

Connecting People with their Places

LEARNING LANDSCAPE SYMPOSIUM 2018

Kinvara, Co.Galway

9th-11th March, 2018

POST EVENT REPORT

This event has been supported by GRETB and The Heritage Council



An Chomhairle Oidhreachta
The Heritage Council



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Introduction

The Burrenbeo Trust held its 7th Learning Landscape Symposium during the 9th -11th March, 2018. As always the *Learning Landscape Symposium* focused on the theme of connecting people with their places. There was a strong emphasis on landscape – its different layers and building up the ‘story’ around landscape, while then connecting this to the mindscape through different types of learning in order to build pride of place. The aim was to make us aware of, and identify with, our role going forward in the care for our landscapes and our communities.

This year’s symposium featured keynote speakers, workshops and fieldtrips, and a motivational speaker. The symposium investigated ways to explore the different natural, built and cultural layers of a landscape, and how to engage people with this by using local resources to make learning a richer, more exciting and rewarding educational experience, as well as ample opportunity to network with individuals that work in same sector. The event brought together place-based educators, environmental educators, heritage educators, academics, teachers, outdoor guides, parents and people with an interest in place-based learning to meet likeminded individuals and to explore the concept of place-based learning a bit more. See Appendix 1 for the programme.



Based in Kinvara, Co. Galway, this event enabled delegates from across the country to have open engagement, exchange ideas and experiences, whilst hearing from a varied source of place-

based educators in a relaxed atmosphere. Fieldtrips into the Burren, provided additional inspiration to those who want to find new and innovative ways to engage with their place.



79 delegates registered (an additional 5 cancelled), one participant also came to just one workshop, while the talks were attended by a number of additional participants. A further 25 workshop leaders and coordinators participated in the symposium. In total 104 people attended the 2018 event. The opening evening started with some mini ice-breakers to get the delegates interacting organised by Kate Lavender (Elaine Williams was sick and was unable to lead the event). This led into the main Friday session with Áine Bird (Trust Manager) introducing the organisation, place-based learning

and the event. This was followed by a further 4 10-mins talk on different aspects of place-based learning. Each session was followed by a 5-minute Q&A to encourage an exchange of opinions and ideas.

The following day 2 x 2.5hour workshop sessions encouraged participants to expand their skills and enhance their observational work around their landscape by using as many senses as possible. Each session had a mix of workshops based in Kinvara village or at fieldtrip locations Slieve Carron and Garryland woods. These were complemented throughout the day with a sense of getting to know the local Kinvara environment – a trip to the local shop for lunch; the local community venues that gave a feeling of being truly present in the location such as the old Garda station, community centre, the schools and the old courthouse. There were tea breaks and lunchtime venues, allowing the crowd plenty of time to get to know each other in a relaxed atmosphere. There are workshop and talk reports at the end of this report. See Appendix 2 for the workshop leaders and Appendix 4 for the workshop abstracts.





That evening, the group met in Seamount College for a 'who's who' session. This allowed individuals to share their work, what materials they had produced etc. This was complemented by food that was organised by the Trust. This definitely encouraged more networking and continuing the conversation in a relaxed atmosphere. The evening ended with Easkey Britton, surfer and environmentalist talking about the power of water.



The following day had another morning workshop, mixed between indoor and outdoor sessions. These then culminated with a review and reflect session led by Davie Philip to digest the weekend's workshops and to encourage feedback. For the final afternoon, delegates were invited on an optional walk to view the place-based learning in the Burren in action led by Brendan Dunford and landowner Pat Nagle.



The 2018 *Learning Landscape Symposium* was embraced by a group of positive and energetic delegates and workshop leaders. The Burrenbeo Trust is grateful to everyone that was involved and looks forward to hosting another place-based learning event next year.

Attendees

Total attendees: 104

Delegates

Total delegates: 79

The event booked out just before the event. There was a short waiting list but people either got on to the symposium when others dropped out or they weren't able to make it in the end anyway. 73% (69% last year and 45% year before) of the people got it at the early bird rate of €65 instead of €80. 20 of the delegates (13 last year) that booked were Heritage in Schools Specialists which meant that they were refunded €40 of the fee by the Heritage Council.

INTERESTING FACTS ABOUT THE DELEGATES	
<p>Where were they from? 21 Counties (as well as 1 from UK & 1 from Italy) (17 counties last year)</p>	1 x Carlow
	1x Cavan
	4 x Clare
	7 x Cork
	2 x Derry
	1 x Donegal
	8 x Dublin
	20 x Galway
	2 x Kerry
	3 x Kildare
	2 x Kilkenny

	4 x Laois
	2 x Leitrim
	2 x Limerick
	1 x Longford
	5 x Mayo
	3 x Meath
	3 x Sligo
	1 x Tipperary
	1 x Wexford
	1 x Wicklow
How many were from the Burren:	4 (4 in 2017, 3 in 2016)
Males:	31 (34 in 2017, 19 in 2016)
Females:	73 (58 in 2017, 64 in 2016)
Trust members:	11 (4 in 2017, 2 in 2016)

See Appendix 3 for the full list of attendees and their biographies.

Workshop Leaders & Speakers

Total workshop leaders & speakers: 25

See Appendix 2 for the full list of workshop leaders and speakers with their biographies.

Coordinators	
Aine	Bird
Mark	O'Callaghan
Kate	Lavender
Brendan	Dunford
Grainne	Barron
Elaine	Williams
Workshop Leaders & Speakers	
Marc	Barker
Easkey	Britton
Pat	Broderick
Sky Maria	Buitenhaus
Caitriona	Carlin
Shane	Casey
Shane	Furlong
Grace	Garde
Laura	Kennedy
Gesche	Kinderman
Barry	Lee
Paula	Martin
Kathryn	McCabe

Joanna	McInerney
Robbie	Nicol
Oonagh	O'Dwyer
Helene	O'Keefe
Ros	O'Maolduin
Davie	Philip

How did people hear about the event?

Friend/Word of Mouth	44%
Past Attendee	22%
Heritage Council	11%
Website	11%
Facebook	4%
Member	4%
Invited	4%

It is thought that the Learning Landscape inputted approximately **€15,000** into the local community over the weekend.

Post-event Feedback

We received a great response to the 2018 event. We are grateful for both the positive response and the constructive criticism. It is not feasible to include all feedback but all comments will be considered in our recommendations going forward to future events. Equally, while we would love to follow up on each recommendation we often make strategic decisions, as well as decisions based on our past experience with this and other events. Below is a taster of some of the feedback.

- *I really enjoyed the event and the group were so engaging and inquisitive, with loads of interaction, tasting and questions. Workshop leader*
- *I wish more events and conferences could be like this – truly embodying and putting into action your core values. Loved the interactive format, mix of indoor /outdoor and practical / theoretical. Workshop leader*
- *I had a lovely weekend at your conference - it was the best fun I've had in ages! Delegate*
- *What an amazing and stimulating weekend the Landscape Learning Symposium was on so many levels. I'm still trying to take it in really. Apart from the workshops and presentations there was such an open and generous intellectual and social environment there - it was almost like a form of beautiful open air group therapy! Delegate*

Recommendations

All the coordinators, participants and workshop leaders were asked for their insights, highlights, and recommendations for future events. Below are some thoughts going forward based on what was reported.

Workshop Recommendations for 2019:

- Facilitator training
- Building emotional intelligence in the classroom
- Pollinators
- Meeting the curriculum
- Nature based landscaping
- Working with Willow
- Art in Nature
- Geology
- Environmental Psychology
- Urban Farming
- Digital Storytelling for Children
- Sea-related workshops
- Activist workshops
- Coastal sites of the Burren
- Reuse/recycling plastic products
- Outdoor theatre/music
- Foraging and Fermentation
- Water based workshop
- Art/Photography/Sculpture
- Ecology based workshops
- Bushcraft

Other Recommendations for 2019 from delegates:

- More workshops/smaller choice of workshops/ another workshop Sunday!
- More knowledge being shared ie. theories/evidence base for interventions
- Whole group meeting on first workshop
- Ceili Saturday evening
- Arranged lunch/communal meal/ big pot of soup
- 4 speakers instead of 5 on Friday
- Bigger gaps at lunchtime
- Workshop leader videos
- Shorter workshops with more of them
- Talk on Burren at start
- Free/cheap accommodation
- Pay on sliding scale
- Run some workshops twice
- Timing – later start Friday and Saturday evening

- Include 'elder/senior' leaders
- Include Department of Education

Acknowledgements

The Burrenbeo Trust would to thank everyone that made this a huge success. The workshop leaders and speakers for offering their time. The delegates for their enthusiasm and energy. The Heritage Council for supporting Heritage in Schools specialists to attend. GRETB for providing grant support. And finally a massive thank you to the symposium team of Burrenbeo Trust staff Kate, Marc and Brendan, and volunteers Grainne Barron and Elaine Williams for their help.

Talk and Workshop Reports

These reports are compiled based on coordinator notes and obviously cannot communicate everything which happened at any session. Apologies if there are inaccuracies or misrepresentations.

Fri 9th March Opening talks

Place-based learning in action: The Burrenbeo Story - Áine Bird, Burrenbeo Trust

To set the scene for the Symposium, and introduce the organisation to newcomers, Áine provided an introduction to the work of Burrenbeo Trust and in particular, its role in education through place-based learning. Community engagement is key, as is outreach to all demographics of a community through life-long learning. Instilling a sense of informed pride through Áitbheo Primary, and introducing critical thinking in Áitbheo Secondary, is complemented by a wealth of knowledge transfer & social interaction on walks and at informal Tea Talks, Burrenbeo also holds courses in “training the trainers” - teachers and any educators in place-based learning - and allows people to actively work in conservation on the ground through Conservation Volunteers.

