporate world to dedicate myself full-time to The Nicole Fitzsimons Foundation (NFF) because saving lives through sharing Nicole's story is now a passion that runs deep within me and gives me a sense of fulfillment I cannot find elsewhere.

I am dedicated to fulfill the Foundation's mission of bringing more Aussie tourists home safely into the arms of loved ones by delivering voluntary presentations to senior school students around Australia. I have thoroughly researched and prepared an eye-opening Travel Safety Presentation that I would be extremely grateful to deliver to your year 11 and 12 students before they embark on their Schoolies holiday and overseas trips after finishing school.



Nicole and Kate Fitzsimons

shocking travel facts

An Australian tourist dies in Thailand every **three** days

At least **35** people die on Thailand roads **every** day

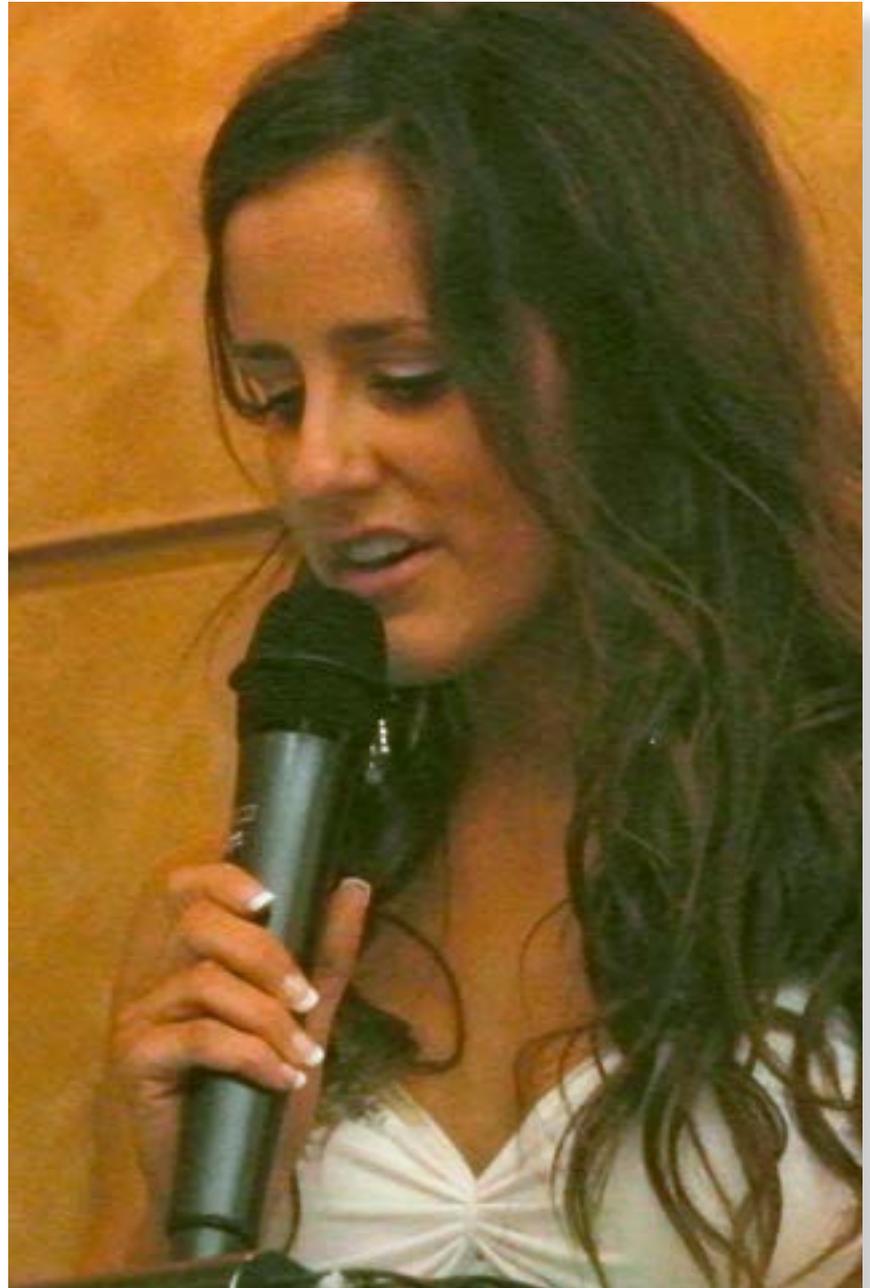
An Australian tourist dies in Bali every **nine** days

Bali's largest hospital treats up to 300 traffic victims **every** day

our goal

An important aim of NFF is raising awareness of travel safety overseas among young Australian tourists to save other families from suffering the same heartache, with a focus on the dangers of riding motorbikes on foreign roads and the importance of purchasing travel insurance.

