**EscapeFast**  
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Zonta Club of Maryborough PROJECT – ESCAPEFAST, A Personal Safety / Protectoral Behaviours Workshop for Women PROFILE of PROJECT: The nature of today’s society poses extra considerations for women in regard to personal safety. To “ be smart, think smart and act smart” is a necessity for women of all ages as they engage in daily work or leisure. The Escapefast program provides relevant, practical strategies of personal protection which enable women to become proactively alert in their environment. It also teaches smart strategies that can be used in threatening situations. However, this is not a ‘Kung Fu’ or ‘kickboxing course’. The Escapefast foci are knowledge, body language and environmental awareness. Over the past 3 years, the Zonta Club of Maryborough has sponsored the Escapefast program in our local Secondary Schools. This year, we targeted the community and offered the program to women’s clubs, church committees and community organisations, e.g hospitals, crime prevention groups. SERVICE: providing women of all ages in this community, opportunities to learn and practise skills of personal safety and protection behaviours. Zontians freely gave their time, energies and cooking expertise to ensure a successful day for workshop participants. Positive feedback ensures that Escapefast programs will be eagerly supported. FUNDS: Our qualified leaders expenses were covered by a fee from participants and a donation from the Zonta Club of Maryborough. PUBLICITY: Local newspaper coverage spread good news about Escapefast and acknowledged the sponsorship of this program by Maryborough Zonta Club. As the benefits of Escapefast spreads throughout the women’s networks, more individuals and organisations will respond at the next opportunity. Personal safety is one thing about which every woman needs to be extra smart!