More Than Adventure - Joanna McInerney, Burren Outdoor Education Centre

As well as providing recreation, Outdoor Education Centres offer through their range of activities a wealth of benefits, building life skills, confidence and independence. Bringing in aspects of local nature and culture to the programme establishes OECs as ideal bases for place-based learning. Given that such skills also help to cope with challenge and teach resilience, outdoor education can also form part of adventure therapy.

Adventures can be one of the most engaging and rewarding ways to link education & place; when people have a new and adventurous experience (through managed risk), they retain memories and increasingly value the connections between landscape, nature and culture. The Burren OEC works frequently with primary and secondary schools in the local area, emphasising the importance of place informally through hands-on experience of it.

Reference: Mike Brown, University of Waikato, New Zealand – Outdoor Education: Opportunities Provided by a Place-Based Approach (2008).

Place-Based Resilience - Community Learning & Adaptation - Davie Philip, Cultivate

This talk highlighted several examples of community organisations with the original aim and theme of sustainability, outlining their establishment, evolution and response to change. Leading on from the publication in 1997 of the Source Book of Sustainability, Cultivate was formed, an ongoing organisation with a now permanent office base in Dublin. Its projects have included a 10-module course which led to a TV series “Community Power Down Toolkit”, itself developing into a trainer’s course. A Global Green area now occupies part of the Electric Picnic Festival, where 30 community groups & NGOs engage with festivalgoers.

Today, the idea of “community resilience” has replaced the term sustainability in such organisations – change and upheaval will always occur in societies and communities, and how they respond affects their ongoing functioning. Leading organisations include the Scotland Trust. In Ireland, Cultivate is also onboard the Schools for Resilience Programme for Transition Years, a European project with a new approach to environmental education in schools. Perhaps the highest-profile project is the Cloughjordan Ecovillage, a community-led development on a 67 acre estate adjacent to the heritage village of Cloughjordan, Co. Tipperary. This complex project aims to be a prototype for a resilient, sustainable community, and encompasses a diverse range of projects including a farm, community garden and bakery as well as a digital “Fablab” for STEM activities and development, with the entire project establishing links both to like-minded organisations and the local community.

The Heritage Council: Valuing People and Place - Helene O'Keeffe, Heritage Council

This talk outlined the responsibilities and current plans of, and challenges facing, the Heritage Council, which has a remit of promoting understanding, education and pride in our local and national heritage – built, natural, cultural and intangible. Education is fundamental, and detailed plans have been approved by the HC Board up until 2020, with particular emphasis on responses to climate change, Brexit and urban regeneration. The Heritage in Schools programme, of which many attending were participants, was highlighted as particularly important, as students are increasingly disconnected from nature; the common perception of heritage amongst secondary school students is primarily linked to the Irish language. This loss of a sense of ownership needs to be addressed for Ireland to be recognised as a centre of excellence for conservation, through offering opportunities for leadership to young people, while at governance level engaging with stakeholders such as the National Framework Plan and Heritage Ireland. A sense of engaging with and belonging to place needs to be nurtured, established by integrating it into projects at all levels – heritage at the core of management.

Would you trust your brain surgeon if they told you they were an experiential learner? Robbie Nicol, University of Edinburgh

University systems are failing in efforts towards sustainability, many aspects of which can be addressed by place-based education, which inherently encompasses sustainable principles. Experience of a place can be at once seductive but deceptive – are we seeing the full picture? The aim of Robbie Nicol’s work is to increase the effectiveness of experiential learning. Place-based learning is central to this, as there are more ways of knowing than one – epistemological

diversity. When immersed in an experience of place, the affective domain of learning is activated, with the learner receiving, responding to and valuing the experience into the long-term. Ideally, this leads towards a sense of reciprocity – protecting that which one values. Overall, the approach can be gleaned from quotes such as “Nothing great was achieved without passion” (Hegel) and “You can’t protect something unless you love it” (D. Attenborough).

Sat 10th March Workshop Session 1. 10am- 12.30pm

W1: Easkey Britton, Caitriona Carlin & Gesche Kindermann - *What do communities want from their nearby green and blue environment for their health and wellbeing?*

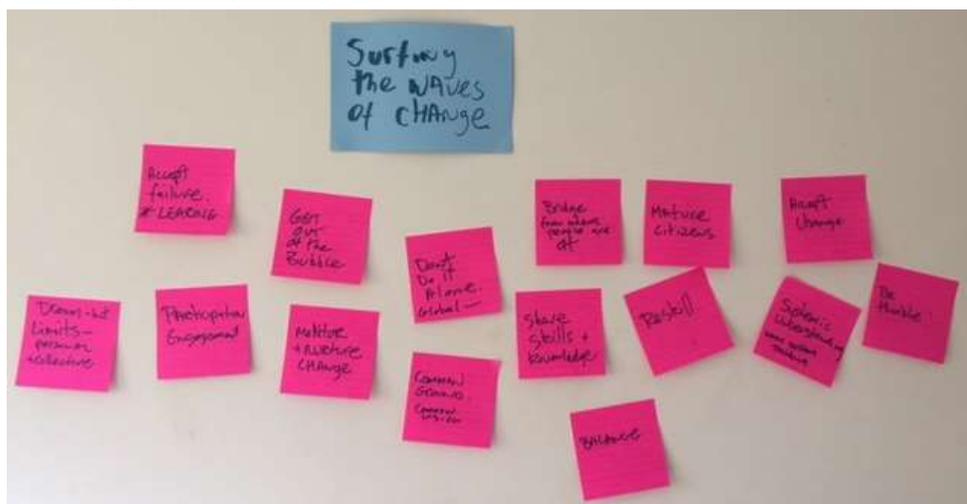
Recorder: Elaine Williams

This workshop broadly addressed the concept of exploring what might be our future environments, and sought input and ideas from participants about how communities can take action and responsibility to most sustainably interact with their place and landscape. As well as activities for children and educational groups, the process included the group envisaging their ideal future space, imagining being present in it, and how a community might set this idea as a goal and reach it through targeted collaboration.

W2: Davie Philip - *Place Based Resilience – Community Learning & Adaptation*

Recorder: Áine Bird

With practice, communities can build resilience to adverse change and cope with crises. This starts with an appreciation, asserting what people love about their place, which also helps a group get a sense of direction before working on a project or process. Discussing vulnerabilities a community faces can be difficult, stopping the conversation, for example denial of climate change as “too big a problem”. In general, the challenge is to build and present a visible systemic connected framework, where resilience can help to overcome fragmentation, isolation and setbacks, and take opportunity of crisis.





Assets Based Community Development (ABCD) Case study: Cloughjordan Eco-Village. Establishment involved engaging with people with a different worldview and building a new community alongside an existing one. Integration rather than segregation, engaging with established Cloughjordan community through outreach from enterprises such as the Gardens, Bakery and the Community Supported Agriculture, through both traditional and novel methods from working together to Youtube.

Techniques were then explored which can be applied by individuals and communities to meet challenges, including mindmapping, which allows visualisation of all aspects of a system and highlights possible pathways and threats, and the Kubler-Ross Model of Change, which provides a framework by which we often engage with a trauma or crisis. Community and collaboration were continuously emphasised. Backcasting – where we envisage an end goal and collect the required skills, information and resources to work towards this - was compared and contrasted with forecasting – which uses current and past information only to project an idea or process into the future, potentially missing important gains.

Resources:

- https://www.youtube.com/watch?v=Mdv_iAa5rnk

W3: Barry Lee - *An Introduction to Mindfulness, using the natural world as a gateway to presence*(note: originally Paula Martin & Barry Lee, however Paula unable to attend due to illness)

Recorder: Mark O'Callaghan

What is mindfulness and how does it help us to cultivate a connection to our inner landscape and the world around us? It simply means paying attention to what is happening in the present moment. Attention is a tool, at any moment we can consciously choose both what we pay attention to and how we do so. We can direct attention inside or outside through the senses - focusing on a specific object, sound or sensation like a laser beam, or keeping it open like a floodlight, including everything. We can connect with our inner landscape and the world around us only when we are paying attention. Easier said than done because of the mind's natural tendency not to - the brain essentially acts as a filter: if something is new or is a threat we naturally pay attention, if something is very familiar, we naturally switch off. Practicing mindfulness is about overcoming this tendency, thereby connecting more deeply with our present experience as it unfolds.

30 minute guided practice experimenting with attention, seeing if possible to sustain attention, also experimenting with the different ways in which we can pay attention (extroverting/introverting it etc.). This was followed by a period of mindful enquiry where we "retraced our steps". Different experiences in the group noted; one common thread was that everyone noticed how difficult it can be to sustain attention; the mind naturally wanders off and gets lost in thoughts about the past or the future ("automatic pilot").

Group then moved to the woods at Garryland for a guided practice employing the skills learned inside, connecting with the senses and directing attention in different ways, and were then invited to try a self-directed practice called an awe walk, before reconvening to share experience of what inspired awe or wonder. Finally, each person went off to find a "sit spot" in the forest. The instruction was simple: "Do nothing. Just be aware of your moment to moment experience and notice what happens when you allow everything to be as it is". This was referred to as "choiceless awareness".

W4: Shane Furlong & Sky Maria Buitenhaus - *Wild By Nature: Nature Connection for a Sense of Belonging and Becoming*

Recorder: Gráinne Barron

This dual-provider workshop emphasised building a connection with the natural environment of your local place and making experiences of it, wherever that may be and what it might consist of. It latterly focused on playing and engaging with place in the more childlike way that most people would have engaged in as children, drawing fun out of any place and situation.

