

Australia on the net

1 Internet quiz: Australia revisited

In order to revise what you have learned, do an internet quiz about Australia. You can choose any quiz you like as long as it is in English.

- a) Do the quiz you have chosen and check your answers. Write down the answers which you have got wrong.



Internet search:

[Australia quiz](#)



Sample quiz on Australia:

[Sample quiz](#)



- b) Write down the correct answers.

- c) In pairs, ask your partner the things you did not answer correctly. Does he/she know the right answers?

2 Video: A local initiative for mental health

You are going to read the transcript of a video on a medical centre for Aborigine people in Australia and then you are going to watch the video. You may find that some of the text is not easy to understand. Look up the words you don't know and ask your teacher if you need help.

- a) Before watching, have a look at the transcript of the video on a health initiative in Australia. You'll find the transcript on pages 3 and 4.

- b) Watch the video and make notes on the images you can see. Look for answers to the following questions:

- Why was this initiative set up?
- Who set it up?
- What are the major problems that need to be tackled by the mental health care centre?
- What are the people doing in order to help their clients?



Video on Wurrimiyanga's (Nguuu's) holistic approach to mental health:

[Video on mental health](#)

- c) Comment on the initiative.

- Do you think it is interesting/good/inspiring?

- d) Comment on the video. The following points may help you to structure your comment.

- focus
- images
- language
- target group
- purpose
- general tone

3 Research: Closing the gap



- a) Go to the internet site <http://www.indigenous.gov.au/> and read at least one additional text about the situation of the indigenous population of Australia and the efforts to improve their situation.

- b) Prepare a short presentation of the problems/issues you have read about. In your presentation, make sure that you do not focus on more than three aspects.

Tapecript of the video on Wurrimiyanga's (Nguui's) holistic approach to mental health

Cathy Stassi (subtitled): Are you still hearing voices?

(Charlene Tipungwuti nods.)

Cathy Stassi (subtitled): Are they talking to you? This is why you come here.

Cathy Stassi (in English): Do you have medication?

Voice-over: Mental illness is a big issue in our society especially if you live in remote communities like Nguui on Bathurst Island in the Arafura Sea.

Cathy Stassi: Take tablets ... *(rest in Aboriginal dialect)*?

Charlene Tipungwuti: Every night.

Cathy Stassi: Night tablets ...

Charlene Tipungwuti: Night, every night ...

Cathy Stassi: For voices ...

Charlene Tipungwuti: For voices, hearing voices ...

Voice-over: In early 2000 the area recorded ten times the national average rate of suicides. In response to this, the community developed a home-grown health initiative.

Cathy Stassi: Instead of talking about the sickness we're trying to have this place talk about good mental health, see how it's going to help our people get well.

Voice-over: They came up with the well-being centre, based on a philosophy that provides a combination of modern and traditional knowledge.

Cathy Stassi: It's going to help our people get well and help them take their medication to stay strong.

Julie Hughes: And while you're here you'll have your flu shot.

Voice-over: Julie, a clinical nurse, and Cathy, a local health worker, have high hopes for this new centre.

Julie Hughes: It was set up to de-stigmatise mental health in the community, to make it more accessible but also look at it before it becomes a problem, so it's also a preventative strategy.

Cathy Stassi: What keeps you strong? *(Subtitled:)* What makes you strong in yourself?

Health worker: Point which way you ...

Voice-over: Key to that strategy is getting clients to talk about their feelings.

Cathy Stassi (subtitled): Can you point at the picture that keeps you strong?

Charlene Tipungwuti: The bush ...

Cathy Stassi: What do you do? *(First talking in Aboriginal dialect)* walking? Do you walk around?

(Charlene Tipungwuti nods.)

Health worker: Exercise, exercise ...

Cathy Stassi: Visiting family ...

Charlene Tipungwuti: Visiting family ...

Cathy Stassi: ... to country – it makes you feel good connecting with the land and the sea?

Voice-over: And that's exactly what Lizzi, another health worker from the centre, has planned for today.

Elizabeth Tipiloura: I'm taking them out to the bush to help them feel better.

Voice-over: Charlene, who suffers from schizophrenia and depression, often feels lonely and confused.

Elizabeth Tipiloura: They forgot what they used to do. You know, get them back on track again.

Danny Munkara: Samuel! Come on, Samuel!

Voice-over: Across town, Danny, another health worker, is picking up the men who are going to spend a day at the beach.

Danny Munkara: The bush, it's ... is like a medicine, eh, medicine, good medicine for – for us. You know we feel good ... good about – in the bush ... like freedom.

Voice-over: A freedom that comes from being out in the bush with friends, doing what they love most. The men are going fishing, and the women are looking for natural dyes for basket weaving.

Elizabeth Tipiloura: We are looking for the dye, for the pandanus. It's a ... it's a root.

Woman: I got a big one.

Charlene Tipungwuti: When I'm at home I feel sleepy, but when I'm in the bush I feel alright.

Woman: You can smell the bushes ... nice ... come out ... yeah.

Voice-over: For the men, just being out here is making all the difference.

Xavier Tipiloura (subtitled): When I'm in the community I feel terrible, but out here I'm hearing the wind and not voices in my head.

Voice-over: And as they begin to concentrate on fishing the voices grow quiet and disappear.

Danny Munkara: What we've been seeing and hearing from the clients is that they feel better coming out and it makes us ... our programme more easy, understand them.

Xavier Tipiloura: I'm happy ... happy out here ... yeah, happy ... happy.

Voice-over: Meanwhile at the well-being centre clients drop in to be treated in a relaxed, home-like environment.

Julie Hughes: It breaks down that stigma of it being an illness so it's a much more friendly environment. They can have a cup of tea and relax while they're doing this. If we can do it here, that makes it less stressful for them. It also gives the opportunity for the health workers to have a more informal assessment completed – they find it much easier.

Voice-over: And this holistic care extends to home visits for patients who can't make it to the centre.

Julie Hughes: We're trying to I suppose take the stigma away from mental health being an illness so that it gives people a better understanding that it's just part of who they are and that it can be managed in a lot of ways rather than a medical model.

Voice-over: Today Julie's visiting Chrystal to monitor her ongoing recovery and medication.

Julie Hughes: Is it alright if we come in? We can just ...

Chrystal: Yeah, come in!

Julie Hughes: Yeah?

Chrystal: Perhaps [?] in the way, so ...

Julie Hughes: So we just wanted to – to check on how things were going ...

Chrystal: Yeah, been going OK.

Julie Hughes: ... if you're back on to that medication?

Chrystal: Yes, I am back on the medication. I'm not suicidal or anything like that but, you know, sometimes when you – when you're in depression you ... you have those feelings of suicide and sometimes that when you miss out on the medication – Never miss out on the medication! – because it's ... it is very, very, very bad if you do.

Julie Hughes: Mental health is a really important part of someone's life, and I think that's what this clinic does.

Voice-over: Charlene's finally made it to the beach and with the billy¹ boiling, Cathy uses the relaxed atmosphere to run her unique counselling sessions.

Cathy Stassi: So what's on your mind today?

Charlene Tipungwuti: It's alright here. It's a good thing to remember.

Cathy Stassi: It brings back a lot of good memories for Charlene when she was a child.

Voice-over: At day's end, the men haven't caught any fish, but their spirits are high again.

Danny Munkara: They have a good laugh ... it's all part of, you know, a recovery for our clients.

Voice-over: For Charlene, it's been a day of connecting with friends in the bush and an important opportunity to talk about things that matter.

¹ **billy**: (Australian for) a metal can or pot for boiling water etc. over a campfire