On the edge of the Mourne Mountains, at the boundary of a 630 hectare Forest Park and 10 minutes from the coast; FSC Tollymore is a perfect location to visit.

Adult Weekend Ticket

Date: 7th & 8th July 2018

Location: Tollymore Field Studies Centre, 32 Hilltown Road, Newcastle, Co. Down.

Timings: 7th July @ 9:30am until 8th July @ 17:00.

Cost:
- Early Bird Non-Resident £50pp (limited tickets available) - SOLD OUT
- Early Bird Resident £90pp (limited tickets available) - SOLD OUT
- Non-Resident £80pp
- Resident £120pp

Join us at Tollymore Field Studies Centre for the 2018 Outdoor Learning Symposium. The event will see over 15 providers from all over the island of Ireland descend on County Down for a weekend of outdoor learning through a wide range of engaging workshops for everyone.

Participants can attend at least four workshops over the two days, with the option to take part in more with several shorter workshops on the Saturday afternoon.

Workshop registration will be open from 9:00am on day one. Please note there are limited spaces on each session, so arrive early to sign up to your preferred workshop.
Ticket information:

<table>
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<tr>
<th>Ticket Type</th>
<th>Description</th>
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<tbody>
<tr>
<td>Early Bird Resident</td>
<td>This includes access to workshops, 1 night accommodation, 2 x lunch, 1 x dinner, 1 x breakfast and entry to evening guest speakers</td>
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<td>Early Bird Non-Resident</td>
<td>This includes access to workshops, 2 x lunch, 1 x dinner and entry to evening guest speakers</td>
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<td>Resident</td>
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Accommodation:

Accommodation included in the ‘resident ticket’ is onsite, and is shared twin or triple ensuite rooms. This ticket also includes a cooked breakfast. People wishing to share rooms with certain people should state this when booking.

Alternative accommodation suggestions are as follows:

- Meelmore Lodge - Camping and Indoor Accommodation (2miles)
- Tollyrose B&B (<1mile)
- Tollymore Forest Park – Camping (1mile)
- Gorse Hill Farm – Camping and Glamping Pods (2miles)

Workshop information:

Participants should arrive prepared to spend the day outside, whatever the weather, and should expect to get wet and/or muddy during some workshops.

Each workshop will last approximately 2/2.5 hours, with a break for lunch in the middle of the day.

Registration for workshops will open at 9:00am on day one, and we would advise participants to arrive early to avoid disappointment.

Workshop timetable will be available to participants closer to the event. Workshop information is available below.

*Please note that some workshops may take place off site.*
Adult Workshops:

Field Studies Council – Northern Ireland

Field Studies Council, FSC, is an environmental education charity providing informative and enjoyable opportunities for people of all ages and abilities to discover, explore, and understand the environment.

Fresh Water Habitat Exploration:
During this session participants will get a closer look at what’s really living in rivers. We’ll carefully catch and take a close look at these invertebrates to see how they changed their bodies and behaviour, and think about the importance of protecting these important havens of diversity.

Lessons From Nature – Using outdoor learning to compliment multiple school subjects:
This workshop will give participants the chance to delve into how nature solves its problems. From the vast network of nutrients and water being trafficked below our feet to the forest canopy and habitats powered by solar energy, we’ll explore and take lessons from nature which may help us think about the way forward. Could we be inspired by nature to help us design the world we live in?

Nature Play:
This session will showcase a range of nature art activities suitable for children of all ages. From leaf printing to mud play to making your own charcoal, you will leave this workshop with new ideas for how to use nature to stimulate learning.

Campfire Kitchen

Campfire Kitchen hopes to inspire hungry campers to expand their recipe repertoire.

Fireside Fiesta:
We will be cooking up a Mexican-style fiesta around the fire, with a variety of dishes using tin foil, Dutch Ovens and caveman style! (Sombrero optional).

The Sunday Roast:
Using Dutch Ovens and Bushcraft-cooking techniques, we will prepare a not-so-traditional roast on the fire to share. We’ll also talk about equipment, storage and hygiene whilst out on camp.

www.field-studies-council.org/northernireland

www.campfirekitchen.co.uk
Tollymore National Outdoor Centre – Sport Northern Ireland

Tollymore National Outdoor Centre is Northern Ireland’s National Centre for Mountaineering and Canoeing Activities and is funded and managed by Sport Northern Ireland.