W5: Kate Lavender - *Exploring nature through fun & games*

Recorder: Kate Lavender

The aim of the workshop was to share a range of games we play to learn more about nature and to discuss how we can modify games for different situations/locations. Games included: Introduction game, Tell the story of the Burren, Find your Rock, Noses, Animal Bingo, Jumbled

up Words, Bat and Moth, Fox and Baby Hares, Simon says Clints and Grykes, Gryke Depth, and Stories, the workshop ending with an Emoji feedback. Different methods of how to bring a group back from a game were discussed; the whistle is very invasive but does work. Other suggested methods were bird/crow calls, clapping, different types of whistles (e.g. duck calls). For any area games can be tailored to take advantage of the features of place. Pictures are also useful, (also, most animals are rarely seen in daytime) A discussion point was also that pictures were used featuring animals which live elsewhere; this can be used to illustrate what animals are and aren't found in the locality.

Sat 10th March

Workshop Session 2.

2pm-4.30pm

W6: Grace Garde - *It's all about the bees! Understanding their behaviour, ecology, and how can we help*

Recorder: Mark O'Callaghan

The workshop included a wide range of material in outlining the complexity of the honeybee life cycle, their keeping and threats to colonies, while at the same time emphasising the importance of the nearly 100 other wild bee species occurring in Ireland, description and conservation of their habitats and their role in pollination. It was pitched at a non-specialist but scientific level. After a bee/plant walk outside, it finished with an activity selecting bee-friendly plant seeds and planting them in boxes. The leader was open to questions on all aspects of bee biology, beekeeping, suitable planting etc.

Bees and other pollinators are intrinsic to the ecosystem of almost every place; this is both particularly important and highly visible in an area of high floral diversity and fragile habitats such as the Burren. The immediate place of the workshop (the grounds of Seamount College) was incorporated through a short walk pointing out bees and the flowering plants which they use that were present. In almost any place, this will reveal some species and aspects important to and/or reliant on pollinators, and thus some skills on both bee and plant identification are useful for any biodiversity education modules. In terms of what we can do to help, planting of seeds is a very popular activity with schoolchildren, and growth of these plants is a process that takes place over several weeks rather than in one session, which may help the message take root.

W7: Robbie Nicol - *One step at a time: the art of peripatetic engagement with people and places*

Recorder: Elaine Williams

This open-ended and group-led workshop employed a walk around the local environs of Kinvara to engage with both the place itself, and with mindfulness-type techniques which aim to enhance the experience of engagement.

Resources:

- Beames, Simon, Pete Higgins, and Robbie Nicol. *Learning outside the classroom: Theory and guidelines for practice*. Routledge, 2012.

W8: Laura Kennedy - *Nature Play- our landscape is a playground*

Recorder: Kate Lavender

The aim of the workshop was to spend some time playing in the woods. Discussion on activities was to be saved until the end. It started by asking permission to enter the woodland space at the biggest old tree. Following this and an introduction in a circle, activities included Pattern ball/beanbag circle, a short led meditation, then games of Tag, This is Not a Stick, Creating a Playground, Meet a Tree, and Fox & Rabbit. This was followed by a 10-minute "sit spot" for participants to fully notice their surroundings for, before the group came back to the circle for a joint reflection and thanks, finishing with feedback and sharing ideas.

W9: Pat Broderick: From Field to Fireside from Seed to Seat

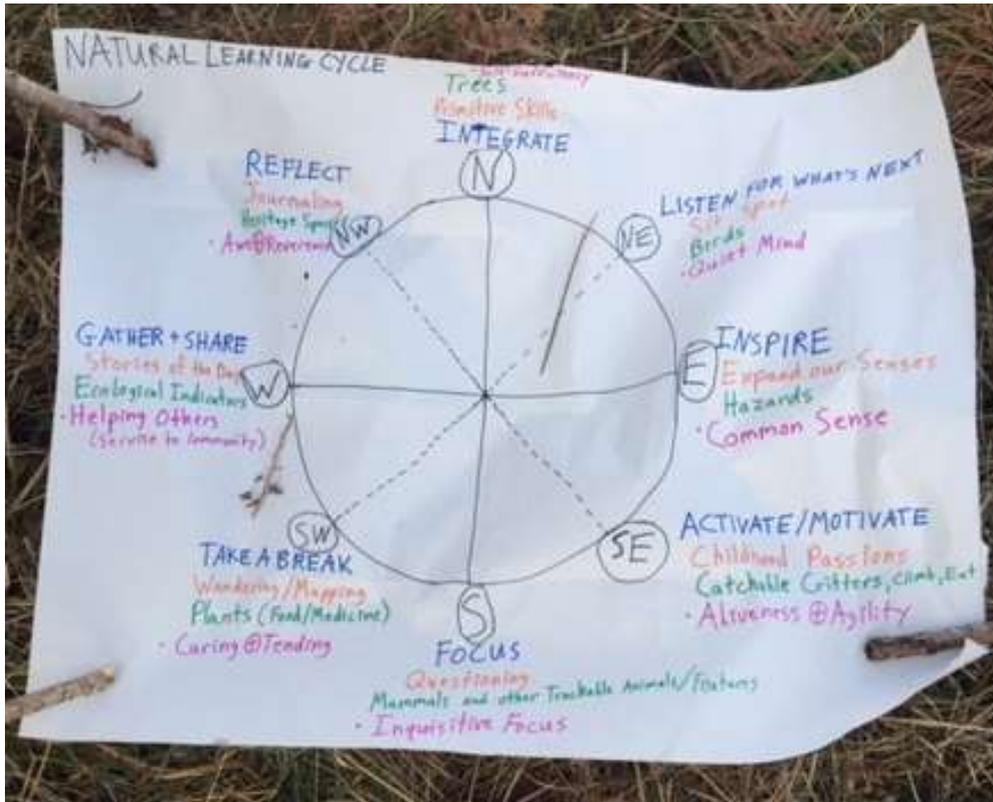
Recorder: Gráinne Barron

This multifaceted workshop incorporated crafts, history, folklore and storytelling, bringing in both applicable practical skills and past heritage. As such, its connections to place-based learning were many; all places would have had local crafts, customs and stories, often interlinked to each other and to the natural environment and its resources, which shaped people's lives and may still be sought out and explored today.

W10: Marc Barker - *Nature-Based Mentoring –Cultivating Connection to Place*

Recorder: Áine Bird

This workshop provided an introduction to mentoring and natural cycles as models for learning and experience. The group began by finding a nature object they were drawn to and using this to group similar objects and create subgroups. Between the subgroups we then tried to create a 'unimind'. Three movement options were presented (stone, tree, sun) and each subgroup agreed which movement to follow, continued until all subgroups choose the same movement without discussion. A compass was created using the nature objects and then the cycles of a day/learning were explained as a way of framing an experience.



Resources:

- <https://natureconnectireland.wordpress.com/>
- <http://8shields.org/>
- <http://coyotesguide.com/>

Talk: Easkey Britton 'Salt water in the blood: Stories shaped by the sea'

Describing her background and its influence on her life and its direction, Easkey Britton described a world of belonging to place and home, while at the same time experiencing borders and boundaries, in particular that of the sea and the land – not a hard border as from an early age exploration of the sea was encouraged, in one part through the then novel sport of surfing, using boards brought from Malibu by her grandmother in the 1960s back home to her Co. Donegal family hotel – some of the first in Ireland. This had a profound influence to this day, the environment shaping her own personal environment and outlook.

Big wave surfing, Easkey's chosen sport, is an even more extreme edge or boundary, practised by few. Such specialised activity requires preparation, focus, a preliminary pause – not just diving in but bearing witness, being grounded and aware both of the environment and oneself even to the point of deciding that today is not the day for this. Competing voices are often present, and need to be listened to – to realise it's not always about switching on requires courage and consciousness of cycles, which like the tides ebb and flow, mirroring the human requirement to rest, recover and reflect. There is also the need to be able to trust and let go, and being at ease with uncertainty - whether that be in relation to yourself, other people or the waves.

It is apparent that the sea and its actions have a major effect on human health and behaviour, as described by Wallace J Nichols' "The Blue Mind". Living by the sea may even lead to increased health. Using this information, Easkey has worked on several projects which aim to promote this idea and its applications. One example is the Nature and Environment to Attain and Restore Health (NEAR) project with NUI Galway. One aspect involved working with children from 8 years up on the autism spectrum, facilitating play at sea, and encouraging them to describe it in their own words, which helped them to build connections through this immersive experience.

Overcoming the fear of a barrier, and swimming at sea, as illuminated also by the Open Water Swimming survey, can have benefits in all aspects of life. The Like Water project in Iran introduced women to sea swimming and water play, which helped build trust and confidence, removing barriers of otherness/separateness allowed expression of feelings and knowledge beyond words, without freedom from judgement – "the sea is honest, it is truth without discrimination". Further projects incorporating art collages, poetry and storytelling related to the sea fostered creativity as well as reconnecting with nature and with the cultural heritage that maritime environments are so rich in through folklore and mythology. The sea is a metaphor for change, and can be explored as such in a myriad of ways.

Upcoming events:

Wavemaker Collective retreat – Where Social innovation and Creativity Meet The Sea – Portugal May 2018.

[Move Like Water](#) retreat, 8-10th June (experiential leadership workshop for women, using the water system as the learning journey).

[Creative Storytelling workshop](#) for women, 21st April, Sligo

Resources:

- www.likewater.blue // www.wavemakercollective.com (leadership retreats)
- NEAR-health project: <http://whitakerinstitute.ie/project/near-health/> including a short video on 'blue space' research
- Book: Blue Mind by Wallace J Nichols
- Documentary film of Iran's first female surfers: Into the Sea.

Sun 11th March

Workshops Session 3.

