



Experiential Workshop

Title	Igniting Sites in Ireland- unlocking the past through adventure- Reviving ancient knowledge of the environment to optimise health and wellbeing
Goals	To inform and engage participants on a new coach education initiative in Ireland bringing ancient ways into contemporary adventure therapy practice
Description	<p>Ignite the Sites began as a journey to explore or unravel who we are and where we come from through cultivating curiosity, creativity and connection across cultures (inspired by teaching among Maori practitioners and developed through the inaugural First Nations Gathering in Ireland in 2016). It is an ongoing and evolving journey that seeks to restore the severed link between the human health and the other-than-human world.</p> <p>How might we improve our health and wellbeing through a more adventurous engagement with nature? We bring the values and impact of cultural and natural history into the present day, adapting ancient Gaelic models from the island of Ireland.</p> <p>Our sense of identity is not fixed but fluid and dynamic. So how then do we navigate this shifting terrain and not lose our connection or sense of belonging? Through physical activity in our local environments that grounds us in the now and mirrors the energy of our natural surroundings we (re)discover our own sense of belonging. In Gaelic worldview there is no dualism between self, senses and nature. By drawing on the Gaelic concepts of ‘Dúchas’ and Dinnseanchas (or story-mapping), we explore a sense of origin (where you come from); of relations (to whom and to where you belong to); of heritage (what is natural to or appropriate for you); of tradition (what it tells you about yourself); and of identity (your country and your culture).</p> <p>This workshop facilitates a convergence of these elements (e.g. self (identity, body, senses), landscape, flora and fauna, natural systems and cultural heritage. We adopt a therapeutic ‘bodymind’ approach by taking therapy outdoors so that we might become open to the ‘power of place’, both within us and around us, by cultivating an explorative mindset and grounding this approach in embodied practice.</p> <p>This work is informed as much by the shadow of our loss of connection with nature and place identity, as it is by the light of the love and the healing power of nature.</p> <p>Ignite the Sites is a process to facilitate:</p> <ul style="list-style-type: none"> - Healing of deep divisions we are experiencing along ecological, social, political and cultural lines; - Address the growing disconnect we feel from nature in our fast-paced, busy lives;



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Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities

	<ul style="list-style-type: none"> - Better understanding of the experiences and meanings of indigenous or First Nations values across cultures. <p><i>This will be a journey through the past, in the present to look at the future and to help us map our place once more through movement, story and belonging.</i></p> <p>- Dr. Liam Cunningham</p> <div style="display: flex; justify-content: space-around;">   </div>	
Number of participants	Minimum	7
	Maximum	30
About the facilitator...	Name	Lorcan McBride
	Background	<p>Lawrence is Director of an outdoor adventure company Far and Wild (www.farandwild.org) based in the North West of Ireland. This region contains many historic sites dating from the neolithic period and a host of data relating to early human civilisation.</p> <p>As an outdoor instructor Lawrence has developed methodologies in instruction and coaching to help develop people in the outdoors, contributing to therapeutic outcomes relating to the relief of stress.</p> <p>Current research deals with the developing new systems which challenge the subjugation of the outdoors to notions of property, ownership and exploitation.</p>