

**Australasian Sleep Association and  
Australian Sleep Technologists Association**

## **Helen Bearpark Travelling Scholarship**

This scholarship commemorates Dr Helen Bearpark who was tragically killed in a road accident in the United States in December 1996, after completing post-doctoral studies at Brown University. Helen was instrumental in the establishment of both the Australasian Sleep Association (ASA) and Australian Sleep Technologists Association (ASTA). She was an extremely generous individual who gave a great amount of her time in the professional development of sleep research and the clinical care of patients with sleep disorders in Australia. Helen formed many strong friendships with people in the sleep community internationally and many of these links have continued between Australia and other countries even after her death. Helen travelled extensively and saw great value in learning from individuals and institutions in other countries. The purpose of this scholarship is to facilitate international travel and exchange by a member of ASA or ASTA in order to develop their skills in sleep research or clinical sleep medicine. In addition, the scholarship may be available to a non ASA or ASTA member residing outside of Australia or New Zealand who wishes to travel to an institution(s) in Australia or New Zealand for similar purpose, provided the proposed supervisor is an ASA or ASTA member. The scholarship is not primarily aimed at allowing individuals to travel to conferences but rather to visit institutions to develop new or extend previously acquired skills.

**Conditions of award:**

1. The award is open to individuals only.
2. The applicant must be an ASA or ASTA member *or* be sponsored by an ASA or ASTA member.
3. The award cannot be made to an individual more than once.
4. The successful applicant will provide a report at the completion of their travel for inclusion in the newsletters of both the ASA and ASTA.
5. The applicant should not have received other substantial sources of support for their proposed travel.
6. There is no age restriction, but the scholarship is intended primarily for individuals who are not yet established in clinical or research practice.

**Application format:**

1. Application must be made in writing, and follow the format outlined herein.
2. The application should include:
  - (i) **A curriculum vitae which includes the following information:**
    - Personal details - age, date of birth, number of dependants and ages.
    - Academic record - list all degrees and diplomas, institutions and years of attendance.
    - Appointments - present and past.
    - Research work - details of research work, current and completed.
    - Previous grants
    - Publications - list full papers and abstracts separately.
  - (ii) **An outline of the proposed programme, including:**
    - Field of study
    - Brief outline of proposed programme of study or research (maximum 2 A4 pages, single spaced, including references)
    - Institution
    - Employment status
    - Whether you have been accepted (letter of acceptance from the proposed supervisor, including statement of intent to fully supervise the applicant, reality of

anticipated outcome and timetable, availability of resources, evidence of recent research achievements within sponsoring department).

Specifying how this travel will benefit the applicant, the applicant's institution and sleep community in general.

Timetable - specify proposed departure date, commencement date, expected duration of the scholarship, and hours per week if not full time.

**(iii) Budget details:**

Present salary from institutional and other sources (eg. private practice).

Expected salary during the course of the programme,

Support sought from other organisations to fund this programme.

3. Current ASA or ASTA membership of the applicant or sponsor must be verified.

**Closing date for applications:**

Applications should be received at the ASA Secretariat no later than **31 July** in any year.

Applications received after this date will be considered for a Scholarship with the applications for the following year

**Value of award for next round:**            \$AUS7,000

**Selection process:**

1. The selection committee will consist of 3 ASA members and 2 ASTA members. Two of the ASA members will be the ASA President and Clinical Chair, the other will be appointed by the ASA Board. Two nominees to be appointed by ASTA, this will normally be the ASTA President plus one other.
2. No member of the selection committee will have a real or perceived conflict of interest (eg. works with or in the same institution as the applicant). If such a situation arises, the individual will be replaced by an appropriate ASA or ASTA representative, selected by the ASA Board or ASTA executive, as appropriate.
3. The selection criteria will include:
  - the quality of the proposed work
  - the quality of the sponsoring institution
  - the extent to which the proposed work is likely to achieve an enduring exchange between the applicant and host institution
  - the extent to which the outcome of the work is likely to benefit patients with sleep disorders

**Award notification:**

The award will generally be announced and awarded at the Annual Scientific Meeting.