10am- 12.30pm

W11: Oonagh O'Dwyer - See Seaweed in a different way

Recorder: Gráinne Barron

The workshop began with a short talk on seaweeds and their variety on the Irish and the Burren coast. Participants then gathered around the table and were invited to touch and taste the array of seaweeds on offer – all edible. The adjacent kitchen was then used to cook some simple dishes, expanding the range of uses of the seaweeds. Primarily, this highly interactive workshop highlighted the diverse and abundant nutritional resources provided locally by a traditional and sometimes underappreciated source, emphasising skills of foraging and cookery, and encouraged sharing of this knowledge.

Resources:

- http://www.irishseaweedresearch.com/documents/fact_sheets.pdf
- <http://carmeltmadigan.com/publications.html>

W12: Kathryn McCabe - Deep Ecology; harnessing emotional intelligence to propel engagement and Action

Recorder: Mark O'Callaghan

This workshop focused primarily on connection with the self, and then using this to engage with aspects of place and protection. It began with a brief explanation of deep ecology theory (using human presence and connection to move beyond apathy to action) based on the works of Joanna Macy, followed by a series of activities and practices both solo and in pairs, indoors and then outdoors. This is a practice which could be carried out almost anywhere where some natural space exists. A number of the outdoor exercises, such as the "sit spot" of finding a place to sit, be present and take in a place, or the camera game, of pairs taking turns to walk a blindfolded partner around a natural place, are also useful "quiet games" in an educational and/or therapeutic setting.

Resources:

- Social Ecology; Applying Ecological Understanding to our Lives and our Planet:
<http://www.hawthornpress.com/book.php?isbn=9781907359118>

W13: Shane Casey: Wildlife writing for kids

Recorder: None available – coordinated by Shane Casey

Started with warm-up animal word games to get thoughts going:

- Animal Alphabet – shout out names of plants & animals, A-Z or selecting random letters
- If you were an animal – what would you be & why?
- Crossing animals & names, e.g. giraffe X buffalo = giraffalo
- Biodiversity Brainstorm – Pick theme, brainstorm! Species, habitats, colours, sounds etc
- Odd one out (needs some prep work) – list 3 and guess – e.g. fox, rabbit, daisy

Followed with an introduction to writing in 5 simple steps

1. Introduce your character: Probably an animal - use images to assist. Give it a name, personality, a striking feature (e.g. *Sheridan the shrew, with sniffing nose & squinty eyes*). A story and not a scientific paper – be creative and descriptive!
2. Story setting – where would your character be found? Setting can be as large or small as required (e.g. *Orla the otter went to school under an old willow tree on the riverbank, not far from the holt where she lived with her family*). Be descriptive as nature appeals to all our senses – colours, sounds, textures, smells (e.g. *the sun rose, drenching the woodlands with golden light, followed by a glorious choir of blackbirds and bullfinches*).

3. Action – What is your character doing or wishing to do? Searching for food or a mate, building a home, playing games? Note that while animals spend most of their time trying to survive, their young must learn basic skills, often through play. Might a young bird find it exciting learning to fly, or a baby otter learning to swim?
4. Narrative – what happened next? Now we can get creative and can question things further – does our character meet a friend or foe, go to a new place on an adventure, find or discover something amazing? Note – even a simple story where friends meet and have a day of fun can be immensely enjoyable – and very comprehensible
5. Ending – it doesn't have to be a cliffhanger! Can be as simple as going home for tea – but ask questions while writing – did your character find the treasure/have a lucky escape/achieve their day's aims?

If you've trouble starting/would like a challenge, try a random story beginning: A time – a number – a colour – an animal – an action word – a location (e.g. early one morning, three rusty-red fox cubs snuck under the hedge. Overall, remember: If a story's good enough to tell, it's good enough to write down!

W14: *Áine Bird - Áitbheo – tools to learn and teach about your local place*

Recorder: Áine Bird

This workshop shared various tools used by Burrenbeo Trust to led groups on discovery of their local places. Activities included 3km studies of local OS maps, timeline of place formation, cookie excavation, folklore collection and census exploration, biodiversity surveys and moving debate.

Resources:

- Local Geology www.geoschol.com
- Heritage Maps www.heritagemaps.ie
- Historic Environments map <http://webgis.archaeology.ie/historicenvironment/>
- National Parks and Wildlife Service map <http://webgis.npws.ie/npwsvviewer/>
- Census <http://www.census.nationalarchives.ie/>
- Folklore collection www.duchas.ie
- National Library www.nli.ie
- Ordnance Survey www.osi.ie
- Biodiversity Data Centre (Internet Explorer) <http://maps.biodiversityireland.ie/>
- Landopoly (just google it!) <http://msue.anr.msu.edu/uploads/236/66856/landopoly.pdf>

W15: *Ros O'Maolduin - Knowing place: Investigating and recording the material remains of past peoples' lives*

Recorder: Kate Lavender

The aim of the workshop was to show that by studying a place in detail and using available resources, you can learn so much more. The work was carried out in the vicinity of St. Colman's oratory. A quick background to the monument was given; likely a small wooden church later rebuilt in stone, probably after St. Colman's time. Colman is what is known as a pseudoperson - dates and facts aren't consistent; he was born in the 500's and died in the 600's.

Useful resources for finding more about monuments/places:

www.logainm.ie – records of townlands all the way back to medieval times. It also lists where else the townland has been mentioned in other records.

www.archaeology.ie – to find out what monuments are in your area.

www.duchas.ie – the schools collection of local folklore from the 1930's.

The National Museum – hold collections of all artefacts found in different townlands. Appointment required to see the artefacts.

<http://map.geohive.ie/mapviewer.html> - OSI interactive map viewer has maps dating back to the 1830's and 40's.

Antiquities of County Clare book – a collection of OS survey letter in 1839.

The group was split into 4 working groups whilst Ros explained the tasks to be carried out.

1. Group undertook a 'thick description' of the area - basic measurements of the well and the cave and a written description of both. The first basic level of an archaeological survey, which gives a general feel for the area.
2. Group took the Robinson's map and the Antiquities of Co. Clare book and went to see if they could find the 'servants grave' that was described in the book.
3. Group undertook drawing the plan of the interior and walls of the church.
4. Group drew a plan and elevation of the back wall of the church.

Results

Group 1 noticed that firstly the well was not built where the spring water emerged but was slightly lower down. The well was also constructed with some partly dressed stones that probably originated from the church, and therefore is younger than the church.

Group 2 went to look for the grave but were unable to locate it. They got great first-hand experience of looking for a monument in mature hazel woodland.

Groups 3 and 4 both noticed that the remaining parts of the church showed that some extra construction work had taken place on the south side of the church.

Ultimately, by looking closer at a monument and doing even brief surveys, we can find out more detail about the monument.

APPENDIX 1 Programme 2018

PROGRAMME

Fri 9th March Discussion & Cross-pollination

- 5-6.30pm: *Registration*, Burrenbeo Trust Office, Kinvara (from 7pm at Seamount School)
- 7-7.30pm *A mix up - getting to know the crowd*. Led by Elaine Williams, Seamount School, Kinvara
- 7.30-9pm *Welcome* followed by a series of talks on trends & developments in place-based learning (10mins each with Q&A):

- Place-based learning in action: The Burrenbeo Story* (Áine Bird, Burrenbeo Trust)
More Than Adventure (Joanna McInerney, Burren Outdoor Education Centre)
Place Based Resilience - Community Learning & Adaptation (Davie Philip, Cultivate)
The Heritage Council: Valuing People and Place (Helene O'Keeffe, Heritage Council)
Would you trust your brain surgeon if they told you they were an experiential learner?
 (Robbie Nicol, University of Edinburgh)

Followed by a pub meet up: Greene's Pub

Sat 10th March Workshop Session 1. 10am- 12.30pm

**Meet at 9.30am as going out into the field. Need to car share, ready with full outdoor gear on.*

- W1: Easley Britton, Caitriona Carlin & Gesche Kinderman *What do communities want from their nearby green and blue environment for their health and wellbeing?*
- W2: Davie Philip *Place Based Resilience – Community Learning & Adaptation*
- W3: Paula Martin & Barry Lee *An Introduction to Mindfulness, using the natural world as a gateway to presence* (Will travel out into the field after indoor intro)
- W4: Shane Furlong & Sky Maria Buitenhaus* *Wild By Nature: Nature Connection for a Sense of Belonging and Becoming*
- W5: Kate Lavender* *Exploring nature through fun & games*

Meet & eat @ Seamount School: Lunch can be bought in the local shops. Tea, coffee and space to convene. Bring your own mug.

Sat 10th March Workshop Session 2. 2pm-4.30pm

**Meet at 1.30pm as going out into the field. Need to car share, ready with full outdoor gear on.*

- W6: Grace Garde *It's all about the bees! Understanding their behaviour, ecology, and how can we help?*
- W7: Robbie Nicol *One step at a time: the art of peripatetic engagement with people and places*
- W8: Laura Kennedy* *Nature Play- our landscape is a playground*
- W9: Pat Broderick *From Field to Fireside from Seed to Seat*
- W10: Marc Barker* *Nature-Based Mentoring –Cultivating Connection to Place*

Evening 6pm-7.30pm

Who's Who: An evening with displays to share food (there'll be pizza!) followed by a talk by Easkey Britton *'Salt water in the blood: Stories shaped by the sea'*, chaired by Brendan Dunford, Seamount School

Followed by pub meet up: Tully's

Sun 11th March Workshops Session 3. 10am- 12.30pm

**Meet at 9.30am as going out into the field. Need to car share, ready with full outdoor gear on.*

W11: Oonagh O'Dwyer	<i>See Seaweed in a different way</i>
W12: Kathryn McCabe	<i>Deep Ecology; harnessing emotional intelligence to propel engagement and action</i>
W13: Shane Casey	<i>Wildlife writing for kids</i>
W14: Áine Bird	<i>Áitbheo – tools to learn and teach about your local place</i>
W15: Ros O'Maolduin*	<i>Knowing place: Investigating and recording the material remains of past peoples'</i>

Meet & eat @ the Community Centre: Lunch can be bought in the local shops. Tea, coffee and space to convene. Bring your own mug.

