



Meet

## Bachar

"For me, being a footballer is about giving back to my community, and through AFL multicultural programs I get to do just that."



### Cultural heritage

Lebanese

### Passion

Football

### Background fact

I speak Arabic at home, as it's a good way to practice my culture.

### Australian ties

I was born in Australia but my parents, like many people of their generation, were born overseas.



When I was younger, my family didn't appreciate sport as they thought it was a distraction. At 14 I decided to become a professional footballer. It was difficult to convince my parents at first but now they are my biggest supporters. It's great to see that football is now a real part of education in schools. I love my role as an Ambassador because I engage with young people from diverse communities and many who speak another language. In football, even if you don't speak English, someone will always help you. It doesn't matter where you are from or what colour you are. You're going to be accepted.

I give 100% to whatever I'm doing, whether it's on or off the field. I'm really passionate about the *Bachar Houli Cup* I've created, which gives Islamic-based schools the opportunity to participate in an AFL 9's competition. While it's challenging, it's a lot of fun. I speak to football clubs about multiculturalism to engage them to accommodate players from different backgrounds. As a Muslim, I pray five times a day which means it could be when I'm training. I really appreciate it that my club respects my faith as they've given me a prayer room to use. They provide halal food for me which is prepared in a special way according to Islamic law.

My parents own a fish and chip shop in Werribee, Melbourne, which is very different to the Lebanese food we're served at home. I love hanging out there with dad to watch the football on TV. I used to work there as a kid when I was young. I'm still there in a way. Dad put a picture of me on the wall so everyone knows who his son is!

Audio contains a section from the track: Classic-music. (2012). Zaryab - Crecio el amor [for Lute and Singer].(CC BY 3.0)

Cook

## Shish taouk (grilled chicken)

"I normally eat high-energy meals, but occasionally slip in some Lebanese food to help me put on any weight I've lost!"



### Ingredients

- 6 chicken thighs
- 2 tbsp lemon juice
- 2 garlic cloves
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp oregano
- ½ tsp cayenne
- 1 tsp turmeric
- 100ml olive oil
- Tabouli
- Lebanese pita bread
- Hummus
- Pinch of salt
- Dash of pepper



### Tools

- Large mixing bowl
- Chopping board
- Chopping knife
- Skewers



### Instructions (serves 4)

1. Chop the chicken and garlic into small pieces.
2. In a large bowl, mix together the lemon juice, garlic, oil, spices, salt and pepper.
3. Place the cut chicken into the marinade mix and stir thoroughly so that it covers all the pieces.
4. Leave it sit in the marinade for at least an hour.
5. Place the chicken pieces onto skewers leaving at least a 3cm space at the end so it's easy to hold.
6. Place the chicken on the barbecue and grill for approximately 40 minutes or until cooked; turning every few minutes to cook evenly.
7. Serve with tabouli, hummus and Lebanese pita bread.



Explore

# Lebanese culture

Some Lebanese people use French, Arabic and English in the one sentence! They love belly dancing and also enjoy watching it.



Lebanon, particularly its coastal regions, is the site of some of the oldest human settlements in the world. The ports at Tyre, Sidon and Byblos, were important centres of trade in the 3rd millennium BC. The capital, Beirut, used to be known as the Paris of the Middle East.



Nejmeh Square, Beirut © J. Elliot (CC BY 2.0)

