

HOW RECREATION HELPS WITH EMPLOYMENT AND TRAINING

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Through sport people can learn many things that are useful in employment like team work, being reliable, how to be a leader and being proud of ourselves.

Employed people need a way to help them relax so that they don't get burnt out or stressed out because they cannot turn off work.

For some people activities they do for recreation could be another person's part-time or full-time job like playing music in a band, doing art or craft, sewing, playing sport, dancing.

Recreation activities like family picnics or food gathering days can help young and older people mix together and give people a chance to talk about employment and training in a social and informal setting.

When a person is doing a form of recreation or sport and they are good at it in a natural way they may want to do it more often and then turn it or something similar into a way to earn money.

Recreational activities such as reading books, writing letters to people or stories can help people increase their numeracy and literacy skills.

There are many quick and free ways a person can get some recreation like going for a walk, listening to the radio, talking to a friend, looking at our country like the sea, land and generally enjoying the view.

If people spend too much time doing recreation activities it may spoil the way they work like getting tired from playing too much sport or dancing all night at the disco.

People who have been hurt in an accident can often become work ready sooner if they do some sort of recreation or sport like reading or learning to use their hands again.

Many of the recreational activities of non-Aboriginal people can be used by Aboriginal people to earn income eg pottery, screenprinting, music. However, many people providing or funding training for Aborigines will not see these activities as employment opportunities and therefore will not fund training.

People can do almost anything as a recreational activity as long as it helps them to relax and make their lives feel complete and rewarding.