With more than **double the number of under 25's travelling overseas** compared with a decade ago, and **6,000 schoolies pouring into Bali** this year, it is more important than ever to educate our youth about safe travel behaviour. It is through **education** that we can prevent young Aussie travellers from becoming just another 'statistic' in the growing number of Australians finding themselves in trouble overseas each year.



Kate Fitzsimons presenting

To find out more about Nicole & the Foundation we have established in her honour, please visit www.nicolefitzsimons.com. If you are interested in me attending your school to deliver this travel safety presentation, or would like to know more information, please contact me on the details below.

email: foundation@nicolefitzsimons.com

phone: 0400 478 788

travel safety presentation

With our desire to travel while we are young, our youth tends to come with this sense of 'invincibility'. Through sharing Nicole's story and some alarming statistics I have discovered through my research I open students eyes to the fact that the 'unthinkable' does happen. Yet I also offer them some really practical tips to do my absolute best to prevent it from ever happening to them, or to prepare them to best way I can if it does happen to them by highlighting to importance of travel insurance before going overseas. With medical evacuations from Bali costing up to \$100,000 and three days in a US hospital up to \$75,000 - I make it clear that if you can't afford travel insurance, you can't afford to travel at all.

My presentations help students realize that many foreign countries do not have the same safety standards as Australia and there can be dramatic differences in culture, rules and regulations that they need to be aware of prior to arriving in that destination. Nicole would have never jumped on that bike had she known how many people are killed and injured on South East Asian roads every day. The Foundation is dedicated to educating young Aussies about these shocking risks to prevent them meeting the same tragic fate as my sister.

Besides highlighting the inherent risks of riding motorbikes on foreign roads, I also make students aware of other various dangers to look out for overseas including drink spiking, passport scams, as well as the serious legal trouble tourists can land themselves in by ignoring local laws and behaving recklessly towards locals.

I also provide students with a 'Travel Safety Guide' to fit inside their passport holders that they can take with them on their next overseas holiday to serve as a constant reminder of the safety tips I share with them during my presentation. My presentation goes for approximately one hour, and there are no cost or charges involved in my presentations, although a small donation to the Foundation is always welcome if you feel you wish to contribute something for my time.



the lasting impact

I think what makes my presentations so powerful is that I am speaking peer-to-peer so students relate to me on a personal level. Teachers say they have never seen their students so captivated as I take them along their own emotional rollercoaster to change their entire attitude towards reckless behaviour overseas. At the end of the first video in this brochure there is snippet from the opening of my school presentations to demonstrate how amusing students initially think the drunk Schoolie on the bike is. Laughter that is soon silenced by Jamie's tears, and by the end of my presentation students are usually shedding tears of their own.

Please read through the testimonial section below to discover more about the lasting impact my Travel Safety Presentation is having with students and the teachers' recommendations that this is a presentation all students around Australia need to see.

testimonials

Ebony Cruse

Thank you for sharing such a beautiful and inspiring story of a beautiful womans life today at picton high... Thank you for opening my eyes and i'll be sure to be safe and to get travel insurance for my next overseas trip, and to warn others and make them aware of everything you discussed today thank you. You are doing an amazing thing! – Picton High

Shelby Thornett

Just wanted to thank you so much Kate for coming to our school on Friday and giving your presentation. It was truly touching and your message was well received. We will all think twice about getting travel insurance for our trips and the risks we take overseas. I cannot believe your strength. Thank you. – Bulli High



Kate with high school students

testimonials

“Honestly, I don’t think you could improve your presentation. You spoke clearly, had visuals, connected with everyone, engaged everyone and really spoke from the heart” – 9/10

“To be honest, I am going overseas for a holiday soon and what never came across my mind are the risks involved in going there. This presentation really opened my eyes to safety and family.” – 10/10

“The presentation was really interesting and it was well set out, with statistics and everything. It was really, really good.” – 10/10