### Population

5,882,562

### Land area

10,230 sq km

### Climate

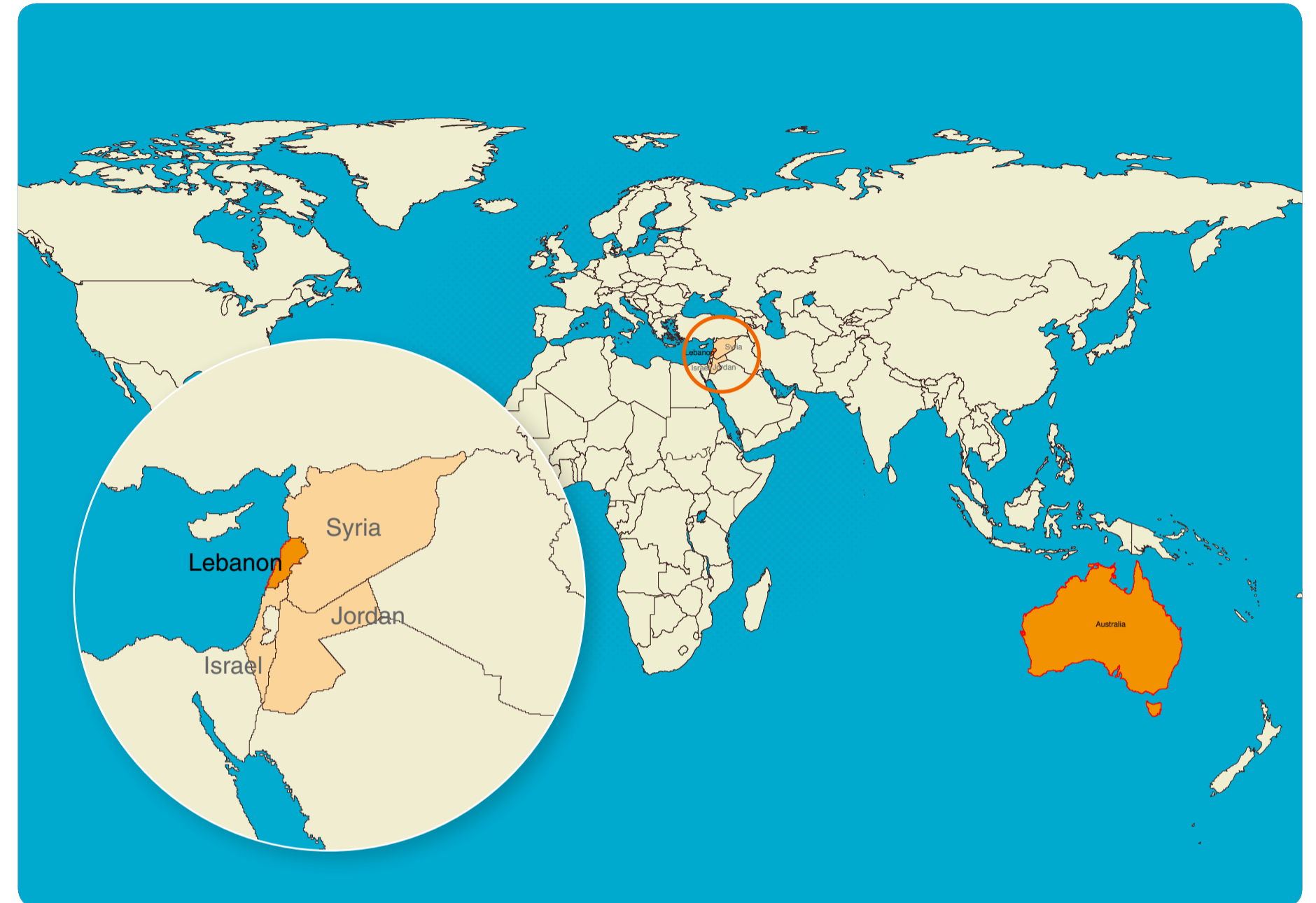
Mediterranean

### Capital city

Beirut

### Languages

Arabic (official), French, English, Armenian



Boys in Tyre © Julien Harneis (CC BY-SA 2.0)

### Arabic phrases

Hello مرحبا MER-HA-BA	Goodbye مع السلامة MA-A-AL-SA-LEME	Please من فضلك MIN-FAD-LAK	Thank you شكراً SHOE-KRAN	Yum طيب TIE-YEB
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### Environment

Lebanon is located in the Middle East next to the Mediterranean Sea. It has a mild climate.

The country has mountainous terrain. The **snow-covered** Lebanon Mountain range is one of the main features of the landscape.



### Customs

The main faiths in Lebanon are Christianity and Islam, although many different religions are worshipped throughout the country.

**Family** and kinship play a major role in social relationships. Although the men are leaders of the household, women play an active role in education and politics.



### Arts & traditions

Dabke, a Lebanese dance, originated when villagers helped each other fix their flat **mud roofs**.

The owner and neighbours of the house would stand on the roof and press the mud with their feet with rhythmic steps.



### Interesting facts

Lebanon is one of the only countries in the Middle East that doesn't have a desert.

**Soccer** is one of the most popular sports in Lebanon. Basketball and weightlifting have also become popular over the years.



Meet

## Ajak

“Music breaks barriers. I've always been passionate about harmony and peace through my singing but harmony should begin at home.”



### Cultural heritage

South Sudanese

### Passion

Music

### Background fact

Dinka, my native language, is not commonly written except for in the Bible.