1.30pm-2pm Review & Reflect session facilitated by Davie Philip, Community Centre

2pm Cars depart from National School

2.30pm-4.30pm **Optional Walk in the Burren** with local farmer & Brendan Dunford.
Open to bring family.

This event has been supported by GRETB and The Heritage Council

APPENDIX 2 Workshop Leaders & Coordinators

Barker, Marc

After graduating with a degree in Forestry from U.C. Berkeley, Marc found his way out of the rolling hills of California and into the dense woodlands of upstate New York. There, he completed trainings in Nature Mentoring, Human Ecology and Social Neuroscience, as well as Survival Skills. He spent the last 5 years as a Senior Instructor for various environmentally-based programs in Ithaca NY, and now resides in Newcastle, Co Wicklow. He specializes in nature-based mentoring - teaching people of all ages outdoor skills in the framework of cultivating a deep connection to self, community, and the natural world. Learn more at: <https://natureconnectireland.wordpress.com/>

Barron, Grainne

Gráinne is a research student within the Earth and Ocean Sciences Unit in NUI Galway. Her research is focused on the development of an Integrated Catchment Management Toolkit encompassing outdoor environmental education and GIS mapping. Supported by the Burren Geopark LIFE programme, students in Lisdoonvarna Secondary School are participating in a pilot water resources awareness program as part of her research; exploring and mapping the natural and built environment underlying the Aille Catchment in the Burren. With a masters in Sustainable Resource Management, prior to her current research, Gráinne worked in an environmental consultancy focusing on hydrology/hydrogeology.

Bird, Áine

Áine Bird is the Education and Communications Officer for the Burrenbeo Trust. In this role she develops and coordinates the place-based education programmes including the Áitbheo primary and secondary programmes which the Trust delivers to over 300 young people a year. With a background in botany, she has a masters in Science Communication, is a heritage in schools specialist and recently completed a Master in Education at NUI Galway with a focus on place-based education. Prior to Burrenbeo Áine was an education officer in Glenveagh National Park and previously worked with Eco-Unesco and TASC.

Britton, Easkey

Dr. Easkey Britton, Founder of Like Water, is a pioneering big-wave surfer and marine social scientist specialising in 'blue space, how water environments benefit our health & wellbeing. Currently a post-doctoral research fellow at the Whitaker Institute and member of the research cluster for Social Innovation, Participation and Policy (SIPP) where she co-leads the interdisciplinary NEAR-Health work package on nature-based solutions: a framework to use coastal blue and green space to restore health and wellbeing.

Her parents taught her to surf when she was four years old and her life has revolved around the ocean ever since. With a PhD in Environment and Society from University of Ulster, Britton's work explores the relationship between people and the sea, using her passion for the ocean to create social change and connection across cultures, including pioneering women's surfing in Iran (featured in the award winning documentary 'Into the Sea').

A graduate from THNK's School of Creative Leadership, Easkey's work is deeply influenced by the ocean and the lessons learned pioneering women's big-wave surfing at spots like Mullaghmore, Co.Sligo, which led her to be invited to give an inspiring TEDx talk in 2013: Just Add Surf. Passionate about facilitating creative & collaborative processes, she uses the sea and surfing as an active metaphor to dive deep into the power of letting go & trusting in the process.

Broderick, Pat

Pat Broderick hails from West Limerick and has a deep interest in Traditional Crafts and Folklore, he is married with two children and is passionate about preserving Irish Traditions for future generations, this he achieves through working with the Heritage Council, Museums, Universities, Schools and his own workshops.

Buitenhaus, Sky Maria

Sky Maria Buitenhuis has extensive experience supporting people to deepen their connection to nature-including our own inner nature as part of this larger natural landscape. She has worked as a facilitator for a variety of different programs as well as developing her own workshops and trainings. She is the co-founder of the Association of Nature and Forest Therapy, most recently working for three years as director of training and certification of ANFT's forest therapy guide training program where she trained and mentored more than 100 people to follow their passions of becoming forest therapy guides.

Carlin, Caitriona

Caitriona is a professional ecologist with an interest in connecting people with nature, which is the focus of her current research. She is the Principal Investigator on a jointly funded EPA/HSE three year project to assess how nature and environment can attain and restore (NEAR) health. Her interest in this area began when she worked as an ecologist with Natural England. She has considerable professional and voluntary experience in engaging members of the public. She works as a part time course coordinator, lecturer and principal investigator within Environmental Science in NUI Galway, based within the Applied Ecology Unit.

Casey, Shane

Shane has been Dublin City's Biodiversity Officer since 2014, Parks Superintendent since 2017, and also currently acts as Coordinator of Dublin Bay Biosphere. Prior to 2014, Shane worked as Biodiversity Officer, Appropriate Assessment Officer, and Social Research Officer with Clare County Council. He is an advocate of environmental education, a Director of the Burrenbeo Trust, and a self-published children's author of dyslexia-friendly books.

Dunford, Brendan

Brendan is the Manager of the EU award-winning Burren 'farming for conservation' programme. Brendan initially came to the Burren to do a PhD which explored the relationship between farming and heritage in the region. With his wife Ann O'Connor, he helped found Burrenbeo Teo, precursor to the Burrenbeo Trust, and was instrumental in developing place-based education programmes in the Burren including the 10-week EcoBee programme that is now run in primary schools across the Burren and identified as a model of place-based education nationally. He served as a council member of The Heritage Council from 2005-2015,

as a director of the European Forum for Nature Conservation and Pastoralism and as an Ashoka Fellow for Ireland. His interests relate to the relationship between people and their places and ways through which this relationship may be revived and enhanced for the benefit of both.

Furlong, Shane

Shane is and always has been awe-struck and captivated by the wonder in the little things and the sense of excitement and aliveness he feels in the outdoors. Noticing the intricate detail and rich relationships in the natural world, at scales ranging from molecular to Milky Way, climbing trees, running down mountains, surfing waves and screaming into the winds of thunderstorms are the moments when he feels most joyous and connected to himself.

During the troughs of life's journey it is this anchor that he has returned to. This, a four year personal mindfulness practice and training as a Forest School Leader have led him to his current path as owner/operator of Wild Places, a service offering Nature Connection experiences and Nature Based Learning through in-school Forest School programs and Holiday Camps for young people and provide the fuel of motivation for his next steps.

Garde, Grace

Grace Garde is an Honours Graduate in Science (Botany) University College Dublin in 1997 with minor study to 3rd year in Zoology. Since graduation, she has worked on maths educational programmes, and computer software education programmes for the online market. In 2004, a career direction change brought her towards, landscape & garden design, in 2009 started working in environmental education with the NPWS; since then she has worked in outdoor education teaching infants to adults. Since 2013 she has worked with the Heritage Council on the Heritage in schools scheme teaching primary school children focusing on 'all things related to nature, including horticulture'. Her remit is get the kids outdoors exploring. Her current interest is teaching about all things in nature.

Grace formed the first scuba-diving club in U.C.D. driven by her underwater interest in nature, and now she has a personal interest in bees, understanding their behaviour and ecology, plight of bees, and tools to help their recovery. She has completed a beginner's bee-keeping course and has four hives managed by a local bee-keeper @ an allotment scheme where the bees act as a pollinator service to the local crops.

Kennedy, Laura

Laura Kennedy (Wondering Wild) is a forest school leader and children's mindfulness teacher. She runs year-long forest school programmes with preschools and primary schools in the woods around Galway. She is part of the education team at Brigit's Garden, is a Heritage Expert with the Heritage in Schools programme and also provides continuous professional development for teachers. She is passionate about sharing her knowledge of and love for the natural world and shares nature connection activities at www.wonderingwild.ie

Kinderman, Gesche

Dr. Gesche Kindermann is an environmental scientist with an interest in the interrelationships between the environment, its conservation, and human activity. She holds a PhD in Environmental Science and an MSc in Ecosystem Conservation and Landscape Management. In

her current role as researcher with the NEAR Health project she leads on the work package investigating stakeholders' values, motivations and barriers to using nature for health and wellbeing. Gesche has extensive experience in researching Irish ecosystems with an emphasis on their conservation management and a particular focus of her work is stakeholder engagement in this process. She is the academic coordinator for the MScs in Biodiversity and Land Use Planning and in Environmental Leadership at NUI Galway, and she is a research committee member with Leave no Trace Ireland, an outdoor ethics programme designed to promote responsible outdoor recreation.

Lavender, Kate

Kate has a degree and masters in Geology and a PGCE in secondary Geography. Among other things she coordinates the Burrenbeo Conservation Volunteers and the Burren Wild Child programme, taking children on interactive days out into the Burren. Kate works with over 450 children a year through our Burren Wild Child and our Áitbheo primary and secondary place-based learning programmes. She also freelances as a field studies instructor and cave guide with the Burren Outdoor Education Centre. Prior to joining Burrenbeo she was a geography teacher in the UK.

Lee, Barry

Barry Lee is the co founder of Nature in Mind; an educational organisation that aims to help people improve their well-being through mindfully connecting with the natural world. Barry originally trained as a solicitor. He discovered meditation 10 years ago and has since trained as a yoga teacher and as a mindfulness teacher with the Institute For Mindfulness Based Approaches. www.natureinmind.ie

Martin, Paula

Paula Martin is the Founder of 'Beo - Centre for Mindfulness & Integrated Health'. Paula is passionate in using mindfulness as a core principal to honour the potential of each human being to learn, grow, transform and heal. In her work Paula combines her training as a Mindfulness Facilitator (The University of Massachusetts Medical School), General Practitioner and Embodiment Dance Facilitator (Open Floor International). Paula offers mindfulness trainings and retreats in Healthcare settings, Medical education and Community. Paula runs a Holistic Women's Health clinic in Co. Sligo. www.beomindfulhealth.ie, www.openfloor.ie.

