



Girra Maa Indigenous Health Discipline
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UTS CRICOS PROVIDER CODE 00099F

Learning options – Aboriginal and Torres Strait Islander peoples, cultures and self

September 2022

This list is in response to the oft-asked question from UTS Faculty of Health staff *Do you know any courses I could do or places I could go to learn more about Aboriginal and Torres Strait Islander people and cultures?*

Here are some courses, websites and other resources. It's certainly a journey from learning information about self and others, to then be skilled in practices and work. It's almost impossible to make a link between learning more and then being able to create conditions for cultural safety and security in your workplace or work. Also, Aboriginal and Torres Strait Islander cultures are diverse – it's a lifelong learning journey for all of us to learn about our many nations, cultures, models of health care and workforce needs.

One important strategy is learning to speak confidently about your own culture/s. Avoid saying you are 'non-Indigenous' and get confident naming *My cultural background and cultures are...* Also, find some fluency in naming *My relationship to Aboriginal and Torres Strait Islander people and culture is ... because...*

Aboriginal and Torres Strait Islander cultures are relational – relationship based. Speaking openly about yourself/myself is key to relating. This requires critical self-reflection which is essential to cultural safety.

Ensure you participate in events and actions local to you that are led by Aboriginal and Torres Strait Islander people.

Some of the following have been used by UTS Girra Maa Indigenous Health Discipline staff or colleagues, but not all. These are provided for your information and further enquiry; few, if any, evaluations are available. Send any feedback to Megan.Williams@uts.edu.au

Online courses

AIATSIS Core cultural learning

The AIATSIS Core Cultural learning has 10 lengthy and detailed online modules with a foundational framework, learning activities and additional links, available at:

<https://aiatsis.gov.au/about/what-we-do/core-cultural-learning>

Centre for Cultural Competence Australia

A Supply Nation registered business has majority ownership by Indigenous people

Online courses available from \$50-\$125, along with other consulting services:

<https://www.ccca.com.au/>

National Centre for Cultural Competence, University of Sydney

Self-paced, five-part online course through Canvas, non-award, \$125:

<https://www.sydney.edu.au/nccc/education-and-training/modules.html>

Cultural competence – Aboriginal Sydney Massive Open Online Courses

Over 10 000 people enrolled; online through Coursera, flexible timing, free or \$69 with certificate:

<https://www.sydney.edu.au/nccc/education-and-training/massive-online-open-courses.html>

The National Centre for Cultural Competence can also design and deliver user-pays workshops to suit your needs: nccc@sydney.edu.au

Yuwahn Wupin e-learning by Griffith University's First Peoples Health Unit

Five free online cultural capability modules aligned with the commonwealth's Aboriginal and Torres Strait Islander Health Curriculum Framework 2014. The Acclaim platform is used with a digital Griffith University Badge issued for successful completion:

<https://www.griffith.edu.au/griffith-health/first-peoples-health-unit/e-learning-initiative>

Murra Mullangari: Introduction to Cultural Safety and Cultural Humility

An online program by Congress of Aboriginal and Torres Strait Islander Nurses and Midwives particularly for lifelong learning in nursing and midwifery practice. It is recommended that local Aboriginal and Torres Strait Islander cultural awareness training or other actions be completed first. Cost is \$495 with bulk purchase packs available, and enrolments in intakes:

<https://catsinam.org.au/murramullangari/#Register>

Australian Indigenous Doctors Association

Online self-paced course on *Cultural awareness – An introduction to cultural safety* here and also registration for face to face workshops on cultural safety: <https://aida.org.au/cultural-safety-program/>

Gamarada programs

Gamarada is local to the UTS Broadway campus, and is a not-for-profit organisation offering Aboriginal cultural, health and healing programs: <https://www.gamarada.org.au/>

UTS cultural awareness training

UTS has offered Indigenous cultural awareness training in the past, arranged by the Centre for Social Justice and Inclusion: <https://www.uts.edu.au/partners-and-community/initiatives/social-justice-uts/centre-social-justice-and-inclusion/about-social-justice-uts>

Training could be requested of them via equity@uts.edu.au and via your School Diversity and Inclusion representative.