### Australian ties

I waited two years before being accepted to live in Australia.



In Sudan, we have beautiful cultures where the hospitality is wonderful from north to south. We are very trustworthy, straightforward and hardworking people. As a child, there's no fear because everybody knows everyone. If you're naughty, anyone in the community can tell you off. We have a very strong bond with our grandparents also. I used to love acting as my blind grandfather's walking stick, taking him around our village for visits. The good thing about growing up in Africa is we didn't have a lot of things like toys or television but we had nature all around us. We played in open spaces with our animals. Everyone is so free. It's so sad that war could take that away from us.

I lived in Egypt for eight years. We were not starving but we didn't have the luxury of eating three times a day. I first arrived to Australia as a refugee. I didn't know what was going on but I was just so excited. I love Australia and its people. There are so many great things about this country such as its safety and opportunities. Australia is our home and should be treated with respect and care.

Being multicultural makes it a better place. Everyone comes with new ideas. We can learn from each other from all aspects of life. It wasn't that long ago when we were one people living here on the earth. We have become a very strong nation because we have collected people from around the world. It is important to remember we are the same. We should focus on the positives rather than the negatives between us. It's what you think on the inside that is important. We are all animals anyway. You see white and black cows but they are still cows. We are more similar than different.

Kwai, A. (2008). Tasmania. Come Together album. Location: Melbourne. (31 October 2008). © Ajak Kwai

Cook

## Kombo & kuot (beef & pumpkin mash)

“In South Sudan, we call each other kombo eaters because we eat it all the time!”



### Ingredients

150ml boiling water  
500g lean beef  
Bunch of silverbeet  
¼ of a pumpkin  
1 onion  
1 tbsp peanut butter  
1 tbsp tahini  
50g butter  
50g dill  
Clove of garlic  
Pinch of salt



### Tools

Chopping board  
Chopping knife  
2 saucepans  
Wooden spoon  
Mixing bowl  
Colander  
Masher  
Tongs

### Instructions (serves 4)

- Clean the silverbeet and chop it into small pieces.
- Dice the onion (cutting it into little squares) and add it to a saucepan with a little bit of butter and stir until they start to brown.
- Cut the beef into lean strips and add it to the saucepan.
- Add the silverbeet with 150ml water in the saucepan and boil for 5 minutes.
- Remove the skin of the pumpkin and cut it into small pieces.
- Boil the pumpkin in a separate saucepan for 15 minutes or until it is soft.
- Add the peanut butter and salt to another saucepan and keep it on low so that a sauce forms to cover the meat and silverbeet.
- Take the pumpkin off the heat and strain it in a colander to remove all the water. Then put it in a bowl and mash it.
- Chop the garlic into small pieces and add it to the pumpkin mash.
- Add butter, tahini and salt to the mash.
- Chop the dill into small pieces and add it to the mash.
- Remove the saucepan from the heat. Serve the beef and silverbeet with a side of pumpkin mash.



Explore

## South Sudanese culture

Oral tradition is important. It is used to creatively express myths and folklore as well as pass on history and traditions.



South Sudan is located in northeastern Africa. It became its own nation when it gained independence from Sudan on 9 July 2011. It is one of the most culturally diverse countries in Africa, with over 60 main ethnic groups and many different religions, including Christianity, Islam and Indigenous religions.



Child in Juba © Oxfam East Africa (CC BY 2.0)

