



I'm one of the directors of Regrowth Festival. We've been doing this for the last nine years. We think it's an important project that brings youth culture into the bush by using music to attract people to come out here. Over the years, it's grown into a really special community where people feel safe and free, where children can interact with adults in a fun way, particularly in age groups where that normally doesn't happen.

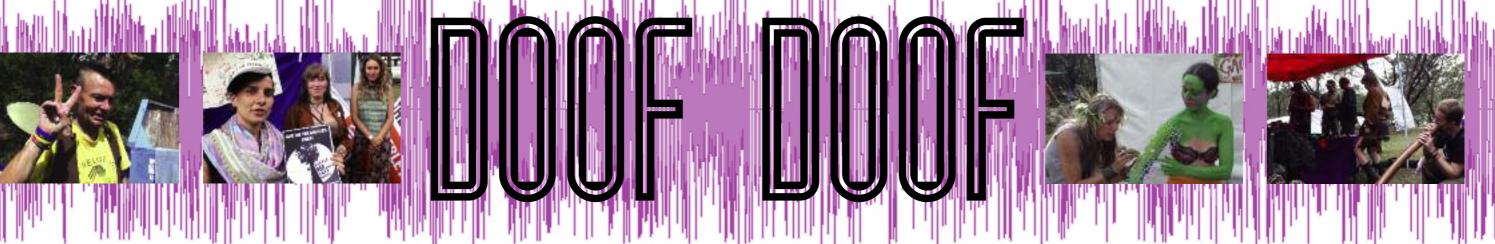
It's an event that has become a big part of my life. I spend a lot of time on the project because I think it's really important. Right now it looks like there are about 1300 people here as well as the 700 artists and volunteers.

The main agenda of Regen is for people to come out and be free to express themselves. It's beautiful.



I'm here running a dance workshop to take people on a journey through the elements: earth, water, fire, air and ether and it's an opportunity to help people remember that the earth that we're dancing upon, the earth that we're an intrinsic part of, is simultaneously, if not first and foremost, actually part of our bodies

I come to these festivals to run these dance workshops that give people a chance to experience the beauty and joy of being in a body and to share interconnectivity between each other, the earth and the universe beyond.



Everyone's smiling and happy — it's one big family here. So many people here — and no dramas. The on-site medical staff are quite bored. Can I say that the local community has supported us really well. All up it's been a fantastic event with so many trees planted, young people out of their comfort zone for the weekend and learning about environmental awareness. The people here are discovering how to be better custodians of our land with workshops and interaction with landholders like Martin.



The Regrowth Festival is about getting people together. We've brought a few thousand people here to the Berlang Forest. We're able to assist Martin in his vision for this land. We're all aware of the work he's doing here to restore the landscape and we're fully supportive of how that work is progressing.

These people here come from a wide range of backgrounds with a diverse understanding of the world and the universe. The one thing we have in common is a desire for connection with one another and when we come to

Regrowth we share that connection. It's a time for stepping out of city spaces and coming to the country to be part of 'Regrowth Town' as we call it.

Basically we can love each other, hug each other and plant some trees.





 \mathbf{W} e're here, 3 km out of Majors Creek and you can see a lot of flowery, lovely people here today. My goal as a farmer and custodian of the land is to allow these people to come on to my land and see what farmers are doing to improve the landscape.

Building soil biology, biodiversity (there's plenty of that here today) and to use their energy to good for the planet. So they can come out with me and we plant lots of trees — and that does do a lot of good for the planet. Then they can go back to the city and feel good about it.

There is a feeling I get from talking to these people that they think they're in a rat race in the city, that the planet's falling apart, but they can come out here and hug a tree, plant a tree and have a good time. Berlang today is largely a monoculture of Blackwattle as a result of clearing in the 1860s to grow wheat to feed the gold miners. Over that time, a hundred or so years, the eucalypt seeds have disappeared from the system.

So to re-establish bio-diversity into this forest, the Regen Festival has been working to plant eucalypts and other under-storey species. We've planted two and a half thousand trees this weekend.







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