Bridging the City to Country Divide Through Film

A Q&A with alumna Louisa Gilmour







Alumna Louisa Gilmour (2021–2023) is passionate about telling authentic Australian stories. Now working as a post-production assistant at Spectrum Films International and pursuing a career in film, Louisa was recently named the 2026 ACCIONA Sydney Royal AgShows NSW Young Woman. The prestigious programme recognises emerging leaders from rural and regional communities and provides opportunities for advocacy, public speaking and community engagement.

Q *What does being named the 2026 ACCIONA Sydney Royal AgShows NSW Young Woman mean to you?*

It is an incredible honour and one I never expected. The role provides a platform to connect with rural communities, promote the creative arts and encourage people to tell their own stories in their own voices. I'm excited to travel throughout NSW, meet new communities and represent the region that shaped me.

Q *Can you tell us about your background and connection to rural communities?*

I grew up on a property near Warialda, Kamilaroi Country, in a close-knit community where everyone looked after one another. While I once considered studying medicine, I realised I could contribute to rural communities in another way — through storytelling. Film helps us share experiences and bridge the gap between regional and metropolitan Australia.

Q *What inspired your passion for advocating for rural voices?*

Very few people from my community worked in film, so moving into the industry felt quite daunting. Now that I'm here, I feel a responsibility to create opportunities for others navigating the same challenges.

I also believe authentic Australian stories matter. There are so many parts of Australian life beyond our cities and beaches that remain unseen by wider audiences. Storytelling has the power to bridge that divide between our country and city cousins and remind us that we're not all that different.

Q *What are your goals for the next 12 months?*

I hope to develop a filmmaking programme for rural and regional students, helping young people build confidence in their own voices and stories. I also look forward to connecting with communities across NSW and documenting more about the people and places that make regional Australia unique.

Q *As a Dunmore Lang College alumna, how did your time at College shape your journey?*

Dunmore Lang College played a significant role in my personal and professional growth. It was where I built lifelong friendships and gained the confidence to pursue my passion for filmmaking. Most importantly, it taught me the value of being unapologetically yourself and backing your own abilities.

Q *Looking ahead, what impact do you hope to make?*

I want to help ensure rural stories are seen, heard and valued. Whether through filmmaking, education or mentorship, my goal is to create opportunities for regional communities to share their stories and help build a creative industry where rural voices are not just included, but actively leading the conversation.

Q&A