Connection, Culture and Communication

23-26 NOV 2026

South West experience through education, training and culture



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LIVE TO TELL **YOUR STORY**

Prepare Produce Provide's four-day program delivers flexible professional development for educators, building practical skills in food, hospitality, cultural education, and community engagement through expert-led workshops.

FLEXIBLE PARTICIPATION

The four-day program designed by Prepare Produce Provide is set to deliver a comprehensive educational experience. Participants can choose to attend days 1 and 2, days 3 and 4, or all four days, so the program adjusts to your needs and schedules.

OPTION 01

OPTION 02

DAY 01
DAY 02

OPTION 03

DAY 03
DAY 04

KEY THEMES

Centred around the themes of connection, culture, and communication, the program offers valuable knowledge and skills relevant to the food and hospitality industry. Attendees will gain a deeper understanding of community engagement and develop practical abilities in these sectors.

WORKSHOPS AND LEARNING OPPORTUNITIES

Educators are invited to take part in workshops led by renowned chefs and hospitality experts. These sessions provide firsthand learning and insights into best practices, with an emphasis on cultural education delivered by leading specialists. In addition, the program addresses effective workplace stress management and sustainability, equipping attendees to handle challenges in professional environments.

PERSONAL, PROFESSIONAL, AND ENVIRONMENTAL CARE

The program enables participants to develop self-care practices, support their peers, and foster environmental stewardship. It encompasses primary industry, food production, and skills development, all delivered under the guidance of experienced cultural mentors and supplemented with quality resources to enhance teaching effectiveness.



djinda ngardak
A PREPARE PRODUCE PROVIDE PROGRAM

Itinerary

DAY 01
Monday 23rd November 2026

TIME	FACILITY	PROCEEDINGS/WORKSHOP
9:00 am	South Regional TAFE	**Meet and greet:** Coffee and croissant in the garden
9:30am	Depart on BUS	Welcome to CCC and your host
9:50am	Scouts WA Adventure Centre	**Cultural education:** Bush tucker and traditional medicines
10:50am	Scouts WA Adventure Centre	**Wellbeing and mental health:** Workshop strategies in managing and preserving mental health
12:50pm	Lunch - Interactive	**Cultural education:** Interactive Conti Share with Brad Vitale and a light lunch, including a walk, talk and forage
2:15pm	Scouts WA Adventure Centre	**Education:** Re-engaging students. Rethinking the one-size-fits all approach to how we learn and teach
3:15pm	Scouts WA Adventure Centre	**Culinary experience:** Chef 'Yoda' unstripped. A cooking demonstration with tasting and insight into the Fervor mantra
4:30pm	Scouts WA Adventure Centre	Brief Interlude
4:40pm	Scouts WA Adventure Centre	**Wellness and mental health:** Interactive intentional wellness, restoring focus and managing physical tension
5:45pm	Scouts WA Adventure Centre	Depart on the bus for South Regional TAFE
6:00pm	South Regional TAFE	Depart for the evening



The South Regional TAFE Bunbury campus

01

DAY ONE: A LITTLE INSIGHT

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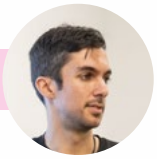
Itinerary

DAY 01
Monday 23rd November 2026


A Boodja Ventures cultural experience

CULTURAL EDUCATION

BOODJA VENTURES



WITH BRAD VITALE

Meet Brad Vitale, delve into the world of native ingredients in our Southwest, provide an overview of commonly used trees and plants that continue to be used for treatment of aches, pains, burns, colds, rashes, stings, bites and wounds; as well as commonly used protein, trees, plants, shrubs and herbs to cook with that nourish the body.

During lunch take a stroll with Brad along the Collie River boardwalk to identify native plants species.



Darren Peterson leads a workshop

WELLBEING AND MENTAL HEALTH:

WORKPLACE STRESS MANAGEMENT



WITH DARREN PETERSON

This workshop explores the science behind stress and burnout in a simple, easy-to-understand way, before moving into practical tools people can use straight away. Using a clear framework built around Breathing, Awareness, and practical Strategies, Darren helps participants understand what's happening in their body and mind, and more importantly, what to do about it.

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Itinerary

DAY 01
Monday 23rd November 2026

EDUCATION

Y SCHOOL'S RE-ENGAGEMENT STRATEGY IS EFFECTIVE.



WITH PRINCIPAL LIZ PARKER

Principal Liz Parker will explain how her school sets personalised, achievable goals and uses educational resources to drive results.



WELLBEING AND MENTAL HEALTH:

MANAGING STRESS IN THE WORKSPACE



WITH PRINCIPAL LIZ PARKER

Promoting restoration of both body and mind through purposeful movement for intentional wellness, enhanced focus, and effective management of physical tension.

