

CENTRAL AUSTRALIA ABORIGINAL CULTURAL IMMERSION & SERVICE LEARNING PROGRAM



No change without understanding™



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7 ACTION PACKED DAYS

6 NIGHTS UNDER THE STARS

1 EXPERIENCE OF A LIFETIME!

This program is an experiential exercise in two-way learning designed to create positive outcomes for both students and Aboriginal communities, reciprocity is key to the success of this programs.

We work closely with Traditional Owners, respected Elders, and Aboriginal communities to provide an opportunity to learn, understand, reflect, and consider alternative ways of being.

Key learning intentions include:

- Cultural understanding, awareness, competency, and safety
- **Connection** and relationship to self, others, Country, and place - belonging and identity
- Community engagement and contribution – **Giving Back**
- Language, Songlines and Story – the power of **Storytelling**
- Self-determination & Equal opportunity
- Learning about shared histories
- Self-reflection
- Truth Telling



TRIP HIGHLIGHTS

- Ancient Rock Art Sites
- Time spent 'On-Country' with Traditional Owners
- Aboriginal Community Connection and Engagement
- Traditional Hunting, Food Gathering and Bush Medicine
- 'Off The Beaten Track' on Awe-inspiring Country
- Aboriginal Art Workshop
- Uluru
- Kata Tjuta (The Olgas)
- King's Canyon
- Ormiston Gorge
- Finke River
- Hermannsburg
- Anzac Hill

A rich Aboriginal Cultural immersion amidst some of the Northern Territory's most iconic locations.

Guests will journey deep into the rich history of the world's oldest living civilisation, learning the wisdom and history firsthand from Elders, Traditional Owners, and the local community.

Learning the ways and stories of the Ancestors and more recent history from respected Elders who have lived experience of what it means to be an Aboriginal connected to Country and Culture in post-colonialism Australia.

A privilege that most non-Indigenous Australians will never experience.



FURTHER LEARNING OUTCOMES

Service Learning

Providing an opportunity for students to roll up their sleeves and contribute meaningfully to the communities and Traditional Owners we visit.

Combining learning objectives with community service to provide a pragmatic and meaningful learning experience while meeting community needs. Students will learn about themselves through understanding and supporting the needs of others, while reflecting on their place, role, and responsibilities within the broader Australian society – now and into the future.

At Life Again, we consider ‘**Giving Back**’ imperative to creating happy, healthy individuals and society. So much so, we made it one of our pillars.

Duke of Edinburgh – Gold Residential Project Accredited Activity

For students participating in the Duke of Edinburgh youth development program the service learning component of the trip is recognised as “providing service to other people and communities” ¹. counting towards completion of the highly regarded Gold Residential Project.

1. <https://dukeofed.com.au/about-the-award/sections-in-detail/residential-project-gold/>





ONGOING INDIGENOUS AND CULTURAL DEVELOPMENT CURRICULUM

Opportunities

Through our network of partners and Aboriginal organisations, Life Again can facilitate genuine and authentic ongoing partnerships between the schools we work with and remote Aboriginal communities, embedding cultural change and delivering mutual education outcomes through meaningful connection.

- Exchange Programs
- Cultural Immersion Programs
- Service Learning Camps
- Cross-cultural Education
- Scholarships
- Reconciliation Action Plan (RAP) - activities & anchors
- Embed Aboriginal community engagement into the culture of the school

Rationale

Engagements with first peoples and a deeper understanding creates benefit for both Indigenous and non-Indigenous people alike. Connections based on trust and reciprocity are key to improving the health and wellbeing of Indigenous – relationship building is core to improving the health and well-being of all people. However, meaningful relationships do not develop overnight, we must develop trust and authentic connection as a first step. This takes time and commitment from any non-Indigenous organisation.

As the guiding principle of Life Again and our work with first peoples – **‘No Change Without Understanding’** indicates, national policy objectives in Indigenous affairs, including Reconciliation, will not be achieved by the Australian government alone. Instead, achievement of these objectives must start with work at the grass-roots level between Indigenous and non-Indigenous community-based organisations and education institutions.

Who is Life Again?

Founded in 2012, Life Again is a not-for-profit social enterprise and DGR registered charitable foundation. Our focus is on prevention and positive mental health outcomes for both Indigenous and non-Indigenous people through **cultural education initiatives and innovative preventative and positive mental health programs.**

As a non-Indigenous organisation committed to fulfilling our vision of a psychologically and culturally thriving Australia, we believe that national policy objectives in Indigenous affairs, including Reconciliation and Closing the Gap, will not be achieved by the Australian government alone. Rather, it requires and indeed must start, with meaningful and authentic engagement at grass-roots level between Indigenous and non-Indigenous organisations.

We are guided by the principle **'No Change Without Understanding'**. If we want to affect change – we must seek to understand first and foremost, and to do this we must come into a meaningful and authentic relationship with ourselves and others.



Our Pillars

Key indicators of preventative and positive mental health.

Building blocks that form the foundation of everything we do at Life Again.



CONNECTION

Connecting with self, connecting with others and connecting with nature to find meaning and purpose.



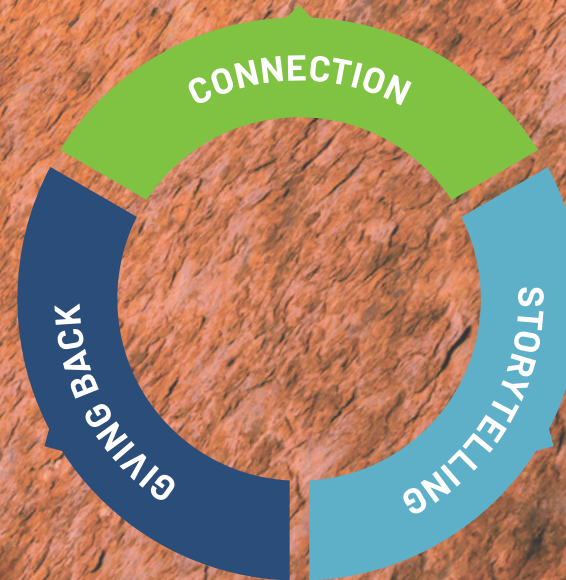
GIVING BACK

Realising positive social impact through volunteering opportunities, partnerships and giving back to the community.



STORYTELLING

Sharing inspiring stories of resilience in the face of adversity, with an emphasis on sharing ideas across generations and cultures.



For more information about Life Again's Aboriginal Cultural Immersion programs, please contact

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Or get in touch at
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We live, work, and walk today on Country cared for by the Wurundjeri people since human time began. We deeply respect their intimate bond with nature and spirit. We must try harder to listen, for we have much to learn.

We also acknowledge all Aboriginal and Torres Strait Islander Nations across Australia, their Elders, Ancestors, cultures and heritage.

