

**LIFE AGAIN  
FOUNDATION**

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*No change without understanding™*

**VICTORIAN ABORIGINAL  
ON COUNTRY  
CULTURAL IMMERSION**

INFORMATION PACKAGE



# Victorian Aboriginal On Country Cultural 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 Highlights



## Day 1

### Welcome to Country.

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

- Framlingham Mission
- Hopkins river and falls
- Point Richie to explore bush foods, midden sites, learn more about the eel migration.
- Head to Worn Gundidj Aboriginal Co-operative for lunch
- Tower Hill cultural tour and bush foods forage
- Bush Foods dinner

## Day 2

### Connection.

Day 2 will be a great day to connect to country as we visit some extremely special locations and absorb their history and stories.

- Budj Bim
- Lake Conda
- Evening fireside Storytelling and reflection with our Aboriginal guide and Traditional Owner

## Day 3

### Reflection.

Day 3 will draw upon everything you have learnt over the previous days to begin to explore your own dreaming, creating special dreaming stories unique to you.

“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 – 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**

**CONNECTION**



**GIVING BACK**

**GIVING BACK**



**STORYTELLING**

**STORYTELLING**

**Our Pillars**



# 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 experiences also exist within our beautiful volcanic landscape which is abound with lava flows, wetlands, craters, maars, crags and forests. This powerfully crafted and unique experience takes place across the dynamic Gunditjmarra landscape. It offers aboriginal experiences and access to country not available through any other offerings 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.

Life  
Again



# 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.

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

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