CULINARY EXPERIENCE

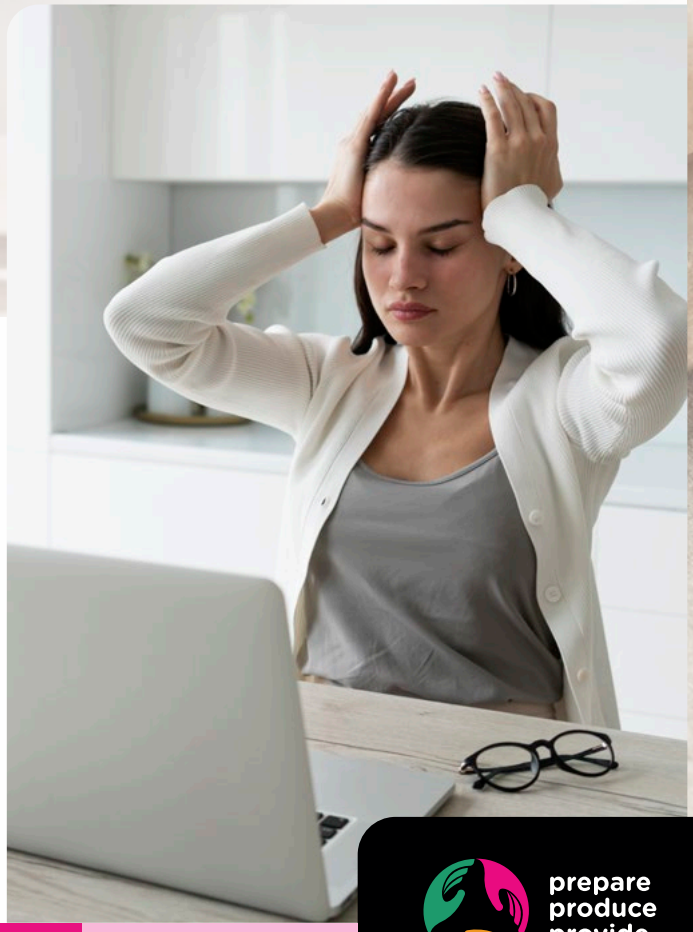
PAUL 'YODA' ISKOV UNSTRIPPED



WITH CHEF PAUL 'YODA' ISKOV

Yoda, highly acclaimed chef and author, will discuss his business journey, highlighting successes, what worked, and areas that needed improvement. He will also share effective ways he communicates respectfully within hospitality and cultural spaces. Additionally, Yoda will cook a renowned dish for everyone to sample together.

Left: Yoda mentoring students at Djinda Ngardak



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Itinerary

DAY 02

Tuesday 24th November 2026

TIME	FACILITY	PROCEEDINGS/WORKSHOP
9:00am	South Regional TAFE	**Culinary experience:** We host a 'blind folded' taste testing
11:00am	South Regional TAFE	**Education and sustainability:** The PERTH (Plastic Exposure Reduction Transforms Health) Trial, a world first food trial
12:30pm	South Regional TAFE	Lunch
1:30pm	South Regional TAFE	**Culinary experience:** Story on a plate
3:30pm	South Regional TAFE	**Culinary experience:** Non alcoholic drinks mystery box, balancing elements of sweet, sour and bitter, plus, smooth and complex taste profiles
5:30pm	South Regional TAFE	Approximate finish time. Depart for the evening

02

DAY TWO: A LITTLE INSIGHT



CULINARY EXPERIENCE

BLINDFOLDED TASTE TESTING



WITH CHEF TANYA HEALY

Head Chef Tanya Healy will discuss how our senses and memories influence the foods we choose, revealing fascinating insights into the reasons behind our eating habits. This talk and interactive session will also encourage a greater appreciation for the culinary complexities of different foods, support social interaction, boost confidence, foster critical thinking, and sharpen sensory awareness.

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Itinerary

DAY 02
Tuesday 24th November 2026

EDUCATION AND SUSTAINABILITY

THIS LITTLE PIG WENT TO MARKET

Join us as we examine the evidence for how microplastics are entering our environment and our bodies, along with some current health concerns. Could they be the new lead and asbestos of our time? Notably, UWA is conducting world-first trials through the PERTH (Plastic Exposure Reduction Transforms Health) study, with The Little Pig Went to the Market playing an active role — sourcing, packaging, and delivering food that is specifically produced and packaged without any plastic contact points. Learn where microplastics are found, what they are present in, and how to reduce your exposure. You might be surprised.



A story on a plate, by Chef Dan Lyndon

CULINARY EXPERIENCE

STORY ON A PLATE



WITH CHEF DAN LYNDON

Chef Dan Lyndon is a quiet, unassuming, and immensely talented Badimaya Yamatji and Noongar chef who spent much of his career working 200 km off Karratha on an oil and gas rig, before turning his hand to his exciting new venture, Bimba Foods — a pop-up fine dining experience. Let Dan guide you with his natural flair as he shows you how to build a dessert where the plate becomes a canvas for storytelling. Work in groups or individually — let's have some fun with this!

