



LIFE AGAIN FOUNDATION

No change without understanding™

VICTORIAN ABORIGINAL ON COUNTRY CULTURAL IMMERSION

INFORMATION PACKAGE

Life Again acknowledges and pays respect to the Traditional Owners, including the Wurundjeri clan on which our place of work is located, as the original custodians of this land. We respect their customs, traditions and their special relationship with the land.

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



Who is Life Again?

Founded in 2012 by Gareth Andrews, Life Again is a registered charity, foundation and not-for-profit organisation with tax deductible gift recipient (DGR) status.

Life Again delivers programs designed to facilitate positive change. Providing men with the knowledge, rich life experiences and the tools they need to connect more meaningfully with themselves, with others and with nature leading to positive action in their professional and personal lives. An approach proven to sustain general wellbeing, positive emotions, prevent mental illness.



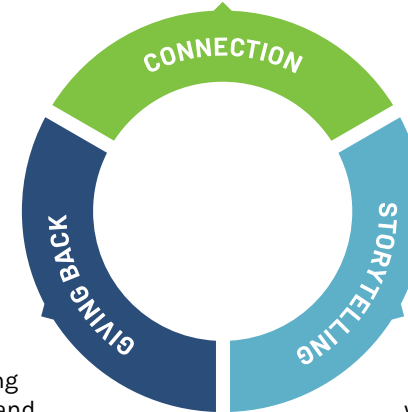
CONNECTION

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.

Our guiding principle

No change without understandingTM

Life Again is an organisation dedicated to both Reconciliation and the health and well-being of Indigenous and non-Indigenous men. We recognise that engagements with first peoples and a deeper understanding creates benefit for both Aboriginal and Torres Strait Islander men and non-Indigenous men alike – and that relationship building is core to improving the health and well-being of all men.

As the guiding principle of Life Again and our work with first peoples – ‘No Change Without Understanding’ – indicates that national policy objectives in Indigenous affairs, including Reconciliation, will not be achieved by 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.

Victorian On-Country Aboriginal Immersion Program

Connecting with the land connects us with our most true nature.

Life Again's On-Country Aboriginal immersion experiences, co-created and delivered in partnership with Aboriginal partner organisations and Traditional Owners of the lands in which we visit - reach across cultures and breach the divides between centuries, thought processes, religions and legends. In so doing we deliver a tangible and meaningful experience Life Again's pillars - **'connection'**, **'storytelling'** and **'giving back'** (volunteering).



Trip Overview

When we think of unique and vibrant aboriginal experiences we often think of the expansive beauty of the Northern Territory and the likes of Kakadu National Park, however those rich, dynamic and vibrant aboriginal experience also exist within our beautiful volcanic landscape which is abound with lava flows, wetlands, craters, maars, crags and forests. This experience will be a powerfully crafted and unique experience that takes place across the dynamic Guditjmarra landscape, offering aboriginal experiences and access to country not available through any other Aboriginal experience in the area.



Key Delivery Partnerships

Life Again has proudly partnered with Aboriginal organisations running a suite of social enterprises including cultural tourism, Indigenous plant nursery and farm along with traditional bush-foods catering (among others).

In addition, our partners provide community supports to our local community, providing jobs brokerage,

mentoring, cultural and social inclusion activities alongside intensive community welfare supports. All partners are not-for-profit and committed to promoting and building economic self-determination amongst our aboriginal community. As such all funds support the delivery of Aboriginal social enterprise and community support programs.

All partner Aboriginal organisations are compensated in accordance with fair trade practice for services rendered.

Aboriginal Cultural Competency Workshop

3.5 hours, delivered independently of (prior to) On Country experience.

In line with Life Again's guiding principle, No Change Without Understanding, we ensure that all participants in our programs complete a four-hour cultural competency training facilitated by respected Aboriginal Elders prior to heading out On Country with our Aboriginal Partners. This Program offers a practical understanding of Aboriginal culture for current and/or future engagement.

Learning outcomes include:

- Develop awareness of Aboriginal culture and identity.
- Develop awareness of the strengths of Aboriginal culture and people.
- Assist in making the connection and understanding the impact of colonisation and past policy for Aboriginal people today.
- Develop capacity to be more understanding and responsive to Aboriginals in our community
- Motivate the participants in their cultural competency journey.