### Population

11,562,695

### Land area

644,329 sq km

### Climate

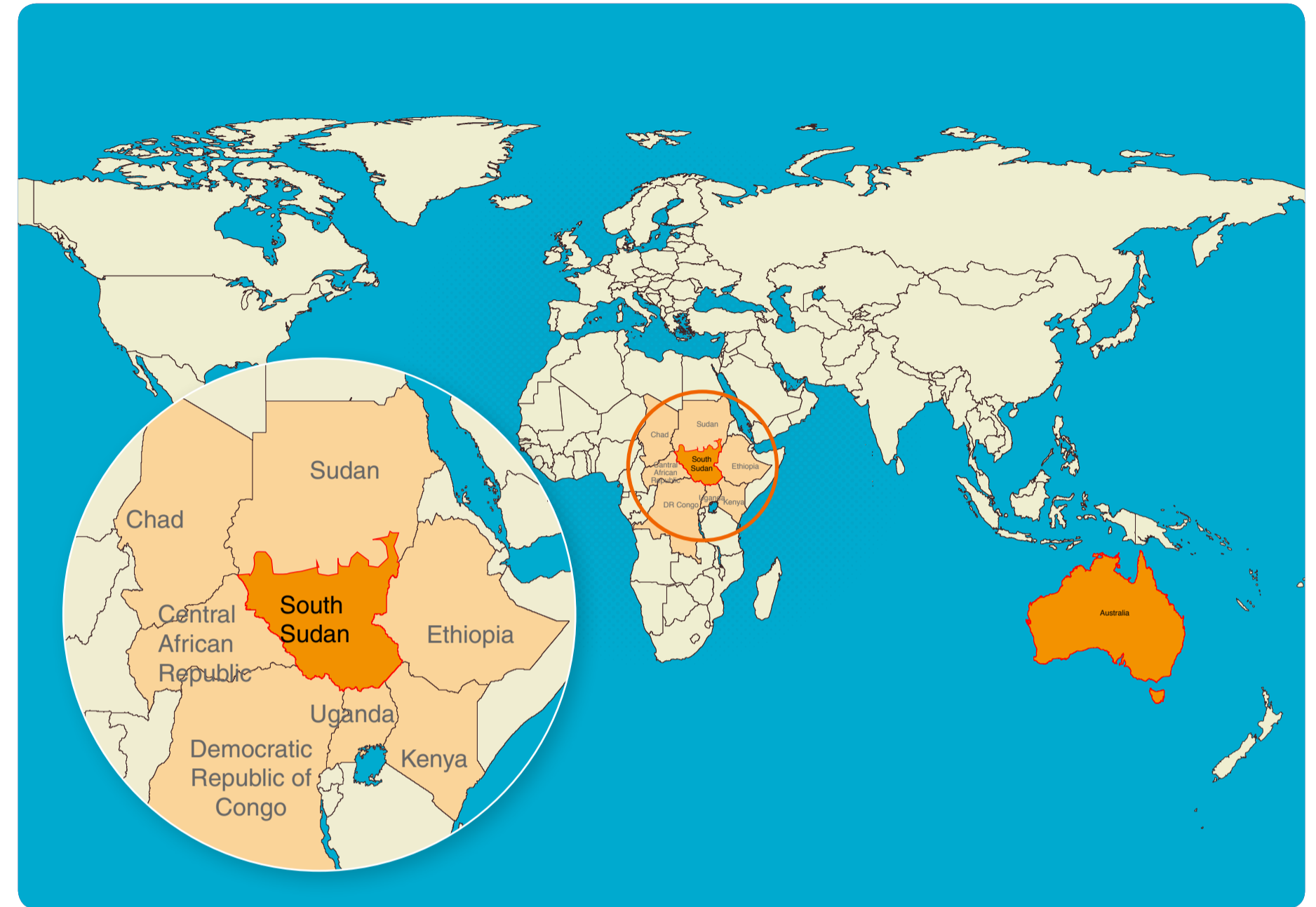
Tropical

### Capital city

Juba

### Languages

English (official), Arabic, Dinka, Nuer, Bari, Zande, Shilluk



### Dinka phrases

Hello	Goodbye	Please	Thank you	Yum
Loaiyede	Xan ci jal	Yin ca long	Yin ca leec	Amitaret
LO-E-DEY	AN-TEA-JEAL	IN-JA-LON	IN-JA-LECH	AM-EAT-AR-UT

South Sudanese village © Steve Evans (CC BY 2.0)



### Environment

South Sudan is a land of flat plains with a mountainous landscape in the south.

The White Nile River and the Sudd swamp are a vital support for the country's **agriculture**, providing water for people and wild animals living nearby.



### Customs

About four-fifths of the population lives in rural areas. Many groups celebrate the stages of life with **rituals** and ceremonial practices.

Traditional foods include kisra, a wide flat bread, and asida, a porridge that is often served with meat or vegetables.



### Arts & traditions

Different ethnic groups are known for their artistic **handicrafts** including basketry, net weaving, pottery and ivory carving. The Zande produce iron, clay and wood products.

A traditional style of music involves singers performing without musical accompaniment or just a drumbeat.



### Interesting facts

**Radio** is the most popular form of communication, because a high percentage of the population cannot read or write.

Wrestling is a traditional sport. Matches often take place at festivities to mark the end of the agricultural season.