CULINARY EXPERIENCE

NON-ALCOHOLIC BEVERAGE MYSTERY BOX



WITH JOHNESE MULLEN AND SUSAN WHELAN

Benefit from the combined expertise of Johnese Mullen, Senior Lecturer, and Susan Whelan, restaurant owner, who together bring years of beverage experience across both TAFE and industry. These seasoned professionals will guide you through balancing sweet, sour, and bitter elements, as well as crafting a drink that is smooth and complex. There is an art to creating sophisticated, intricate beverages — let them show you how to make the perfect concoction. Let the shaking, blending, stirring, and grinding begin!

Itinerary

DAY 03

Wednesday 25th November 2026

TIME	FACILITY	PROCEEDINGS/WORKSHOP
7:50am	South Regional TAFE	Arrival
8:00am	South Regional TAFE	Depart on the bus for Ngilgi Cave
9:15am	Nilgi Cave	**Cultural education:** Koomal Dreaming individualised tour
11:45am		Depart on bus for Cullen Wines
12:15pm	Cullen Wines	**Culinary experience:** Lunch (High tea style)
12:45pm	Cullen Wines	**Education and sustainability:** Tour of the vineyard – a masterclass in sustainability with a farm to plate focus
2:15pm	Cullen Wines	Depart on the bus for Vasse Virgin
2:30pm	Vasse Virgin	**Career pathways:** Workshop 1 – Perfumery and Business
	Group A and Group B swap over after 1 ½ hrs	**Cultural education:** Workshop 2 – The scientifically proven benefits of ancient Indigenous ingredients
5:30pm	Vasse Virgin	Depart on the bus for South Regional TAFE
6:30pm	Approximate arrival	South Regional TAFE

03

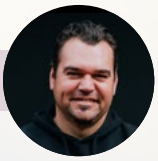
DAY THREE: A LITTLE INSIGHT



Josh Whiteland leads a tour

CULTURAL EXPERIENCE

KOOMAL DREAMING INDIVIDUAL TOURS



WITH JOSH WHITELAND

Experience local culture with Josh Whiteland (Koomal) of the Wadandi people in Yallingup, where you will discover native foods, hear local stories, and learn about the region's wildlife. Afterwards, head to Ngilgi Cave to enjoy further cultural insights and a unique didgeridoo performance — the only cave in the world where this takes place.

Itinerary

DAY 03
Wednesday 25th November 2026

EDUCATION AND SUSTAINABILITY

CULLEN WINES TOUR, LUNCH AND WORKSHOP

Cullen Wines in Wilyabrup is Australia's first carbon-neutral, bio-dynamic farm — a holistic, ecological, and ethical operation that treats the land as a living, self-sustaining organism. The farm follows strict biodynamic practices, planting and harvesting according to moon phases and planetary positions in order to improve soil vitality and grape quality. During your visit to the Spiral Food Garden, Bee Apiary, and Vineyard, you will learn how this approach positively affects the entire ecosystem — soil, plants, animals, and water. Cullen Wines is the embodiment of pure farming: sustainability, quality, and a deep respect for the land.



The Spiral Garden at Cullen Wines

CAREER PATHWAYS

PERFUMERY AND BUSINESS



WITH EDWINA SCHERINI

Edwina will explain how the business operates, with a focus on all-natural, handmade, and chemical-free methods. You will then join her and the team to make a product together.

CULTURAL EDUCATION

THE SCIENTIFICALLY PROVEN BENEFITS OF ANCIENT INDIGENOUS INGREDIENTS



WITH AUNTY DALE TILBROOK

Aunty Dale Tilbrook will share her research on Indigenous ingredients, covering their health benefits and dietary applications, informed by scientific findings, antioxidant levels, and studies on vitamin D deficiencies. She will explore how these ingredients can benefit both Indigenous and broader communities, and contribute to improved health outcomes.



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DAY 04

Thursday 26th November 2026

TIME	FACILITY	PROCEEDINGS/WORKSHOP
9:00am	South Regional TAFE	**Culinary education:** The business side of hospitality with Melissa Palinkas
9:45am	South Regional TAFE	**Culinary experience:** Giving it that 'PIZZAZZ' factor
11:45am	South Regional TAFE	Lunch: Enjoy the spoils
12.45pm	South Regional TAFE	**Culinary education:** Inspiration and new perspectives on teaching methods with Kathryn Tindal Davies
2:45pm	South Regional TAFE	**Education:** Caring for Country
3:45pm	South Regional TAFE	**Cultural education:** Pot me up
5:00pm	South Regional TAFE	Network and farewell

04

DAY FOUR: A LITTLE INSIGHT



CULINARY EDUCATION

THE BUSINESS SIDE OF HOSPITALITY

WITH MELISSA PALINKAS



Melissa Palinkas is charismatic and adventurous. She embodies the principles of the modern chef, embracing a no-waste, root-to-shoot, and nose-to-tail approach to dining that dramatically lowers a restaurant's environmental footprint. With a little guidance and expertise, she will show you how to turn ordinary dishes into something truly special. Join Melissa for an interactive session as she demonstrates how to add flair and elevate your cooking.