McCabe, Kathryn

Kathryn Mc Cabe studied Science and Applied Physics at Maynooth University, however continued seeking academic pathways that would explore a big picture approach to changing the world. A radical masters in Australia, Social Ecology, enabled her to engage with complex systems, design context-specific change strategies and, crucially, feel inspired about what is possible when people feel respected and trusted to take their next step towards transformation.

She now works as an independent consultant for groups that are engaged in change; community, schools, business. She has lectured at the University of Western Sydney, has worked internationally guiding NGOs and large multinationals towards sustainability and well-being. She has a special interest in youth Rites of Passage; delivering a summer program on Vancouver

Island, Canada. She is a published author in *Social Ecology; Applying Ecological Thinking to Our Lives and Our work*.

McInerney, Joanna

Joanna McInerney is the director of the Burren Outdoor Education Centre and has been involved in outdoor learning for over 25 years. She is involved in the design and delivery of a range of outdoor learning modules and believes the outdoors offers a unique, vivid and effective learning environment. She holds high level qualifications in both education and adventure. Joanna is an avid sea kayaker and has travelled extensively through kayaking and other trips.

Nicol, Robbie

Dr Robbie Nicol is a senior lecturer in outdoor environmental education at the University of Edinburgh. My life motivation comes from the realisation that human activities are fundamentally altering the planet's ability to sustain us in the long term. As an educator I believe that the outdoors provide places where individuals can rediscover their direct dependence on the planet through embodied experiences. As such my teaching and research interests are directed towards the theoretical development and practical implementation of environmental education and sustainability education through epistemological diversity (different ways of knowing) particularly in the outdoors.

O'Callaghan, Mark

Mark O'Callaghan has joined the Burrenbeo team from Galway to cover Brigid's maternity leave. Working on communications and place-based education, Mark has long been interested in landscape and heritage and holds a BSc (Hons) in Zoology and an MSc in Ecosystem Conservation & Landscape Management. He has previously worked as a field ecologist throughout Ireland and as a guide in the Burren National Park, as well as at sites as diverse as the Skelligs, Glendalough and the National Botanic Gardens

O'Dwyer, Oonagh

Growing up in the country-side in Tipperary, the fields and forests were our playgrounds, and I developed a deep love of nature, wild plants and growing food, which has stayed with me since. A Horticulture Tutor, Wild Food Chef and Guide, passionate about local food and its origins, I created Wild Kitchen, a fully immersive wild food experience. Board member of Flag West, Fisheries Local Action Group who have an interest in the regeneration and sustainability of the fisheries and aquaculture dependent communities in the Flag West area (the coastal area of Clare and Galway) including 10 kilometres inland. Oonagh is a member of the Burren Eco-Tourism Network since 2014.

O'Keeffe, Helene

Tralee-born historian, Dr Helene O'Keeffe is Head of Education and Communications at the Heritage Council. Her brief involves managing the educational strategy and communications of the Council and promoting its vision that the value of our heritage is enjoyed, managed and protected for the vital contribution it makes to our identity, wellbeing and future. A post-primary history teacher since 1999, Helene received a PhD on oral tradition and collective

memory in 2009 and completed a post-doctoral fellowship in UCC as researcher on the Atlas of the Irish Revolution.

O'Maolduin, Ros

Ros has over 20 years' experience as an archaeologist. During that time, he has worked on remains of almost every human era in several countries, including 6 months in an African cave. He completed his PhD in 2015 and is now the field director of an NUI Galway summer fieldschool based in the Burren, The Irish Fieldschool of Prehistoric Archaeology.

Philip, Davie

Davie Philip currently manages the Community Resilience Programme at Cultivate. He was a founding member of both FEASTA: the Foundation for the Economics of Sustainability and Sustainable Projects Ireland Ltd the company behind the ecovillage project in Cloughjordan, Co. Tipperary where he now lives. In 2000 he set up the Sustainable Ireland Cooperative with Ben Whelan which trades as Cultivate. With Cultivate he organises networking and learning events including the annual Convergence sustainable living festival and the Global Green area of the Electric Picnic, Ireland's largest music and culture festival. Davie is a catalyst for the Transition Movement both in Ireland and internationally. From 2009 to 2011 he sat on the board of SEAI, the Sustainable Energy Authority of Ireland, and currently is a board member of Grow It Yourself Ireland. He chairs the Cloughjordan Community Farm and is active in the education and research working group at Cloughjordan Ecovillage. Davie developed a place-based education programme for youth in a European project called 'Schools for Resilience'. This was piloted in 2 Transition Year classes in Ireland and 14 schools across Europe.

Williams, Elaine

Elaine is doing a PhD in Geography at NUI Galway. Elaine is hugely interested in and passionate about all things landscape, environment and community related. Intrigued by the rich and interactive society which is present and visible within the Burren, her research aims to explore how various communities connect with their landscape through association with Burrenbeo Trust, and from that identify the core benefits and outputs of doing so. Prior to her PhD, Elaine has worked with various community groups through her roles as Outreach Officer for the Discipline of Geography at NUIG, and ChangeX Burren Coordinator with ChangeX. She worked as Burrenbeo's Community Engagement Officer during 2016.

APPENDIX 3 Delegate Biographies

Abbott, Áine

aineabb@gmail.com

I work in healthcare and am interested in how people facing health conditions which increase their frailty and potential disconnection can build resilience and connectedness by developing a bigger picture.

Abbott, Kevin

Kabbott706@c2kni.net

I am a Science teacher based in Derry. I am interested in outdoor education.

Barrett, Carol

carolbarrett77@hotmail.com

Bell, Lucy growinggardens@gmail.com

Lucy Bell is co-founder of GROWing Gardens, a Kildare based environmental education company, specialising in organic school gardens, community gardens, local organic food projects, biodiversity & native habitat projects and forest schools. Lucy is an organic horticulturalist, a horticulture tutor, environmental educator and a trained Forest School Leader, with years of experience facilitating in a variety of outdoor skills. Lucy is co-author of 'The Year Round School Organic Garden'. Lucy is a heritage specialist for the 'Heritage in Schools' scheme.

Brindley, Anne annembrindley@gmail.com

I am a member of, and am the Environment Officer for Galway Walking Club. I am also a member of Ballyvaughan Fanore Walking Club.

Cannon-Taylor, Ann acannontaylor@gmail.com

I am a Geography and English teacher with a keen interest environmental education. I look forward to new ideas and discussion.

Cochrane, Ross rosscochrane@gmail.com

Ross is an educator and researcher, he delivers creative arts programs through BeCreative; an education provider, working with community groups, primary schools and special needs education in the North West of Ireland.

Collins, Bernie bernie.collins@dcu.ie

Dr. Bernie Collins is a lecturer in Social, Personal and Health Education (SPHE) in the Institute of Education, DCU. She has attended previous Burrenbeo Learning Landscape events and is interested in learning about how our environments can nurture our wellbeing and how we can take care of our environments.

Comerford, Sarah s.comerford19@gmail.com

I am currently working as tour guide around Ireland. I always hope to share and explain our beautiful and diverse country, so that people will take away an understanding and love for it. I'm interested in this event because I hope to expand my knowledge and explore different methods of teaching it.

Connolly, Carol Anne carolanneconnolly@gmail.com

Carol Anne Connolly is a visual artist and facilitator based in Co. Cork. Her work explores cultural, civic and social ideas relating to place. Her approach to making work develops into interdisciplinary, socially engaged and collaborative projects and involves working with diverse communities and individuals. In 2015, she published The Water Glossary/An Sanasán Uisce, a contemplation on the relationship between language and landscape.

Coppersmith-Heaven, Joshua jouseman24@hotmail.com

Corbett, Eric rmrekac@yahoo.ie

Costelloe, Michael mickcostelloe1@gmail.com

Cotter, Orla Ocotter@gmail.com

A Steiner national school teacher with a research background in outdoor learning environments in early childhood.

D'Andrea, Paola paoladandrea82@hotmail.com

This event captured my attention first for the presence of Mindfulness experts (I've been practising for a couple of years after attending the "traditional" 8-week training) and second because it takes place in the Burren, which I visited in Autumn and was fascinated by, and couldn't wait to be there in springtime.

Regarding my background related to the event, speaking of education skills, I've been volunteering for two years in an afterschool class, helping kids and young teen-agers with homework and studying, mainly in the frame of "formal education". Unfortunately in Italy, except something done in primary school, we are really putting outdoor and nature-based learning aside, which in my opinion is a very regrettable thing as in my personal experience Nature connection is liberating and truly enriching, and the sooner you discover it the better, in a world that seems mostly pulling in the opposite direction.

And last but not least, my interest in the event was fueled by my first-hand experience of a wonderful activity promoted by your association in late October last year with which I felt totally in tune.

de las Casas, Tara

taradlc@hotmail.com

Tara is based in ballinspittle Co. Cork. She has a background in art and loves to weave the magic of nature into everything she does. She founded Wild Inspired Education, which offers a variety of forest school programs as well as food growing projects in schools. She is passionate about creating space for developing curiosity whilst being playful and creative outdoors.

Delaney, Holly

hollyasaa@gmail.com

I am a visual artist (painter/sculptor). I am based in Maynooth Co Kildare. I studied Sculpture at NCAD. My work has always been concerned with the natural world and our relationship with it. My most recent exhibitions have been inspired by birdlife local to Maynooth and the environment of the Royal Canal also local to Maynooth.