Meet

## Alan

"I was born Aborigine so I'm already a legend. I'm part of something that's been around for thousands of years."



### Cultural heritage

Aborigine

### Passion

Cultural awareness

### Background fact

I've got ties to eight tribes of Indigenous blood lines plus my Afghan heritage.

### Australian ties

My great aunts were the girls represented in the film *A Rabbit Proof Fence*.



I'm a Noongar man from Margaret River, three hours south of Perth. I am an Aborigine and an Afghan. Way back in the 1800s, people came over from Afghanistan with their camels to help build the Indian Pacific rail lines. Because they were dark skinned they weren't accepted by many people, so they mixed in with the local Aboriginal tribes. Today I teach at schools nationally about Australian and Aboriginal history. I work with my two sons presenting cultural education.

Food is a very important part of Aboriginal as it brings families together. Not only celebrating but also catching up with families' stories and yarns. I fell in love with my culture the day I went hunting with a hundred Aboriginal fellows with spears. The girls were sitting up on the mountain making dampers. We killed kangaroos, cooked them and sang songs all night. It was amazing. At last I was home. Everything about this country is special to me. If you call yourself an Australian, you live in Australia. This is your home. It is your land. It has an Aboriginal history, present and future but being an Aborigine means I'm already part of the land. Being non-Aborigine means you're learning about the land.

I learnt to play instruments by watching other people and just practicing. I can't read music but I play the piano, guitar, didgeridoo, drums, bass guitar, trumpet, euphonium and trombone. I learnt the didgeridoo in 12 hours before playing in front of 32,000 people. That was the start of something special. I've performed all over the world for people like the Dalai Lama, Nelson Mandela, Muhammad Ali and U2. But I'm most passionate about sharing Aboriginal culture with students to teach them about the importance of respect, not being quick to judge and making a positive contribution.

Audio contains a section from the track: Western Creation. (2013). Welcome to Australia Ceremony. Location: Melbourne © PAN Orama Group

Cook

## Kangaroo stew

"Friends from Alice Springs ate my stew after five minutes on the fire. I told them it needed an hour and they said, 'If you cook it too long, it'll be dead.'"



### Ingredients

500ml boiling water  
2 tbsp vegetable oil  
500g minced kangaroo meat  
2 onions  
8 tomatoes  
4 bay leaves  
Pinch of salt  
Dash of pepper



### Tools

Saucepan and lid  
Wooden spoon  
Chopping board  
Chopping knife

### Instructions (serves 4)

1. Cut the onions and tomatoes into little squares.
2. Add vegetable oil to the saucepan and turn on the heat.
3. Add the onions to the saucepan and cook until they are golden brown.
4. Add boiling water to the saucepan and the kangaroo minced meat.
5. Add the bay leaves, salt and pepper and stir with a wooden spoon.
6. Add the tomatoes and put the lid on to stew.
7. Stir every 10 minutes for 1 hour, or every 30 minutes for 4 hours if you've got time!



Explore

## Aboriginal culture

Aborigines, as well as Torres Strait Islanders, are the First Peoples of Australia, with a history that spans over thousands of years.



Aboriginal culture is the oldest continuous culture in the world. Aboriginal people live in both urban and remote areas in Australia. There are over 120 Aboriginal languages still spoken. Social and nation groups are different across the country, practicing their own individual traditions and cultures.