Left: A dish of Melissa's from the late great Young George.

Itinerary

DAY 04
Thursday 26th November 2026



Above: Dale Tilbrook with a selection of bush tucker

CULINARY EDUCATION

INSPIRATION AND NEW PERSPECTIVES ON TEACHING METHODS



WITH KATHRYN TINDAL DAVIES

Kathryn Tindal Davies is a Senior Lecturer at South Regional TAFE, bringing over 30 years of expertise to her craft. Her extensive experience has shaped a unique approach to culinary education, making her an invaluable resource for anyone looking to refresh and enhance their teaching practice.

If you have ever found yourself searching for inspiration or new perspectives on your teaching methods, Kathryn's session will provide just that. Watch as she breaks down her approach, sharing practical insights and strategies to help you keep your classes engaging, innovative, and invigorating.

CULTURAL EDUCATION

CARING FOR COUNTRY

Presented by Gnaala Karla Booja and the Department of Biodiversity, Conservation and Attractions.

> *"Care for country & it will care for you."*

Discover why biodiversity hotspots matter and why protecting them is everyone's responsibility. Join John and Jodie as they introduce some of our most threatened native animals and reveal how they came to be at risk. You will also uncover surprising truths about how little we know — and how much we need to care — about our plants, invertebrates, and fungi.

CULTURAL EDUCATION

POT ME UP



WITH LESLEY UGLE AND DALE TILBROOK

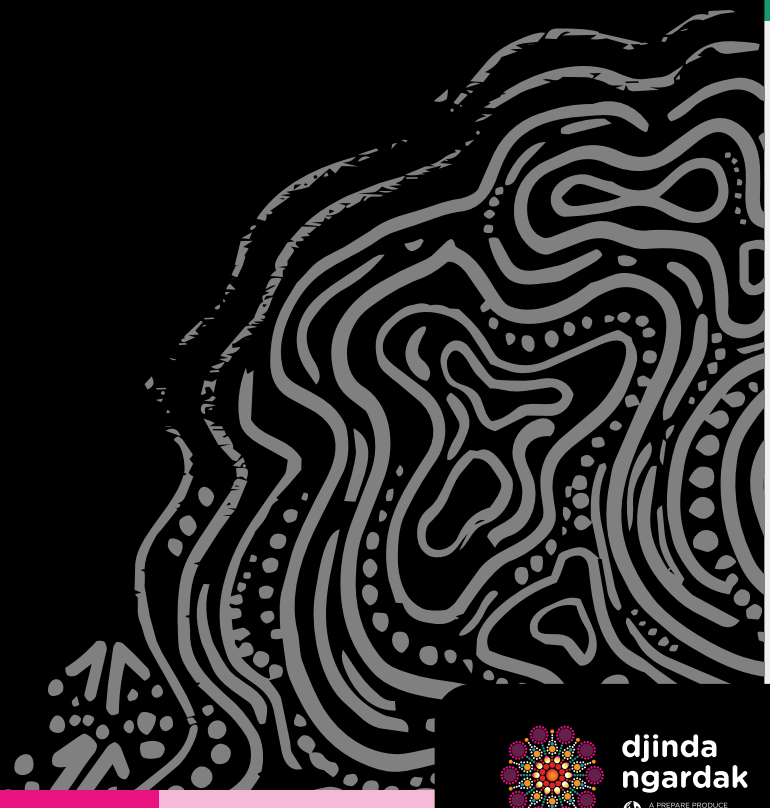
Presented by Lesley Ugle, Boola Bidi, Dale Tilbrook and Maalinup Bush Foods.

Enjoy this rare opportunity to spend the afternoon with two Elders as they share stories over a cup of tea, all while potting native plants together. Take this chance to hear about their life experiences and discover how they continue to make a meaningful and positive impact for First Nations people and the wider community today.

Yaanginy moort!

(pronounced yang-iny mort) – This phrase translates to "thank you, family!" Using "moort" acknowledges the sense of community and family ties within Noongar culture.

We hope you enjoy your time at Connection, Culture and Communication 2026!



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LIVE TO TELL **YOUR STORY**

Connection, Culture and Communication 2026 is a Prepare Produce Provide program. We inspire vulnerable youth to realise their potential through innovative food education.

prepareproduceprovide.org



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