



### **Think Inside The Circle**

## **Koomurri Aboriginal Survivor & Culture Team Building Workshops One Full Day & Two Full Day Program(s)**

### **Who could benefit?**

This program can be customised to suit school camps and programs, corporate, medium and small business, tourism and travel agents cultural tours, sporting teams and special needs organisations looking for an authentic educational and fun experience that is also challenging and brings your mind Inside The Circle.

### **Outcome of the Incursion**

Receive a customised Aboriginal cultural and bush survivor styled hands on team building program that is entertaining and engages all participants to work confidently in collective team environment across multiple principles while gaining fantastic insight to east coast aboriginal song, dance, language, culture and customs.

### **Think Inside The Circle**

Our Aboriginal tutors work with mindfulness of all collaborators, the environment and the community to help build confidence and strength outside your every day life utilising language and song lines from their ancestors and oldest surviving culture on Earth.

### **Koomurri Aboriginal Incursion - Day One**

**Arrival Didgeridoo** - Bringing your team to the selected area where a lone didgeridoo player to start up with powerful traditional didgeridoo performance.

**Acknowledgement** - A koomurri performer will then address the participants with acknowledgement to the land, elders past, present and future.

**Aboriginal Song-Man** - Song-man to join Didgeridoo player with Aboriginal language and clap-sticks.

**Face Painting** - all participants will be painted up with indigenous face markings.

**Walkabout** - Taking all the participants for a wonder through a bush track our tutors will settle everyone into a group and share story telling.

**Body Art & Costumes Design** - Participants will be able to make their own traditional 'dress wear' and take home knowledge on how to embellish themselves with ornaments such as, feathers, bones, face paint, shells and necklaces

**Song & Dance Program Part 1 - Movements** Students will be broken into groups and taught basic traditional aboriginal dance moves with Didgeridoo.



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### **Koomurri Aboriginal Incursion - Day One - Continued**

**Didge Lounge** - Back to the main camp area tables for refreshments around tables and a didgeridoo player performing laid back beats and didge. Clap stick will be on the tables and our tutors will be encouraging everyone to pick up the clap sticks to join in the celebration of music. This will include refreshments and finger food lunch.

**Song & Dance Program Part 2 - Animals** - Continuation of the song & dance development program concentrating on animal movements and dance.

**Paint Your Own Boomerang** - All participants will be introduced to their paint brushes and taught about aboriginal dots, lines and circles and then paint their own Boomerang to keep.

**Song & Dance Program Part 3 - Corroboree Dance** - Everyone will join in with the dance tutors and practice a full traditional style dance.

**Boomerang Throwing** - with Koomurri performers and any participants that want to have a go. Time to let the hair down and enjoy a bit of fun. Men and women included if everyone is happy to participate.

**Kup-Murray Cook-up** - Traditional underground cook up with kangaroo, emu, beef, lamb and pork with a large selection of vegetables all supplied by Koomurri.

**Statements of Reflection** - Sit all the participants down and have them talk about what they have learned and achieved over the first day and what it means to them.

### **End Day One**



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### Koomurri Aboriginal Incursion - Day Two

**Didgeridoo Experience** - Our Aboriginal didgeridoo expert will walk you through a journey of the didgeridoo, the sounds and animals portrayed within the sounds with plenty of tongue in cheek humour.

**Acknowledgement** - A koomurri performer will then address the participants with acknowledgement to the land, elders past, present and future.

**Break the Ice** - Moving away from the serious stuff immediately upon the finish of the Acknowledgement, Didgeridoo to cut in with a contemporary session with faster electronic techno beats & didgeridoo while dancers perform for participants dancing towards the guests with an up close and personal aboriginal dance. This will finish with one dancer/team leader stationed at each pre made group of participants, introduce themselves to the ready made team groups and yarn and ready for the days challenge.

**Fire-stick Workshop** - Breaking into groups the challenge together of the Dreaming, we challenge your teams to create fire with the age old technique of rubbing the stick onto the kindling and create the fire. The teams will first go out and collect the Eucalyptus leaves with their designated Koomurri tutor and source the eucalyptus leaves learning about the importance of the leaves and the ceremony.

This challenge will require all of your combined efforts with each participant to work the sticks fast enough and long enough to create the fire. This fire will then be used to light the eucalyptus leaves for the smoking ceremony.

**Smoking Ceremony** - The teams use the fire created to work with their tutors to learn the smoking ceremony. The fire from each group will be used to start these eucalyptus leaves smoking which will be then utilised to perform a traditional

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### **Koomurri Aboriginal Incursion - Day Two - Continued**

aboriginal smoking ceremony. The smoking ceremony involves the Koomurri team in song, dance and aboriginal language to perform a cleansing of the spirits.

**Art Program Part 1 - Foundations and Family** - Bringing all mobs together to a large canvas. Our team leaders will work with participants to create an aboriginal masterpiece working with circles representing each of their own families and designing the painting together to represent this community joining together to achieve lasting results on the canvas to be kept by the team.

**Art Program Part 2 - Development** - Continuation of the art piece developing the storyline as they all work together on the canvas's.

**Art Program Part 3 - Bridging The Gaps** - the team joins back together finalising the painting and joining the communities together within the art piece and successfully complete the canvas. The masterpieces (*Inclusion Dreaming*) will be owned by the participants to keep at the office or auction to charity.

**Celebration Corroboree Dance** - Full aboriginal make-up and costume, all participants to perform traditional style dance with east coast culture for the big community celebration with plenty of Didgeridoo, and song from Koomurri.

**Statements of Reflection** - Sit all the participants down and have them talk about what they have learned and achieved over the two days and what it means to them.

**Kangaroo Emu, Beef and Lamb BBQ** - Chill out with refreshments and a bush tucker BBQ with plenty of fresh salads.



## Think Inside The Circle

### COSTS

Projected costs are dependant on numbers, location and customisations and will be built to cover all coast including all materials and two meals.

Transport/camping/accomodation is not included.

Day 1. Starting from \$8000 +GST includes all food, paint, materials and boomerangs for painting and to be kept by the individuals.

Day 2. Starting from \$8000 +GST includes all food, paint, materials and canvas master pieces.

### Koomurri Contacts

- Connie Dawson | School & Education Enquiries | 0403 313 829 [koomurri@gmail.com](mailto:koomurri@gmail.com)
- Darrel Baird | Business, Corporate & Sporting Enquiries | 0422 973 185  
[darrelbaird@koomurri.com.au](mailto:darrelbaird@koomurri.com.au)