An example of a previous workshop is here: <https://www.uts.edu.au/node/340436/diversity-and-inclusion-training/indigenous-cultural-awareness>

Aboriginal Sydney Now – UTS online semester course

This is a 6-credit point subject offered on Canvas for all UTS students. It can be included as a dedicated subject within a course: <https://handbook.uts.edu.au/subjects/013992.html>

Listen to an overview of the subject here:

<https://www.abc.net.au/radio/sydney/programs/mornings/eora-53/8604186>

Selected online resources

Girra Maa resources online

On the 'Sharing resources' page <https://www.uts.edu.au/about/faculty-health/school-public-health/indigenous-health/sharing-resources/top-10-10-indigenous-research-resources>

- Top 10 (+10!) Indigenous research resources
- 10 ways to connect with Aboriginal Australia
- Top 10 tips for terminology.

Australians Together: Online resources for teaching

A group formed to provide a range of resources to people of all cultures about Aboriginal and Torres Strait Islander people, and particularly to assist teachers to teach:

<https://australianstogether.org.au/>

Australians Together provide education and curriculum resources and professional learning options.

Culture Essentials: eBook

By Creative Spirits, this e-book is downloadable and printable, with bundles of infographics, priced from \$28-\$50: <https://www.creativespirits.info/aboriginal-culture-essentials>

Yuwinbir Special Issue of Health Sociology Review

Includes articles on how Indigenous peoples lead models of health care, research and cultural awareness training, including this:

Vicki Kerrigan, Stuart Yiwarr McGrath, Rarrtjiwuy Melanie Herdman, Pirrawayingi Puruntatameri, Bilawara Lee, Alan Cass, Anna P. Ralph & Marita Hefler (2022) Evaluation of 'Ask the Specialist': a cultural education podcast to inspire improved healthcare for Aboriginal peoples in Northern Australia, *Health Sociology Review*, 31:2, 139-157, DOI: 10.1080/14461242.2022.2055484

<https://www.tandfonline.com/doi/full/10.1080/14461242.2022.2055484>

Yuwinbir – this way! editorial

Includes discussion about important points in learning about self and Indigenous cultures, cross-published by Croakey.org:

<https://www.croakey.org/yuwinbir-this-way-going-beyond-meeting-points-between-indigenous-knowledges-and-health-sociology/>

Racism and anti-racism

Here are a range of resources discussing racism and anti-racism. This is a brief list included as an introduction. Racism is one of the biggest threats to health and wellbeing of Aboriginal and Torres Strait Islander people, which occurs in many ways and frequently. Particular attention must be paid to your approach to and strategies for anti-racism – make a clear plan to support students, colleagues and workplace.

Anti-discrimination law

Australian Government Attorney-general's Department list of legislation:

<https://www.ag.gov.au/rights-and-protections/human-rights-and-anti-discrimination/australias-anti-discrimination-law>

Plan for a National Anti-Racism Framework

Concept paper by Australian Human Rights Commission: <https://humanrights.gov.au/our-work/race-discrimination/projects/national-anti-racism-framework>

Racism. It Stops With Me

National campaign providing tools and resources: <https://itstopswithme.humanrights.gov.au/>

Amnesty International

<https://www.amnesty.org.au/campaigns/anti-racism/>

RacismNoWay

Anti-racism education for Australian schools: <https://racismnoway.com.au/>

Call it Out: a tool to expose the truth about racism

A national online reporting portal developed by Jumbunna Institute for Education and Research UTS and the National Justice Project: <https://www.uts.edu.au/news/social-justice-sustainability/call-it-out-tool-expose-truth-about-racism>

In the media

<https://newmatilda.com/2017/06/28/a-decade-on-the-fraud-of-the-nt-intervention-is-exposed/>

<http://www.abc.net.au/radionational/programs/away/tracking-in-the-dark:-aileen-moreton-robinson/7558074>

<https://theconversation.com/history-textbooks-still-imply-that-australians-are-white-72796>