Advice, hints and tips for leaders, instructors, parents and teachers who would like to enthuse others about navigating in the natural environment

So you want to work in the Outdoors? This workshop will help you decide on whether a career in the outdoors is something you should consider

Leadership in the outdoors A short workshop looking at the theory and practicalities of leading others in the workshop. What sort of ‘leader’ are you?

Rafting Canoes: A hands-on session on how to effectively raft canoes together, with a focus on methods, safety and purpose

www.tollymore.com

Mountaineering Ireland

Mountaineering Ireland is the representative body for hill walkers and climbers in Ireland. It is recognised as the National Governing Body for mountaineering by both Sport Ireland and Sport Northern Ireland.

Adult Rock Climbing: Join Ricky Bell, Lucy Mitchell and Michael Duffy for a full day’s coaching with some of Ireland’s leading rock climbers. (Note: Open to all climbers with at least two years previous climbing experience and climbing at French 6a and above)

What does responsible recreation look like? A series of guided head, feet & hands-on activities exploring how our decision making affects our experience and that of others when we are out in the hills.

www.mountaineering.ie
Canoe Association of Northern Ireland

The Canoe Association of Northern Ireland (CANI) was formed in 1964 and is the governing body responsible for the management, co-ordination, development and promotion of canoeing in Northern Ireland.

Paddle Ability:
Foundation Module & Inclusive Coaching Module

Pathways for teachers / paddlesport leaders and the school curriculum (KS3, GCSE and A-Level)

How to run a pool session

Fundamentals of movement for paddlesport

www.cani.org.uk

Sport Northern Ireland

Sport Northern Ireland is the leading public body for the development of sport in Northern Ireland.

Risk Benefit Analysis:
Mike McClure’s workshop will explore the development of risk benefit analysis rather than just risk assessment. Through this process the risks are not looked at in isolation but weighed up against the benefits. In outdoor learning there are many personal, social and educational benefits, but often these are only attained when we accept certain degrees of risk.

Mike will explain what Tollymore National Outdoor Centre have done to document but also practically manage risk appropriately while ensuring that students gain high quality outdoor learning and challenging experiences. He will provide insights into what are acceptable and unacceptable risks and how to manage these.

The workshop will provide some template documentation and allow you to undertake risk benefit analysis on what you do.

www.sportni.net
Venture Out

Venture Out prescribes and delivers wilderness based therapeutic programmes to young people experiencing a range of diverse challenges in their lives.

Outdoor Therapeutic Interventions in Youth Justice:
This workshop will be based around the field of Outdoor Therapeutic Interventions in the Social Services i.e, Youth Justice and Family Support. We will be looking at how outdoor developmental programmes can boost client outcomes and provide a platform in establishing social supports and build resilience.

Nature, Health and Wellbeing Ireland

We promote contact with nature to improve and enhance peoples quality of life and wellbeing

An introduction to Forest Therapy:
Shirley will facilitate a Forest Therapy walk using sensory connection invitations. The forest is the therapist, the guide opens the door. This workshop will help you slow down, develop a deeper connection with nature and explore the beautiful smells, textures, sounds, sights and tastes that nature has to offer

Nature and Mental Health:
This workshop will explore how nature contact can prevent the onset of mental illness and how nature based interventions can be used therapeutically with specific populations. The current evidence base and theories supporting nature contact for mental health promotion, treatment and rehabilitation will be explored.

www.venture-out.ie

www.naturehealthandwellbeing.ie
Outdoor Education Department
Galway Mayo Institute of Technology

GMIT’s Outdoor Education programme combines an exciting mix of academic study and skills training in adventure sports. Students build an understanding of the developmental and educational role of outdoor education and study the Irish landscape, safety, communications and teaching.

Technology in the Outdoors:
This workshop will look at the different technology available for fieldwork and outdoor learning, including apps.

Fieldwork for students:
Methodologies for conducting a simple river investigation.