My interest in this event is to revel in the wonders of the Burren, inform my practice, learn more about the natural world and connect with like minded people.

Delaney, Liza

lizamail@yahoo.ie

A primary school and Steiner teacher with Forest School training (ongoing). Very much interested in learning and experiencing new approaches to engaging with nature for the whole community.

Doherty, Bernie

dohertybernadette0@gmail.com

I am an archaeologist living near Bullaun outside Loughrea. Am editor for Woodlawn Heritage Group website and manage a number of community heritage projects. Just accepted as Heritage in Schools Specialist.

Doyle, Clare

wildatlanticfamilyresearch@gmail.com

Clare Doyle is a Heritage in Schools Specialist and has worked in genealogy and local history since 1997. Her main inspiration comes from her experience of the place-people connection; something we feel directly, physically and emotionally. In 2017 Clare established Wild Atlantic Family Research to provide assistance to those who want to learn more about their ancestors.

Doyle, Carol

carolmdoyle@eircom.net

Drew, Charlotte

charlottedrew1995@hotmail.co.uk

I'm a 4th year Outdoor Education student, in GMIT Castlebar, soon to be a level 8 graduate of the course (hopefully). One of our modules for the academic year is 'Environmental Management' and a requirement for this module is to attend a conference, from which we can then write up a report

about. There is a group of us from the year attending this event for this reason. Our interest in the Environment follows from our love for the Outdoors.

Durac, Martina

martina@phoenixfilmsireland.com

Dwan, Evan

evandwan@yahoo.com

I am attending the symposium next week, my name is Evan Dwan and I co-founded Nature in mind an organisation that seeks to connect people with natural places through mindfulness. I also work as an adult educator and previously as a primary school teacher with a general interest in place-based learning.

Earls, Trudy

trudyearls@gmail.com

I work with Heritage in Schools and my background is in heritage and culture

Fennell, Kate

turkeykate@gmail.com

I am in the throes of developing a place-based learning programme for the Conamara Gaeltacht schools which I hope to start practising this year. I am especially interested in the link of language preservation (in this case Irish) through place-based learning.

Fionnuala, March

finnmarch898@gmail.com

Gallery, Mary

marygibbons11@gmail.com

I am a teacher with an interest in outdoor play based learning and making a connection with nature and landscape

Gray, Shonagh

shonaghgray@hotmail.com

I am an educational officer in Killarney National Park Education Centre where I deliver a variety of environmentally themed sessions to children of all ages. I am also a Heritage in Schools specialist and am currently writing up my portfolio for the Forest School Leadership Level 3. I love the event because I love meeting new people and sharing ideas

Healy, Shailagh

woodlandwanders@gmail.com

Based in North Leitrim, I am an arboriculturalist and consult for both private and public state bodies. I facilitate "Woodland Wonders" education programme with the Heritage Council and host guided forays for all shapes & sizes. I also host Music & Movement sessions in senior settings, stomping and roaring out songs of connection to their local place and heart.

Heeran, Edel

edel.heeran@laoisoutdoorededucation.ie

My background is in environmental management. I set up Laois Outdoor Education in 2006 to provide schools with local environmental outdoor education opportunities.

Hunt, Holly

holly@wildernessireland.com

Currently a founder and director of Wilderness Ireland (an national adventure tourism operator and DMC built on a foundation of responsible tourism practices). I hold a Masters in Responsible Tourism and have worked in various roles in adventure tourism for the past ten years in Ireland, Southern Africa and the UK. Interested in all forms of re-connection, including transformational travel and the potential for adventure to be a catalyst for that connection.

Hutton, Eileen

eileenc.hutton@gmail.com

I am an environmentally-based artist. I also teach Art & Ecology programs for both master's and undergraduate students at the Burren College of Art.

Kavanagh, Barry

bandakav@gmail.com

Natural landscape Designer, Teacher and Horticulturalist. I hope to strengthen my understanding of nature based learning. Also, it's nice to get away for a day or two!

Keeling, Nikki

nikikeeling@gmail.com

I have a background in ecology and do some work as a consultant ecologist. I also run an outdoor education centre (Education in Nature) in a woodland in West Cork (Manch estate) and am on the panel with Heritage in Schools.

Kinsella, Angie

angiekinsella@gmail.com

My name is Angie Kinsella. I'm just in the process of starting up my own forest school and nature connection business 'Nature Way'. I am a qualified forest school teacher & im also on the heritage in schools experts panel. I'm a keen wild food forager and love merging together my love for teaching yoga, mediation, forest school and foraging & permaculture practices.

Kramer, Katie

klkramer@lakeheadu.ca

I am studying my Master of Fine Art and Ecology at Burren College of Art. I am from Northern Ontario, where I started my artistic practice focusing on environmental impacts in my local area. Since then, my practice has evolved and am currently focused on learning specifically about the Burren in relation to eco-systems, plants, animals, impacts on the land and people's connection with it.

Mac Cormaic, Alison

alisonmaccormaic@yahoo.ie

I am an artist, design historian, art teacher and facilitator interested in built heritage. I have recently joined the Heritage in Schools Scheme where, together with school groups, I wonder why buildings look the way that they do.

Maiorana, Maggie

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Mannifold, Mairead

manifold.mairead@gmail.com

McCabe, Fian

fianmccabe@eircom.net

McCullagh, Raymond

raymccullagh1@gmail.com

I am currently studying Outdoor Education in GMIT Mayo. We are designing and building a natural outdoor play area for children and doing a module on Environmental management and sustainability and a lot on place based education.

McDonagh, Bianka

bianka@carlowtours.ie

McGrath, Aishling

aishlingmcgrath@yahoo.ie

Aishling is a former geography and economics teacher. She is currently working as Education Officer for Worldwise Global Schools, the post-primary Global Citizenship Education programme for the Department of foreign Affairs/Irish Aid. She has a masters in Sustainability Science and Policy from the University of Maastricht. She is on the Department of Education and Skills Advisory Committee for their strategy on Education for Sustainable Development and was recently involved in developing the new Junior Cycle Geography specification with the NCCA.

McHugh, Sally

s.mchugh1@nuigalway.ie

Sally McHugh is a PhD student at the School of Education, NUI Galway. Her research explores how creative and constructionist computing can be designed and deployed to enhance children's engagement with place in formal and informal learning environments.

Morrow, Gregory

greg_morrow1@hotmail.com

My name is Greg Morrow. I am a student in my 4th year of Outdoor Education in GMIT Castlebar. I am interested in the event as it has a lot to do with the course content we study in college, and I think this event will help in gaining a deeper understanding of this content.

Ni Bhraonain, Maire

kilkennyforestschool@gmail.com

Ni Chonlain, Sile

silenichonlain@gmail.com

Ní Dhúill, Emer

nidhuile@tcd.ie

I have recently joined the Heritage in Schools panel. My area of interest is in ecology and biodiversity.

Ni Shuilleabhain, Labhaoise

litirolabhaoise@gmail.com

Norris, Catherine

norrisc@gmx.at

Ó Murchú, Darach

darach@inmyelement.ie

Darach works in environmental, outdoor and nature education - as a teacher of wild food foraging courses (seaweed & land foraging), a leader of nature walks & workshops, a Leave No Trace Outdoor Ethics trainer and a facilitator of Primitive Living & Forest Schools programmes. He strives to deliver holistic and experiential nature connection and education programmes to children and adults. His interests also include herbalism, permaculture, community initiatives, growing food and other "traditional" living skills.

O'Connell, Shane

info@galwaysteinerschool.com

Shane is the Principal of the Galway Steiner National School in Knocknacarra, Galway. This course offers an ideal opportunity to find out more about place based learning which is at the heart of Steiner Education.

O'Dea, Patricia

trishodea@yahoo.com

I'm a primary school teacher currently on secondment with the PDST (Professional Development Service for Teachers) Though my area within this organisation is languages, I've a keen interest in the amazing potential of nature to foster in children a sense of place and connection to the world around them. So my interest in this symposium is both personal and professional.

O'Farrell, Sean

ofarrejf@tcd.ie

I am an organic farmer who has diversified into providing environmental education to programmes to Primary and Secondary Schools. I am also exploring eco spirituality.

O'Sullivan, Lorraine

lollydoyle@hotmail.com

I am a heritage in schools specialist working for the heritage council.

O'Toole, Geraldine

otoolegeraldine@eircom.net

Rintoul, Barry

barry.rintoul@coillte.ie

Robinson, Auriel

sligoseatrails@gmail.com

Auriel Robinson owns Seatrails and is based in Sligo. She is a Maritime Archaeologist offering guided heritage tours along the coast and in mountainous locations. She is passionate and diligent in her work and is now on the new panel of heritage experts in Ireland.

Robson, Eophan

eophanhimself@gmail.com

I have lived in the Burren my entire life and I would like to increase my knowledge and connectedness to the area.

Rowland, Marguerite

marg_rowland@hotmail.com

Is a local primary school teacher who wants to learn

Ryan, Claire

claireabelle127@hotmail.com

Stack, Mairead

info@naturecubsireland.ie

I am a Zoologist and am a Heritage in Schools Specialist. I also have a business called NatureCubsIreland where I bring preschool-aged children and their parents out into nature and teach them about what is around us (www.naturecubsireland.ie). I am a Beaver Scout leader and incorporate teaching about nature into most outdoor pursuits we undertake. I look forward to learning more about how I can enthuse others about nature.

Sullivan, Barbara

reconnectwithnatureirl@gmail.com

I run a Forest School called Reconnect with Nature, in the Laois/Offaly area, offering family and children's forest school sessions, after school club and camps. I am also a volunteer for the Irish Wildlife Trust Laois/Offaly Branch, where I coordinate the Badger Club (a programme of monthly events for families). I am on the Heritage in Schools panel.