Topics and issues covered in the program include:

- Cultural competence - meaning and importance.
- Australian settlement history (setting the scene and the legacy impact of colonisation on attitudes and lifestyle choices).
- The building blocks of identity (definitions of Aboriginality; Aboriginal family values, land and identity, lore, dreaming and creation; myths of settlement).
- The building blocks of identity - the Aboriginal community today (saying sorry, terminologies and statistical outline of Australia's Indigenous population).
- An introduction to developing personal strategies for working more effectively with Aboriginal people.

Program

DAY 1

Welcome to Country.

7:30am pickup from a central Melbourne metro location from where we will commence our journey towards the traditional lands of the Gunditjmara people.

Around 11am Participants meet their guide, Aboriginal Elder Paul Wright, at the traditional clan boundary at the Hopkins River for a welcome to country around 11am, followed by a tour of the culturally significant Hopkins River mouth, exploring ancient middens, seeing where the eel run, an important animal to the Gunditjmara people, and learning about the Gunditjmara lifestyle.

Following this, participants will travel to the Tower Hill game reserve where they will spend the afternoon with Paul walking around this volcanic landscape, being able to see bush-foods in their native environment, whilst learning about traditional artifact making and cultural practices. Participants will have an opportunity to learn how to throw a boomerang and spear, whilst learning about traditional cultural ceremonies. Whilst in Tower Hill participants will also collect bush-foods in preparation for the following evening.

That evening participants will arrive at their accommodation close to Tower Hill and are invited to participate in a powerful 'Yarning Circle' led by guide and elder Paul Wright, where participants will be able to talk with Paul about aboriginal culture, spirituality and their own experiences whilst enjoying a BBQ dinner.

"A few days with others listening and discussing with traditional owners on their land enlightened me. I appreciate better the importance of land culture and language. It also gave me a better appreciation of the challenges faced. Meeting Johnny Liddle and some of his extended family was a real treat. Well done Gareth."
Leigh Clifford AO – Former CEO Rio Tinto & Chairman QANTAS.



DAY 2

Budj Bim and Lake Condah.

Day 2 will see participants travelling to the UNESCO world heritage site at Lake Condah and Budj Bim. This day long experience will see participants exploring Lake Condah, the traditional eel traps and remnants of stone huts whilst learning about the day-to-day lifestyle of the Gunditjmara peoples, and their traditional ecological management. Alongside the Gunditj Mirring guides and Paul Wright, participants will not only be able to witness the artifacts of our traditional culture, but also begin to connect the landscape with the Hopkins river, learning about the clan dynamics and larger Gunditjmara nation. Participants will also build upon their colonial history with a visit to the Lake Condah mission, learning about the impacts of colonisation on the Gunditjmara peoples. To finish they will

then visit the Budj Bim national park, learning about the volcanic geology of the region and the significance of the region's volcanic past to the Gunditjmara people.

Following this day participants will travel back to their accommodation for some refectation and integration time before participating in a traditional bush-food workshop and dinner, working with a local aboriginal chef to create a beautiful bush-food meal incorporating bush-foods collected the previous day.

DAY3

The Gariwerd (Grampians) National Park & Halls Gap.

Participants will depart on day 3 for the significant dreaming landscape of Gariwerd (The Grampians), staying in Halls Gap, where they will spend the day learning about the Dream Time. They will explore this important landscape with Paul Wright, visiting culturally significant sites and learning about dreamtime stories. Students will experience our traditional cave paintings, seeing where our ancestors practiced their dreaming.

That evening participants will undertake a very special event with Paul Wright, who will spend the night in Gariwerd with the participants. Participants will draw upon everything they have learnt over the previous days to begin to explore their own dreaming, creating special dreaming stories unique to them.

DAY4

Day of Dreaming & Integration - Halls Gap.

Participants will finish their trip on day 4 with an expedition to Bunjil's cave in the Black Range Scenic Reserve. Here participants will experience one of the most significant cultural sites in the country, where their journey will come to completion. Here they will see the significant rock art whilst reflecting upon the future they, like Bunjil, will create. The trip will wrap up at lunchtime.



Accommodation & Transport

Accommodation will be comfortable motel style (3 star minimum), with individual rooms for each participant. Shared accommodation can be arranged at a discounted price.

Nights one and two will be in Warrnambool with night three in Halls Gap.