“The presentation explained all the facts and made sure that we knew all the risks and hazards of travelling... it was well thought out.” – 10/10

“Thankyou so much Kate for coming to our school, hearing your story of losing your sister was so heart breaking ... it makes me not only think twice about my safety but for the safety of others and just how to become a stronger person mentally and emotionally. So just in summary thankyou for helping me and my peers realise how important life is, because of this story I wont ever take my life and what i have for granted so thankyou so much” – April

“Your message is certainly being heard and felt. My daughter is one of the students from Campbelltown Performing Arts that heard you loud and clear this week. She has come home and filled in our family and shared your messages. Keep up the good work, your message is spreading into the community of Campbelltown... Thanks for sharing your message with my daughter.” – Teresa



NICOLE FITZSIMONS FOUNDATION TRAVEL SAFETY CAMPAIGN

Nicole Fitzsimons
FOUNDATION



Did you know that one Australian dies in Thailand every THREE days? Neither did Year 12, but they do now thanks to a presentation recently by Kate Fitzsimons from the Nicole Fitzsimons Foundation.

The foundation was established as a result of a tragic event in the Fitzsimons family last year. At 24 years young, Nicole Fitzsimons was an inspiring, talented dancer and devoted footy fan with an infectious love of life. Nicole was on the brink of achieving her dream as a sports journalist with Channel 9, before her life was tragically taken in a motorbike accident whilst holidaying in Thailand in 2012. The Nicole Fitzsimons Foundation has been established in her honor to continue Nicole's legacy of helping others to fulfill their life aspirations.

An integral part of The Foundation is raising awareness of travel safety overseas among young Australian tourists, with a focus on the dangers of riding motorbikes in foreign countries & the importance of purchasing travel insurance before embarking on any holiday. By raising awareness of these fatal risks through presentations at local schools and community clubs, the Fitzsimons Family hopes to save one life, one family from suffering the heart ache of losing a loved one to this senseless tragedy. The travel safety presentation highlighted the importance of safety when celebrating the completion of Year 12 studies. As many of our young people are venturing to overseas destinations to celebrate 'schoolies' it was a timely reminder of the risks associated with schoolies celebrations, both here and overseas.

The main messages in the travel safety campaign focusing on overseas destinations were:

- Travel insurance is a must. If you can't afford it you can't afford a holiday
- Register your holiday with the smart traveller website www.smarttraveller.gov.au

- Look after your mates
- Never compromise your safety. You wouldn't drive through Sydney traffic on a motorbike in thongs and no helmet, so why do it in Bali or Thailand?
- Be aware of the dangers of drink spiking

The presentation was well received by our Year 12 students and we even made WIN News.

A huge thank you to Kate Fitzsimons for her amazing presentation and tribute to her beautiful sister Nicole. May her light continue to shine and inspire us all.

For more information on the foundation please go to <http://www.nicolefitzsimons.com/>

Some comments from Year 12 regarding the presentation are below:

"Touching and eye opening! Made me realise that traumatic events can affect, hurt and injure anyone"
"I feel much more prepared and confident travelling to Bali for schoolies. I will be looking out for my mates"

"The talk was really touching and heartbreaking and also made me aware of how things can happen in an instant and affects people's lives" C.A

"Life can change in the blink of an eye- have fun but stay safe"

"It was very informing and touching; this taught me that you should always be aware of your surroundings and stay safe wherever you are!"
Melinda

"A traumatic and heart breaking event was told that made me rethink my future travel plans" W.S



A great shot of Year 12 with Kate and Jamie from the Nicole Fitzsimons Foundation



Corpus Christi Catholic High School

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I felt your presentation was outstanding, fast paced and provided practical and valuable information to our students here at Corpus Christi Catholic High School. You really made a connection with our Year 12 students and they seemed very enthusiastic about your presentation. We have received nothing but glowing remarks and feedback from everyone who attended your safety presentation. We look forward to working with you again.

(Joshua Maurer, 2013 Teacher Corpus Christi Catholic High School)

You are truly a marvelous keynote speaker and committed individual on the topic close to your heart.

(Student: Corpus Christi, 2013)

You captured the attention, energy, and involvement of everyone in the room...

