

Living with Nature:

The Culture and Lifestyle of Indigenous Australians

One of the most famous stories from the "Dreamtime" traditions passed down by Indigenous Australians is the legend of the Rainbow Serpent. The Rainbow Serpent is said to have traveled across the land, and the paths it took became rivers, valleys, and mountains, shaping the world as we know it. It is also regarded as a vital being that governs water and life, deeply connected to rain and the natural world. At the same time, it was believed to possess a fearsome power, punishing those who broke the rules. This story continues to be told today as a teaching that conveys respect for nature and the importance of following rules.



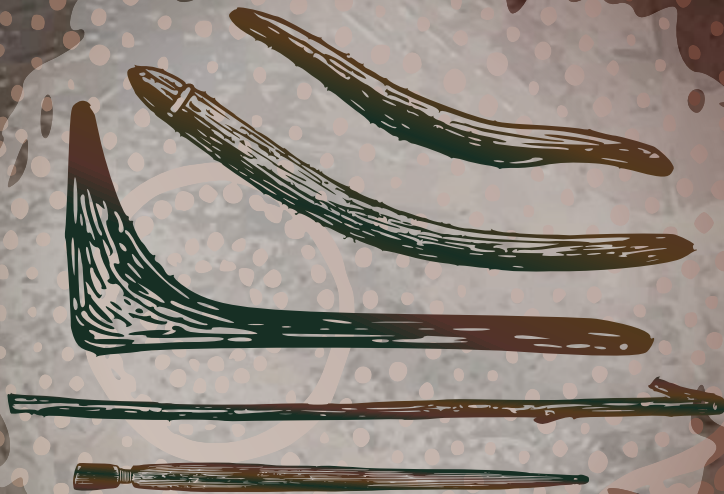
Indigenous Australians (Aboriginal peoples), who have long valued this Dreamtime worldview, are said to have lived on the Australian continent for at least 60,000 years. Because they were separated from other continents for such a long time, they developed their own unique cultures, languages, and ways of life.



Australia was home to hundreds of tribes, each with its own distinct language, traditions, and beliefs. Because the climate and natural environment varied greatly by region, people lived in ways adapted to their surroundings such as in deserts, tropical areas, or along the coast. Another defining feature is their spiritual culture, which places great importance on the mythological worldview known as Dreamtime and emphasizes a deep connection with nature and animals.



In hunting, a variety of tools and weapons were used depending on the region. One of the most well-known is the boomerang. There were not only returning types, but also non-returning ones used to kill animals, each chosen according to its purpose. Spears and spear-throwers (woomeras) were also widely used, allowing hunters to accurately target prey from a distance. Traps and nets were also used to catch small animals and fish.



Food culture also varied greatly by region. In addition to meats such as kangaroo and emu, people made use of a wide range of natural ingredients, including fish, shellfish, insects, fruits, nuts, and roots. In particular, wild ingredients known as "bush tucker" played an essential role, such as witchetty grubs, which were considered a valuable source of protein. Cooking was often done over fire, and methods such as earth ovens, where food is steamed in a pit, were also used. In this way, Indigenous lifestyles were supported by a deep understanding and knowledge of the natural environment.



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