Learn more. Benefit sooner.

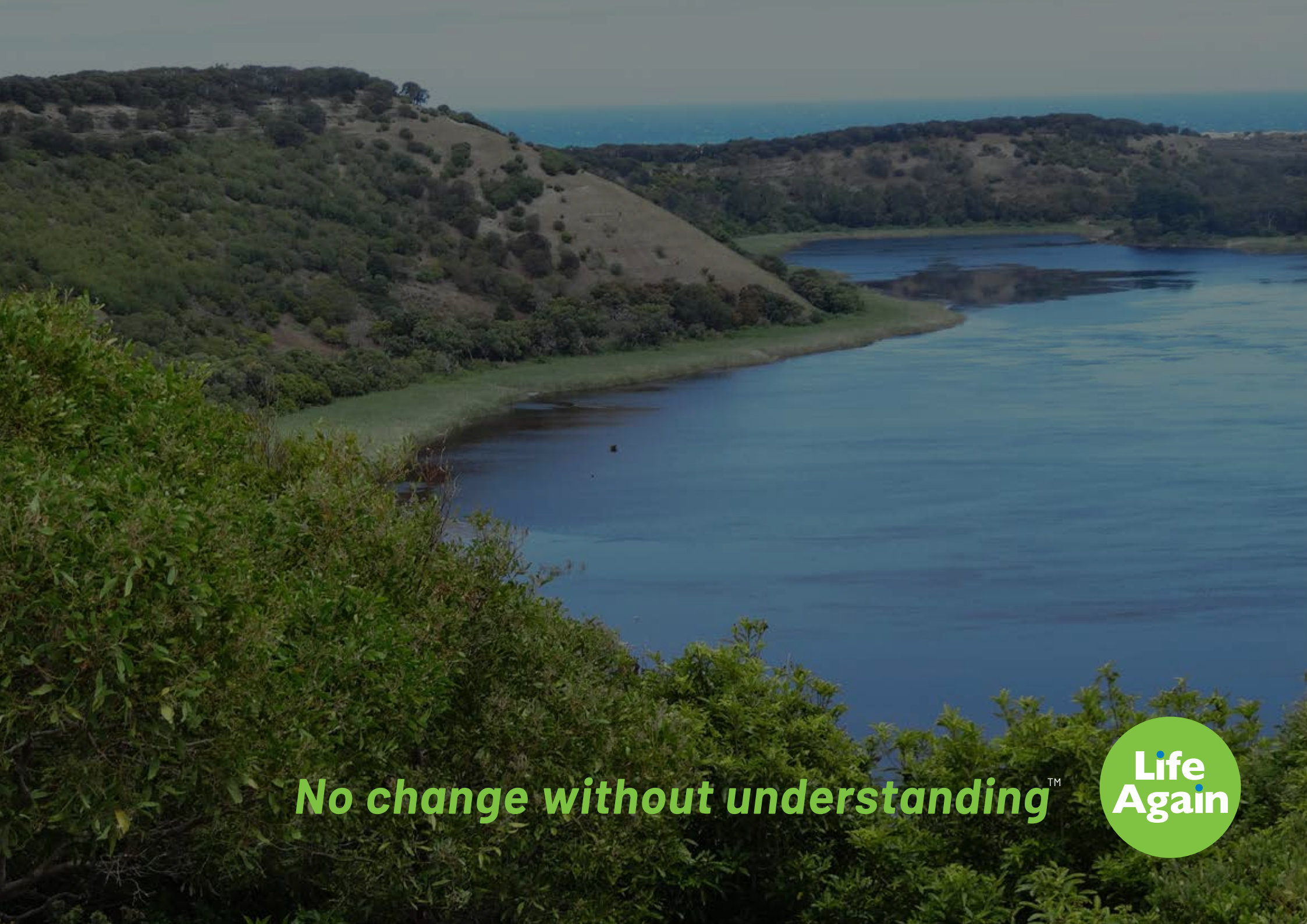
For more information about Life Again's preventative health programs, please contact;

Nick Columb
Director of Positive
Health Programs

nick@lifeagain.org.au
0403 416 460

Or get in touch at
[enquiries @lifeagain.org.au](mailto:enquiries@lifeagain.org.au)
www.lifeagain.org.au





No change without understanding™

