

Women in the Outdoors Programme

Schedule September 2021 – January 2021

September 2021

Module	Delivery Partner	Date & Method of Delivery	Duration	Outline
Walk Leader Training	Irish Heart Foundation	Online	1 Hour	FREE training aimed at people who wish to lead a voluntary walking group. The course will give you all the tips and skills you need to lead a safe and enjoyable walk. More Info.
Mountain Skills 1	Mountaineering Ireland	Group 1- Sat 11 th & Sun 19 th September Group 2- Sun 12 th & Sat 18 th September Group 3- Sat 25 th Sept & Sun 3 rd Oct Practical	2 Full Days 9.30am – 4.30pm Max of 6 Per Group Galtee Mountains or Mullaghmeesha , West Cork	The Mountain Skills (MS) training course provides a general introduction to hillwalking in Ireland and the basics of mountain navigation. More Info.
Made2Move	UCC/CSP	Wed 22 nd September Online	2 Hours 6.30pm – 8.30pm	Made2Move is a physical activity intervention with the aim of helping a physically inactive person become more active. More Info.
Guided Walk	Hillwalking Clubs & Groups	Sun 26th Sept (National Walking Day) Gougane Barra	2-3 Hours Meeting Time: 10:30am	Optional for programme Participants

October 2021

Module	Delivery Partner	Date & Method of Delivery	Duration	Outline
Leave No Trace	Leave No Trace Ireland	Wed 6 th October Online	3 Hours	This course provides participants with information about the national Leave No Trace Ireland programme and the knowledge and skills to inform others and spread the message about minimum impact outdoor skills and ethics. More Info.
Opportunities in the Outdoors	Sport Ireland Outdoors & CSP	TBC Online & Practical Wed 13 th Oct	2 Hours	This session will provide participants with information on other opportunities in the outdoors. We will explore local amenities, activities and opportunities that exist on our doorstep and look into the most accessible way to access these.
Guided Walk	Hillwalking Clubs & Groups	Sun 24th Oct TBC Practical	2-3 Hours	Optional for programme Participants

November/December 2021

Module	Delivery Partner	Date & Method of Delivery	Duration	Outline
Camp Craft Skills	Kinsale Outdoor Education Centre	Sat 13 th November	1 Day 9.30am – 4.30pm	This one-day course will cover all about the usage of stoves, tents and sustainable Camping practices in the outdoors. More Info.
Inclusion in the Outdoors	CSP	Wed 10th November Online	2 Hours	
Accessibility in the Outdoors	CARA Centre	Wed 17 th November Online	3 Hours	
Orienteering Activity	OI or Local Club	Sat Dec 4 th	2.5 Hours Ballincollig Regional Park	Optional for programme Participants

January 2021

Module	Delivery Partner	Date & Method of Delivery	Duration	Outline
Sports First Aid	ER Training	Sat 15 th January	1 Day 10am – 4pm	TBC
Intro to Orienteering	Orienteering Ireland	TBC Practical	TBC	TBC
Walking Event	GIW/Operation Transformation Events	TBC Practical	3 Hours	TBC