(Student: Corpus Christi, 2013)

"Kate Fitzsimons presentation on raising awareness of travel safety overseas among young Australians was both very informative and educational. It was a devastating tragedy what happened to the Fitzsimons' family and then to see Kate out in front of our year 12 students sending the message of awareness so soon after the tragedy was very inspirational for both students and staff. Kate's presentation skills are amazing and her delivery definitely engaged every person in the room. The Nicole Fitzsimons Foundation's awareness program should be seen by every school in the country as the message they send out is very educational plus it engages students with its real life example which helps the message sink in to students as to what the risks are traveling to holiday destinations like Bali."

(Daniel Iacono, 2013 Teacher Corpus Christi Catholic High School)

As a supervising teacher of Year 12 students I had the privilege to attend Kate's presentation. The students were captivated by her message and the way that she presented the information related well to them. All students felt incredibly touched by Kate's personal story and I know from their responses her story will remain with them and act as a worthy reminder of the dangers young people face when travelling overseas.

(Brett Herron 2013 Teacher Corpus Christi Catholic High School)

To develop in all learners a Eucharistic imagination with which to transform their world



Corpus Christi Catholic High School

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Date: 29th July, 2013

To who it may concern:

During Term 2 at Corpus Christi Catholic High School, I was privileged to hear Kate Fitzsimons talk passionately and bravely about her sister Nicole's death in Bali. Nicole had been holidaying in Bali with her boyfriend Jamie Keith (also a part of the presentation) when she was tragically killed in a motorbike accident. Kate was now informing other young Australians about the dangers involved with motorcycles on foreign countries as part of her work for the newly formed Nicole Fitzsimons Foundation.

Kate started the presentation by asking students about Bali, and showing some photos of Australian tourists enjoying themselves, and participating in the 'partying' Bali atmosphere. Students were jovial in their response. The presentation took a sharp turn however when Kate started talking about her sister's death, and the circumstances surrounding it. The expressions on the student's faces told the story of shock, and it seemed to portray the exact type of situation as would have been faced by Nicole and Jamie on their holiday; how fast enjoying yourself can turn into tragedy if you really aren't sure what the risks are.

All students within the room listened intently and there was a real sense of respect for the passion and truth behind what Kate was telling them. Whilst Kate wanted students to enjoy themselves, she did have a very clear message: Make sure you know the risks before you get on a motorcycle in a foreign country. It is my honest belief that these students will think twice, and make a much more informed decision when put in this same situation.

This presentation may well save one of their lives.

Sincerely,

A handwritten signature in black ink, appearing to read 'David Cavanagh'.

David Cavanagh,
Learning Advisor,

Corpus Christi Catholic High School.

To develop in all learners a Eucharistic imagination with which to transform their world

testimonials



PICTON HIGH SCHOOL

Faculty: PDHPE

To whom it may concern,

I would formally like to acknowledge the valuable contribution that the Nicole Fitzsimons Foundation has provided in the education of our stage 6 students, about the dangers they face when travelling abroad.

On 29th July 2013 Picton High School called upon the Nicole Fitzsimons foundation to present to our year 11 Crossroads students and our year 12 cohort, before they near the end of their high school career and head off and celebrate at popular 'schoolies' events both within Australia and abroad.

As friends and colleagues from other high schools had said to me, Kate Fitzsimons on behalf of the foundation, made a huge impact on the students at Picton High School that were fortunate enough to be there.

She presents herself in a professional manner and connected with the students in a way that their everyday teachers struggle to do. Her presentation from the very start drew them in and captured their attention. The students related to the footage Kate used and from the very first minute the students were all captivated.

Throughout the presentation, Kate's conviction and honest reflections of her and her family's personal experience provided the students with an emotional connection and sense of empathy. Together with the alarming statistics, the tragic footage, snippets from well-known television programs and her personal tribute, Kate drives her chilling message home. By the end of the presentation it was evident in the students' tears, gratitude and kind words that they will remember her story for a lifetime and hopefully prioritise travel insurance when planning a trip and once on holidays think twice before taking risks.

In such a short time frame, Kate clearly covers a range of objectives and outcomes of the NSW DET Crossroads program.

Crossroads reflects some of the contemporary health issues facing young people. It acknowledges and aims to support senior students as they address changing issues related to identity, independence and their changing responsibilities.

The specific aim of the Crossroads program is to "help prepare senior students to lead, and contribute to, lives which are healthy and promote social justice".

