

Walk on Country

Purpose

Capacity for regeneration is rooted in how we care for and relate to our environment. Economic, social, and personal regeneration and wellbeing are inextricably linked to our relationship with the world around us. Traditional Custodians who lead Walking on Country share the gift of knowledge of Country and regeneration from ancestral wisdom across millennia.

Goals and Outcomes

- Learn about history, the bush, bush tucker, and regeneration from the perspective of Traditional Custodians
- Ground regeneration goals in the environment and context
- Give time to reflection and presencing
- Foreground Traditional Custodians

WALK ON COUNTRY

Timing

3 hours

Tips

Go Further

- **Debrief** - When the group comes back together in the event space after the walk (that day or the next morning), allow time to debrief what showed up for people during the walk.

Research the history

Get informed on the history of the area and the Traditional Custodians prior to colonisation

Local advisory

Reach out to local elders. Let them know what you hope to do. As relevant, invite them to attend and/or seek paid cultural advisory for your event.

Seek their advice as to who is approved and recommended to conduct a Walk on Country

Remuneration

Walking on Country is a paid cultural tour. In requesting services, ask for the fee schedule.

Location

Traditional Custodians will be best placed to identify a suitable location for a Walk on Country.

We have conducted Local Learning Labs with a Walk on Country on site, a 10 minute walk away, and a 25 minute drive away. All have worked well with appropriate coordination

Participant considerations

Check what is needed to ensure the activity will be suitable for all participants.

Mobility, vision, hearing, and other needs can be taken into consideration

Planning

Allow 3 hours minimum for the tour. Two hours to walk and talk, half hour either side for transit. Add another half hour if combined with a Welcome to Country.

Works well as the first activity of the event, as well at the end of the first day of a two-day event.

Prep

Check the terrain - will people be seeking shade or trying to avoid mud, etc?

Advise participants to wear appropriate shoes for walking, dress for the weather, and bring water.

Have snacks! We had morning tea brought to the location for one Lab.



INNOVATE TO
REGENERATE

THE
AUSTRALIAN
CENTRE FOR
SOCIAL
INNOVATION