Making basic maps:
Using apps and technology to create maps for trails, orienteering and outdoor spaces.

www.gmit.ie/outdoor-education/bachelor-arts-outdoor-education-and-leisure

Mourne Heritage Trust

To sustain and enhance the environment, rural regeneration, cultural heritage and visitor opportunities of the Mourne Area of Outstanding Natural Beauty and contribute to the well-being of Mourne's communities

Dry Stone Walling:
Work with experienced dry stone wall builders in the Trassey area to repair sections of single and double skin traditional dry stone walls; a distinct feature of the Mourne landscape

Upland Pathwork & erosion control:
Work with experienced practitioners who have been leading the response of land managers to erosion of protected landscapes caused by the increasing impact of recreational use and climate change; a site visit and hands on activity at the Glen River - the most popular route onto Slieve Donard, NI's highest mountain.

www.mournelive.com
## Reconnect with Nature

Reconnect with Nature helps to educate and nurture people of all ages and walks of life to have a greater understanding and appreciation of nature for their overall health and well-being, while also helping them to understand that we are all part of nature, not apart from nature.

**Irish Bees and Beekeeping:**
Join Daithi as he shares his knowledge on Irish bees, and tells his story of bee keeping on the west coast of Ireland. This session will include the life cycle of bees, and a practical discussion on ‘why are bees disappearing?’

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## NI Orienteering

NI Orienteering exists as an Association to provide leadership, support and technical supervision to individuals and orienteering clubs in Northern Ireland in order to maximize the quantity and quality of orienteering performance and participation in NI.

**Come And Try Orienteering:**
Beginner session with Tollymore Orienteers. Explore beautiful Tollymore, on & off the forest trails. Aimed at newcomers, this fun session will leave you wanting more!

**Mind Bending Mapping:**
For experienced orienteers. Take your OCAD skills to the next level! Learn how to confidently produce a pleasing, high quality, multi technique training session. Corridors, windows, contour only – this session will have it all!  
No previous OCAD experience necessary.

www.niorienteering.org.uk
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<tr>
<th><strong>British Biathlon Club</strong></th>
<th><strong>The Woodland Trust</strong></th>
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<td>Biathlon is a Nordic skiing event in which the competitors combine cross-country skiing and rifle shooting. Biathlon has one distinct advantage over many other winter sports in that it is possible to train and compete through the summer on roller skis.</td>
<td>The UK’s largest woodland conservation charity. We protect and campaign on behalf of this country’s woods, plant trees, and restore ancient woodland for the benefit of wildlife and people.</td>
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<td><strong>Introduction to Cross-Country Skiing (on roller skis):</strong> try out the basics of cross-country skiing using the off-snow equipment, including laser rifles, under the instruction of biathlon expert Gordon Seaton.</td>
<td><strong>Tree Identification:</strong> Come and have a go at identifying the species, learn some identification tips and the identifying features of certain tree species during the changing seasons.</td>
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<td><a href="http://www.britishbiathlon.com">www.britishbiathlon.com</a></td>
<td><a href="http://www.woodlandtrust.org.uk">www.woodlandtrust.org.uk</a></td>
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<td>Scouting Ireland – MPSE Backwoods Fellowship</td>
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<tr>
<td>MPSE Backwoods Fellowship’s aim is to promote Backwoods Skills within Scouting in Ireland,</td>
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**Knife Safety and Spoon Carving:**
*a relaxing opportunity to do something different.*
This session will cover the basics of the very satisfying craft of spoon carving using green (unseasoned) wood.

**Fire by Friction:**
This session is designed to teach you essential fire-lighting skills in a safe and controlled manner, from understanding natural tinder to fire by friction bow drills and natural flint and steel.

www.scouts.ie

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<td>Leave No Trace is an outdoor ethics programme designed to promote and inspire responsible outdoor recreation through education, research and partnerships.</td>
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**Awareness workshop:**
This will be a practical session consisting of lots of activities and group discussions where participants will have the opportunity to share best practices and ideas in an enjoyable and stimulating environment.

www.leave_no_trace_ireland.org
Freedive Ireland

Freediving or apnea is the sport, science or art of holding your breath while being underwater.

Learn to Breathe Again:
We can survive weeks without food, days without water but only minutes without breathing. It’s something we take for granted but also something we can take control of. Actively breathing has many health benefits both physical and mental. Actively holding your breath especially for water sports enthusiasts leads to increased control confidence and body autonomy. This can be achieved to varying levels with some very simple stretches, relaxation and breathing exercises.
Join me in Tollymore and rediscover your breath. (Part of this session will be held in the onsite pool)

www.freediveireland.com

Buy tickets here