The Outcomes that are specifically covered in Kate's presentation are listed in the table below:

testimonials

Objective Students will learn about:	Outcome Students will learn to:
How drugs can influence aspects of their lives	<ul style="list-style-type: none"> Identify the relationship between drug use and risk behaviours of young people.
Clarifying and acting on a positive set of personal values	<ul style="list-style-type: none"> Demonstrate behaviours that model positive attitudes to health
Evaluating and making decisions on issues that affect the health of themselves and others	<ul style="list-style-type: none"> Predict outcomes and analyse the consequences of personal actions Determine how they will respond to risk situations involving drug use
Strategies for supporting their own identity and worth	<ul style="list-style-type: none"> Recognise positive aspects of their lives Appreciate that relationships play an important part in constructing their personal identity Appreciate the need to reflect on personal actions.

I thoroughly recommend Kate to any teachers and schools across Australia. I believe it is imperative for all senior students to be made aware of these dangers and issues. As a PDHPE teacher, with 6 years of teaching experience, this issue is not one that is covered in the PDHPE curriculum, or any other area KLA that I am aware of, yet it is such a critical issue with tragic outcomes for young Australians.

I am committed to helping the Fitzsimons family, share their story and will help in any way that I can. To "make a difference in the lives of others", one school at a time, this family will save lives.

Yours sincerely,

Belinda Morgan

PDHPE/SRC co-coordinator
Picton High School

Picton High School Testimonial

Ken Nguyen

Thankyou Kate and jamie for coming in today. i hope your speech/presentation at schools and other places gets the message across to not only young australians but all australians by doing the little things right which can save our lives. thankyou so much again you certainly got my support! – Corpus Christi

Hayley Chisholm

Hi Kate! Today you came to Corrimal High School and gave your presentation to my year 12 group. I would like to say a massive 'thank you' to you and the Nicole Fitzsimons Foundation for giving your time and energy to my students. I know they were moved by what you said and I truly believe that you save lives every time you speak to young people. Thank you again, so much. – Corrimal High

The Nicole Fitzsimons Foundation Travel Safety Presentation

Today our Year 11 Keira High School students and I experienced a moving and inspirational presentation. A presentation in which made every individual in the room fully engaged in Kate's story of loss and resilience. Apart from her tragic story of losing Nicole, Kate has included well-researched statistics and age-relevant information that high school students can relate to, including the take home travel safety brochure.

The delivery of Kate's presentation was outstanding and one that my students will, I quote "remember for a long time". Their experience with Kate's story has also touched them in a way that has made them see tragedy's like this from a different perspective i.e. how loss affects other people such as families and friends. Another one of my students said "I never want to put my family through that".

A follow up discussion also made evident that these students were unaware of information that was covered in Kate's presentation e.g. Travel insurance and misguided alcohol sales in other countries. When I asked my students if they thought the presentation was worth-while, their responses were nothing but very defined head nods and a loud "Yes".

Kate's professional approach and delivery in all aspects of her presentation is impressive and makes evident her dedication and strong belief in this foundation.

I feel that Kate's experience and presentation should be delivered to ALL year 11 and 12 students across Australia both now and in the future. Being a PDHPE teacher where I often relate syllabus content to real life experiences to enhance understanding, I feel this is one experience that would best benefit many, if not all senior students.

I hope for this foundation to grow and touch as many Australians as possible. It would be great for the education department to see the value in Kate's presentation as well as support an important foundation and its aim to make our future Australian population become safe and informed travellers.

Erin O'Leary
Teacher PDHPE
Keira High School



“Thank you so much for taking the time to talk at Oak Flats High School this morning. I can’t imagine the loss that you and your family have experienced on that fatal night, but I can assure that the devoted strength and resilience that you have put into this Foundation is indeed, making a difference in the lives of others. I know I shed tears in loving memory of Nicole today and I’m certain many others did along with me.

The story you share and the knowledge you place in our minds has touched us all much deeper within and it will be this amazing inspiration that guides our every move as we venture off into the world after school.

I’ve already shown my parents various videos that you displayed to us today and I know they too were touched by this incredibly touching story. I shall keep sharing this inspiration with more, to ensure Nicole’s passionate life is held on high. So thank you again and may your family forever remember the beautiful girl who’s memory lives on in the hearts of all those you touch.” - Amy Faras