Tobin, Gary

garypetertobinz@gmail.com

I am a student from GMIT studying outdoor education and am currently investigating the wellbeing people receive when engaging with Green Space through Forest Bathing.

van Amsterdam, Bastiaan

vanamsterdambas@gmail.com

GMIT Outdoor Education Student

Walker, Kerry

kerryannwalker@gmail.com

Warner, Duncan

duncan@giveitago.ie

Hi, my name is Duncan Warner. I run "Nature Base", an outdoor after-school club for children aged 6 - 11yrs old. I also run "Give It a Go" kayak tours and guided bike tours. I love my job. It gives me the opportunity to help people develop new skills, to encourage people to connect with nature in a positive and memorable way and to share in the enjoyment of being active outdoors in beautiful locations

Warner, Michelle

michellewarner2010@gmail.com

Mother of two girls I don't work in the outdoors but I try to spend as much of the free time outside and pass this appreciation of the of nature to my daughters. I attended the Festival of Outdoor Learning in Cappanalea Co Kerry last year and I really enjoyed the weekend.

Wilkowska, Goska

Goskawilkowska@yahoo.ie

I am a freshly appointed Heritage in Schools Expert and I'm coming to the seminar to get more great ideas on how to create a new nature aware generation

APPENDIX 4 Workshop Abstracts

Workshops Session 1 Saturday 10am-12.30pm, in Kinvara unless * beside it

Code: **W1**

Workshop Leaders: **Easkey Britton, Caitriona Carlin & Gesche Kinderman**

Title: ***What do communities want from their nearby green and blue environment for their health and wellbeing?***

This workshop explores the ideal future of a restorative environment, taking into account the present situation, the workshop investigates what communities want from their nearby environment for their health and wellbeing and the steps needed to design, promote and use the natural environment as a proactive tool to maintain health and wellbeing.

Code: **W2**

Workshop Leader: **Davie Philip**

Title: ***Place Based Resilience – Community Learning & Adaptation***

Davie Philip will facilitate this dynamic workshop that explores how we might respond locally to the global challenges we face.

Code: **W3**

Workshop Leaders: **Paula Martin & Barry Lee**

Title: ***An Introduction to Mindfulness, using the natural world as a gateway to presence Kinvara***

During this workshop we will use mindfulness to cultivate a deeper sense of connection to our inner landscape and the world around us. In developing a greater moment to moment awareness we become present to life as it unfolds. We cultivate resources which enable us to open to both the challenges and fullness of being human. During this workshop we will have the opportunity to taste and explore the practice of mindfulness. We will have sometime indoors initially to practice, share and enquire, and then move outside using the natural world as an invitation and inspiration. This workshop is suitable to those who are new to mindfulness + experienced practitioners. Bring yourself, a touch of curiosity and some warm outdoor gear. (Will travel out into the field after an indoor intro)

Code: **W4***

Workshop Leaders: **Shane Furlong & Sky Maria Buitenhaus**

Title: ***Wild By Nature: Nature Connection for a Sense of Belonging and Becoming***

Shane Furlong and Sky Maria Buitenhaus are inspired to facilitate this workshop by their own continuing journey in Nature Connection, the richness it has added to their lives and the direction and motivation it has brought to their work. The workshop will explore the power of Nature Connection practices to develop a sense of returning home to a feeling of belonging, both to the natural world and to ourselves and how this feeling can be a reference point and an anchor in times of uncertainty and change, as well as in our day to day lives. With a dual focus on being and doing, we will explore development of our own sense of an embodied connection with the natural world and pick up techniques and practices we can use within our own learning communities. Expect a mixture of fun and curiosity awakening games, gentler reflective therapeutic invitations to deepen connection and sharing of stories through speaking and listening.

Code: **W5***

Workshop Leader: **Kate Lavender**

Title: ***Exploring nature through fun & games***

This workshop will concentrate on fun ways of investigating nature through a wide variety of outdoor games. Some of the activities are nature takes on common playground games and others are created specifically to help younger students understand more about biodiversity and nature around them. Necessary resources are always kept to a minimum and the games can be played outside or in a hall if the weather is bad. The main aim of the workshop is to share nature games Burrenbeo Trust commonly use in schools and on field trips but also to facilitate sharing activities that others may use so if you can, come prepared with your favourite nature game or two.

Workshops Session 2 Saturday 2pm-4.30pm, in Kinvara unless * beside it

Code: **W6**

Workshop Leader: **Grace Garde**

Title: ***It's all about the bees! Understanding their behaviour, ecology, and how can we help***

This is an indoor bee workshop where we discuss all core required info Bee morphology and ecology. Who & what are pollinators? The wonderful world of bees inside the colony? Honey? National Pollinator plan. Understand what food the bee needs? Understand why he visits the flower? Why are a third of our Irish Bees in decline? How can I help? Let's get planting. We can all do something to help. A video of a baby bee growing. We will then examine some plants and break down the parts of the plant relevant to the bee, discuss habitats suitable for bees

Code: **W7**

Workshop Leader: **Robbie Nicol**

Title: ***One step at a time: the art of peripatetic engagement with people and places***

I have long been fascinated by the simplicity of walking and talking as a method of teaching and learning. It provides rich opportunities for relating theory to practice and vice versa. These place-based experiences provide opportunities for both structured and unstructured learning. The informality of this teaching and learning process can sometimes mask the deep learning that arises when people discuss the thoughts and feelings they experience in relation to the landscape they pass through and people they are with. In this workshop we will be walking and talking in order to learn from each other.

Code: **W8***

Workshop Leader: **Laura Kennedy**

Title: ***Nature Play- our landscape is a playground***

You're never too old to play. Using our local environment we will discover ways to make our time outdoors playful and creative, drawing from the resources that naturally abound in this landscape. The workshop will introduce participants to the benefits of play through hands on experience, playing nature-based and sensory games, using story as a stimulus for nature play and creative activities, and allowing our imaginations to run wild using the world's most popular toy- the stick.

Code: **W9**

Workshop Leader: **Pat Broderick**

Title: ***From Field to Fireside from Seed to Seat***

This workshops is fully interactive. Participants enjoy learning the traditional crafts of the Irish Country Life of our forefathers, consisting of Sugán rope making, Straw Weaving, St Bridget Cross making and Butter making. Discussion around the origin and uses of these items also forms a very important part of the workshop.

Code: **W10***

Workshop Leader: **Marc Barker**

Title: ***Nature-Based Mentoring –Cultivating Connection to Place***

Mentoring is an innate part of human culture, but how can we utilize our inborn abilities to become more effective educators and leaders in our communities? By drawing upon natural cycles as models for learning and experience, we can optimize participant engagement and interaction in the living landscape. Field tested and utilized for decades all over the world, nature-based mentoring has proven to be successful time and time again in cultivating connection to Place. This workshop will act as an introduction to nature-based mentoring as well as deliver an effective model for engagement in all aspects of place-based-learning. Come ready to “learn-by-doing” as we interact directly with the natural learning cycle!

Workshops Session 3 Sunday, 10am-12.30pm, in Kinvara unless * beside it

Code: **W11**

Workshop Leader: **Oonagh O'Dwyer**

Title: ***See Seaweed in a different way***

This workshop takes you on a journey through the historical and cultural importance of seaweed, the importance of Wild Harvesting and gives an introduction in the many ways to use it, from the garden, household and to the table. I will demonstrate how to dry, preserve and use seaweed and create some nutritious dishes from it. We will discover Umami, our fifth taste and discuss the nutritional and health benefits of up to 12 of our local seaweeds. I will share my experience of Wilderness Therapy as part of the seaweed harvest and what is described as the “Long Hour”. Recipes and hands on demos included.

Code: **W12**

Workshop Leader: **Kathryn McCabe**

Title: ***Deep Ecology; harnessing emotional intelligence to propel engagement and action***

Beneath our encounters with place sit our emotional responses. Deep Ecology suggests that when our emotional responses remain unacknowledged they can act as blocks to effective action. Through acknowledging these emotional responses we enliven ourselves more fully; creating greater energy, focus, joy and meaningful action. In a series of indoor and outdoor activities drawing on Joanna Macy's *The Work that Reconnects*, Process Oriented Psychology and Social Ecology this workshop will invite you to explore your own personal responses to place and the state of the planet, connect more deeply with others attending the conference and create space for new perspectives for the next steps in your work/life. You will also come away with ideas for incorporating these activities in your own work.

Code: **W13**

Workshop Leader: **Shane Casey**

Title: ***Wildlife writing for kids***

There are adventures everywhere in nature, if you only know how to look for them – Join Shane for a step-by-step guide on delivering a wildlife writing workshop to children. The workshop will include key insights into how wildlife inspired Shane's own books, and his experiences of delivering the workshop to children around the country. Full of tips and games, this workshop will be wild fun for nature and reading enthusiasts.

Code: **W14**

Workshop Leader: **Áine Bird**

Title: *Áitbheo – tools to learn and teach about your local place*

Every environment is rich with educational resources – natural, built and cultural. Burrenbeo Trust have built up a suite of activities which will help you uncover the resources specific to your place. Using online sources, databases and connected activities we'll show you how to find your local heritage and build it into your educational activities.

Code: **W15***

Workshop Leader: **Ros O'Maolduin**

Title: *Knowing place: Investigating and recording the material remains of past peoples'*

The material remains of past peoples are all around us. Recognising and appreciating them is like seeing another dimension of landscape. This workshop will outline how to identify, investigate and record those remains. We will learn by doing. After a brief introduction, we will go out into the field to identify and record several archaeological monuments. Physically recording, whether drawing or taking notes, puts the recorder in an analytical frame of mind and gives them access to an intimate knowledge of place, not accessible to the casual observer.