<https://www.youtube.com/watch?v=75qb8mbSuO4>

Websites by Aboriginal and Torres Strait Islander organisations

Lowitja Institute for health research by Aboriginal and Torres Strait Islander people:

<https://www.lowitja.org.au/>

IndigenousX independent media company: <https://indigenousx.com.au/>

Indigenous Allied Health Australia peak body: <https://iaha.com.au/>

Leaders in Indigenous Medical Education (LIME Network): <https://www.limenetwork.net.au/>

Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM):
<https://www.catsinam.org.au/>

Websites

With content about Aboriginal and Torres Strait Islander people:

Australian Human Rights Commission

Social Justice Report 2011 is one of many sources with definitions of cultural safety and cultural security; this is reasonably accessible language with examples: <https://humanrights.gov.au/our-work/chapter-4-cultural-safety-and-security-tools-address-lateral-violence-social-justice#fn11>

First Peoples Health Unit Griffith University

<https://www.griffith.edu.au/griffith-health/first-peoples-health-unit>

Cultural Safety for Health Professionals Portal

A collaboration between First Peoples Health Unit Griffith University and the Australian Indigenous Health *InfoNet* aiming to support the teaching of health professionals to critically reflect on what cultural safety means and how to support it.

<https://healthinonet.ecu.edu.au/key-resources/health-professionals/cultural-safety-for-health-professionals/>

Reconciliation Australia

<https://www.reconciliation.org.au/>

Aboriginal and Torres Strait Islander cultural educators local to UTS Broadway

Selected suggestions, including some that can travel to UTS; community and private enterprise:

NSW Aboriginal Land Council

Website provides information about and links to Welcome to Country as well as cultural heritage protection and latest news: <https://alc.org.au/>

Tribal Warrior

Central part of the Redfern community – an Aboriginal and Torres Strait Islander community-controlled organisation providing cultural training and experiences, mentoring, cultural performances, community immersion and cultural tours including cruising on the Sydney Harbour. Some cruises are public, other charters can be arranged: <https://www.tribalwarrior.org/>

Aboriginal Incursions

Also known as Koomurri – corporate art workshops, events, entertainment and workshops: <https://aboriginalincursions.com.au/>

Buuja Buuja Butterfly Dance Group

Led by Wiradjuri sisters Rayma and Kerry Johnson – traditional and contemporary dance for community performances: <https://www.facebook.com/Buuja-Buuja-butterfly-dance-group-594232947389152/>

The Glen Dance Group

Includes former and current clients and staff of The Glen residential rehabilitation centre, celebrating Aboriginal and Torres Strait Islander cultures and connecting with spirituality, community and Country:

<https://www.theglencentre.org.au/the-glen-dance-group/>

j.slyindigenoussdesigns

Does murals, custom artworks and designs, smoking ceremonies, didgeridoo yidaki performances, educational and art workshops and traditional tool workshops:

<https://jslyindigenoussdesigns.com.au/pages/customartworks>

Muru Mittigar

Offer a range of corporate cultural awareness engagements as well as their caring for country and social and economic development programs: <https://www.murumittigar.com.au/>

First Hand Solutions

Offer community programs as well as running Blak Markets, supporting IndigiGrow and symposiums e.g. on bush food: <https://www.firsthandsolutions.org/>

IndigiGrow

Offer corporate days out at the IndigiGrow nursery as well as team building and corporate volunteering: <https://www.indigigrow.com.au/corporate-volunteering>

Yerrabingin

Facilitates collaborations and problem-solving ventures that focus on Country-centred design including wayfinding, brand development and placemaking:

<https://www.yerrabingin.com.au/about>

Jiwah

Environmental and cultural education, staff and student engagement, and cultural landscape design: <https://www.jiwah.com.au/about>

Supply Nation

Extensive directory of verified Indigenous businesses: <https://supplynation.org.au/>

Provided for your information in the spirit of sharing; not representing endorsement or preferences just every encouragement to learn, grow and support excellence of Aboriginal and Torres Strait Islander people in this Country.