



Life
Again



LIFE AGAIN
FOUNDATION

No change without understanding™

**ON COUNTRY ABORIGINAL
CULTURAL IMMERSION -
CORANDERRK, HEALESVILLE**

INFORMATION PACKAGE

Aboriginal On Country Cultural Immersion

Connecting with the land connects us with our most true nature

Life Again's On-Country Aboriginal immersion experiences are co-created and delivered with Aboriginal partner organisations and Traditional Owners of the lands in which we visit. We reach across cultures and breach the divides between centuries, thought processes, religions and legends.

Being welcomed On Country by Traditional Owners and connecting in this way delivers a tangible and meaningful experience Life Again's three pillars - **Connection, Storytelling** and **Giving back**.

Coranderrk

Always here, always will be.

Coranderrk Aboriginal Station opened in 1863 and became home to Aboriginal people from across Victoria whose lands had been stolen from them.*

Coranderrk is located on Wurundjeri land and we, Wandoon Estate Aboriginal Corporation (WEAC) are its custodians and managers. We are Wurundjeri, and our language is Woiwurrung. We are descended from Wonga and Barak. Together with our four neighbouring groups - Boon Wurrung, Dja Dja Wurrung, Taungurung and Wathaurong - we are part of the Kulin Nation.**

In 1999, 200 acres or approximately 80 hectares of the Coranderrk Aboriginal Station was purchased by the Indigenous Land and Sea Corporation (ILSC). It was subsequently vested in Wandoon Estate Aboriginal Corporation (WEAC) and became the residence of Traditional Owners, members of the Wandin family.**

* <https://www.coranderrk.com>

**Brooke Wandin, 2018



Trip Highlights

Welcome to Country

Upon arrival to site there will be a formal Welcome to Country and smoking ceremony.

Walking Country

Walking Country is the most powerful way to experience “being” and “connect” with the culturally significant, rich and bio-diverse Place. There will be an opportunity to reflect on the efforts of the ancestors. To stop, to listen and to smell nature. To “see” Coranderrk. Also learn a new way to “see” your own Place, and to reflect on your own life and ways of connecting.

Bushfoods lunch, cuppa and a yarn

An opportunity to experience traditional foods and flavours of the bush.

Sit down for a chat with respected Elders and Traditional Owners.

Ask questions. Listen. Share your story. Reflect on what you have learnt and how you might be able to integrate them to your own life and contribute to a thriving workplace.

Yalingbuth, yalingbu, yirramboi (yesterday, today and tomorrow) Workshop

A powerful Storytelling session where a Traditional Owner will share the story of Coranderrk – reflecting on the past, present and vision for the future.

Personal reflection time - walking Country solo

Fireside sharing and reflection

How do we take this knowledge away and integrate it into our own lives for benefit of our wellbeing.

“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.”

Leigh Clifford – Former CEO Rio Tinto & Chairman QANTAS

Who is Life Again?



Life Again provides preventative mental health and wellbeing programs for workplaces and individuals.

Our programs draw on Indigenous knowledge to reinforce individuals' sense of connection and belonging, and to help workplaces meet their regulatory responsibilities.

Our vision

A mentally healthy and culturally thriving Australia.

Our guiding principle

No change without understanding

"If we want to affect change – we must seek to understand first and foremost. To do this we must come into meaningful and authentic relationship with ourselves, others and nature."



CONNECTION



GIVING BACK



STORYTELLING

Our Pillars

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.

Acknowledgment

We acknowledge all First Peoples of this land, their stories, traditions and living cultures.

We deeply respect their intimate bond with nature, spirit and story and we must try harder to listen, for we have much to learn.

At Life Again, we live, work, and walk today on Country cared for and protected by First Peoples since time immemorial, for which we are grateful.

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

Sovereignty was never ceded, and we are committed to creating a brighter future, together.

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

Nick Columb
Program Director

 0403 416 460
 nick@lifeagain.org.au

Get in touch via
enquiries@lifeagain.org.au



www.lifeagain.org.au