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After NAIDOC Week, Here Are Five Actions Allies Can Take to Help Heal Country

In the wake of NAIDOC week, it's important for allies around Australia to maintain their efforts to 'Heal Country'.

In this [webinar](#), practical reconciliation and allyship experts Aunty Munya Andrews and Carla Rogers talk about five practical steps everyone can take to help.

1. **Acknowledge Country** – whether at home, work or travelling in Australia, take moment to recognise the Traditional Owners continued connection to the land, thank them and pay your respects to their elders, past and present. Start here: [Acknowledgement of Country Cards](#)
2. **Find out about Traditional Owners**, Place Names and Sacred Sites near where you live. Learn how to pronounce the names correctly and to appreciate their significance. Start here: [Indigenous Map of Australia](#)
3. **Seek to understand** what connection to Country means from an Indigenous perspective. Start here: [What's so important about Country?](#)
4. **Heal your Country** – change starts with you, what can you do to help care for your local environment? [Ten Things You Can Do To Help Conserve Australia's Biodiversity](#)
5. **Support actions that protect Country nationally** – find out about the many efforts currently underway throughout Australia to protect sacred sites and areas of significance to Aboriginal and Torres Strait Islander peoples. Start here: [Indigenous Protected Areas](#)

Carla Rogers and Aunty Munya Andrews are available for interviews.

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