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'Back to Nature' Show is a Reminder to Abandon the Screen and Enjoy Your Surroundings

As more Australians deal with lockdown, their natural surroundings are providing one of the few sources of respite – reminding us how important it is to take care of our environment.

Practical reconciliation and allyship expert Aunty Munya Andrews has served as a mentor and consultant to the production team on ABC's Back to Nature series, where she helped ensure that the Indigenous knowledge, place names and stories were authentic and accurate.

"So many of us are lucky in that even in our cities, we still live near to so many natural features, like bushland, parkland and rivers," she said.

"We know for a fact that spending time outdoors (responsibly) is great for our physical and mental health."

"We think this serves as the perfect opportunity to try and reconnect with the natural environment in our immediate vicinity – not only enjoying it, but learning more about it as well, the history and meaning of the places around us."

"For my people, we call nature Country and Country is family. So in these hard times when many people are feeling isolated and even lonely, getting back to nature is also being with family for us".

Carla Rogers and Aunty Munya Andrews are available for interviews.

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