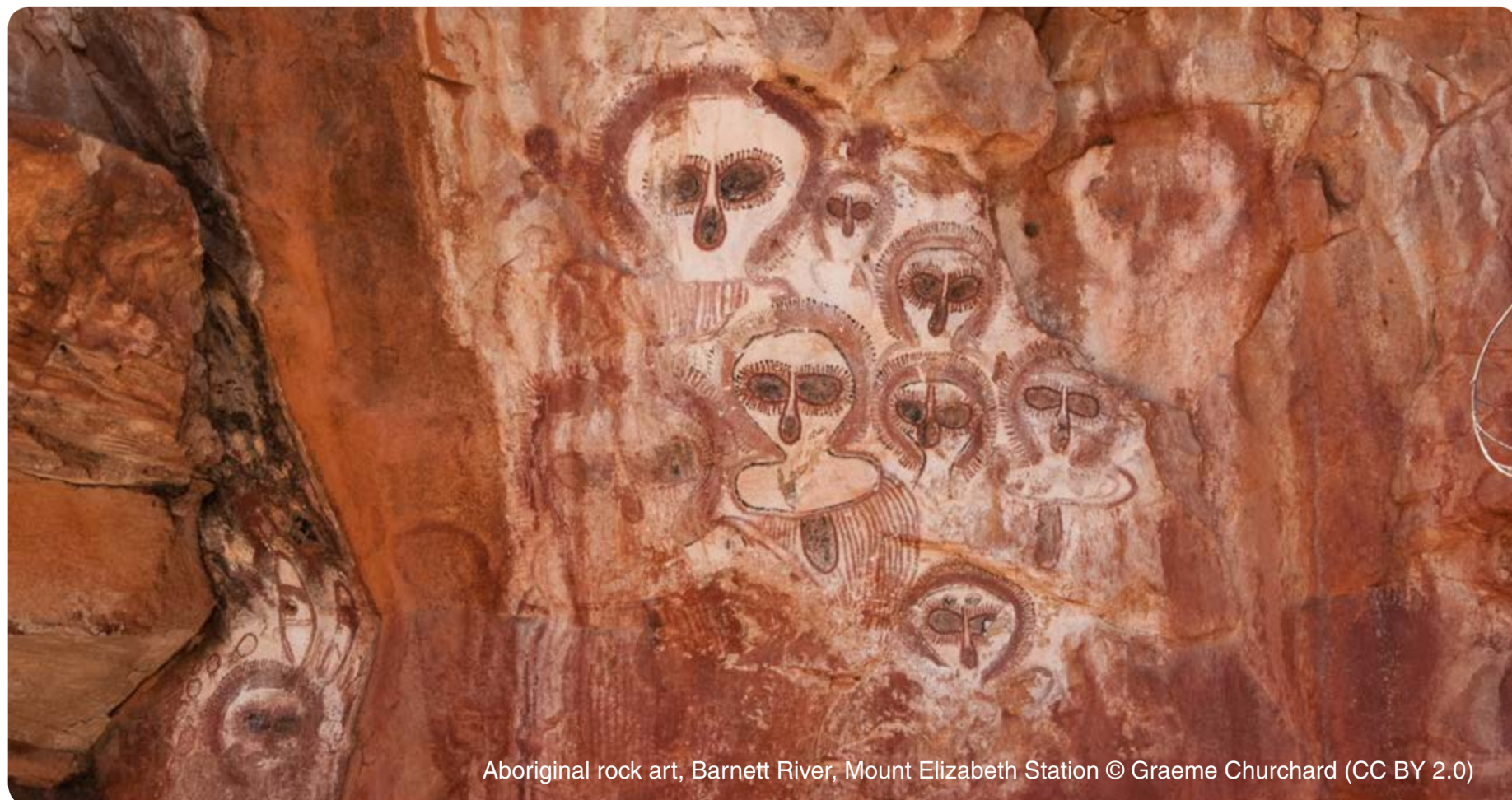


Didgeridoo player © Graham Crumb (CC BY-SA 3.0)

Before European settlement, Aboriginal people were traditionally nomadic. They lived on the land, crafted tools and travelled by season or for ceremonious reasons, giving resources time to regrow before hunting and gathering took place. Today, some still practice these customs.



Visit the AIATSIS website for a detailed Aboriginal Australia map. The map shows general locations of larger groupings of people which may include clans, dialects or individual languages.



Aboriginal rock art, Barnett River, Mount Elizabeth Station © Graeme Churchard (CC BY 2.0)



### Environment

Aboriginal heritage is deeply connected with its natural environment extending to plants, animals and ecosystems.

Land and waterways play a major part in cultural learning linking Aboriginal people with their **identity** and history. Many live in cities and country towns.



### Customs

Aboriginal people's **spiritual** belief is known as The Dreaming, when Ancestral Beings created life, shaped the land and laws.

Different Creation Beings are recognised depending on which Aboriginal clan you come from. Legends are passed down onto generations.



### Arts & traditions

The yidaki, or didgeridoo, is one of the oldest instruments on earth and is played at ceremonies and recreationally.

**Rock art** is an ongoing practice by Aboriginal people, a tradition of painting and engraving stretching over thousands of years.



### Interesting facts

There were many early Aboriginal **astronomers** who told stories about the constellations in the night sky.

David Unaipon, who features on the \$50 Australian banknote, was a writer, poet and inventor born in 1872. He believed Christian and Aboriginal values were similar.