



# CHECK OUT THESE & OTHER EVENTS HAPPENING IN YOUR AREA & GET INVOLVED THIS EUROPEAN WEEK OF SPORT

## #BEACTIVE



## MORE INFO:



[www.corksports.ie/ewos2021](http://www.corksports.ie/ewos2021)



@CorkSportsPartnership



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## ABOUT EWOS

European Week of Sport (EWOS) aims to promote sport and physical activity in countries across Europe.

The week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, the aim is to inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

Being Active doesn't mean having to be part of a sports club, a gym, running marathons or cycling across Europe. Being Active can be running around playing with your children, grabbing a walk with work colleagues on your lunch break, going outside and exploring the great outdoors - whatever gets you moving to lead a healthier and more active lifestyle.

Being Active leads to:

- Increased health benefits
- Better mental health
- Feeling great
- Confidence
- Increase in productivity

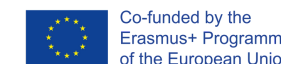
This year Cork Sports Partnership has teamed up with a number of different partner organisations to bring FREE COME & TRY EVENTS to Cork as part of EWOS.

Special thanks to Get Ireland Walking, Doneraile Park Strollers, Dunmanway Hillwalking Club, Football Federation of Ireland, Bishopstown Orienteering Club, Irish Orienteering Association, Cricket Ireland, Munster Cricket, HSE, Adventure Racing Ireland, Cork ETB, Kinsale OEC, SailAbility Cork, Sailing into Wellness, Surf to Heal, CARA, Cork City Council and UCC Sport for getting involved this year.

# EUROPEAN WEEK OF SPORT 2021

## 23RD - 30TH SEPTEMBER

#BEACTIVE  
EUROPEAN WEEK OF SPORT  
23 - 30 September



# #EUROPEANWEEKOFSPORT2021



# CORK EVENTS

## ALL WEEK - 23-30 SEPTEMBER

### ORIENTEERING - LAUNCH OF MAP RUN

Cork Sports Partnership in conjunction with Irish Orienteering Association, Bishopstown Orienteering Club and Cork Orienteering Club are delighted to officially launch a number of Cork Map Run Orienteering courses. as part of EWOS.

**Cork Courses:**  
- Cork City Centre  
- Youghal  
- Blackrock

**Time:** On-Demand  
**Venue:** Various

More Map Run venues coming soon.

## WEDNESDAY 22ND

### AUTISM IN SPORT WORKSHOP

This workshop will provide participants with an understanding of autism focusing on the delivery of sport. It is designed to help participants to recognise & understand key areas of consideration & to look at practical strategies which will help to include people with autism in sport.

**Time:** 18:30 - 21:00  
**Venue:** Zoom

### WALKING - DONERAILE

Doneraile Park Strollers are hosting a 5k walk in the picturesque Doneraile Park as part of EWOS 2021.

**Time:** 10:00  
**Venue:** Doneraile Park (Near Playground)



## THURSDAY 23RD

### WOMEN'S SOCIAL SOCCER

Cork Sports Partnership, FAI & Cork City Council have teamed up to host a free Social Soccer event for women for EWOS. The aim of the programme is to introduce women to the sport of soccer through a fun and sociable session. Follow on 6-week programme available.

**Time:** 19:00 - 20:00  
**Venue:** Leisureworld Bishopstown

## FRIDAY 24TH

### WALKING FOOTBALL

Cork Sports Partnership, FAI, Cork City Council & UCC have teamed up to host a free Walking Soccer session for EWOS. Walking football is a very easy and enjoyable way for adults (50+ years of age) to stay active, have fun and enjoy the game!

**Time:** 17:00 - 18:00  
**Venue:** Mardyke Arena

### CRICKET CONNECTS: SUPER 6 TOURNAMENT

Cork Sports Partnership, Cricket Ireland, Munster Cricket and the HSE have teamed up to organise a Cricket event for residents of Direct Provision in Cork as part of the Cricket Connects programme.

**Time:** 10:00  
**Venue:** Cork Harlequins

## SATURDAY 25TH

### CORK WATERSPORTS INCLUSION DAY

The inaugural Cork Watersports Inclusion Day aims to showcase a range of inclusive watersports opportunities available to people of all abilities including surfing, sailing, kayaking & powerboat trips.

The event is organised in partnership with Kinsale OEC, Cork ETB, Surf 2 Heal Garretstown, Sailing into Wellness, SailAbility Kinsale and Kinsale Yacht Club.

**Time:** 09:00 - 16:00  
**Venue:** Kinsale

## SATURDAY 25TH

### FAMILY ORIENTEERING

Cork Sports Partnership in conjunction with Bishopstown Orienteering Club is hosting an introductory family orienteering event in the Glen River Park.

**Time:** 10:00 - 12:00  
**Venue:** Glen River Park

### WALKING - GOUGANE BARRA

Cork Sports Partnership is hosting an easy to moderate trail walk in Gougane Barra Forrest Park as part of National Walking Day & EWOS 2021.

**Time:** 10:30  
**Venue:** Gougane Barra

## SUNDAY 26TH

### FAMILY ORIENTEERING

Cork Sports Partnership in conjunction with Bishopstown Orienteering Club is hosting an introductory family orienteering event in the Tramore Valley Park.

**Time:** 12:00 - 14:00  
**Venue:** Tramore Valley Park

### WALKING - DUNMANWAY

Dunmanway Hillwalking group is hosting a moderate walk from Yew Tree Hill to Sam Maguire Homestead as part of National Walking Day and EWOS 2021.

**Time:** 09:00  
**Venue:** SuperValu Car Park, Dunmanway

## TUESDAY 28TH

### ADVENTURE RACING WORKSHOP

Cork Sports Partnership in conjunction with Adventure Racing Ireland is hosting a webinar on how to prepare for an Adventure Race. Suitable for anyone thinking of signing up for a race.

**Time:** 19:00 - 21:00  
**Venue:** Zoom

