



BUSHCRAFT AND WILDERNESS SKILLS

Introduction:

This course aims to equip learners with the skills, knowledge and understanding required to comfortably live out of doors for extended periods of time. The module will address and explore wilderness and bushcraft skills, contemporary as well as traditional, through demonstrations, discussion and experiential learning.

This module will introduce students to a broad base of knowledge with respect to living outdoors; starting with appropriate clothing and equipment before moving on to skills like cooking over an open fire.

This is a very practical module and participants are required to attend three full days training including one overnight camp. All elements of this module will be delivered outside using the Outdoor Classroom on the Mayo Campus as well as local forests.

Course Delivery

While students will be expected to complete a small number of online components the practical side of the course will all be taught outside in various locations in close proximity to the campus.

Students are expected to attend 3 full days; one single day followed by a 2 day overnight a few weeks later. Teacher to student ratios on the first single day will be lower to ensure students get a safe and thorough introduction handling and working with knives.

What you have to bring:

We will provide bushcraft equipment like knives and fire steels, etc, however, you will have to bring the following items:

Day Trips: Warm clothes, Waterproofs, good boots, notebook, small day bag and lunch.

Overnight: All of the above including sleeping bag, camping mat, torch, camping utensils like cup, plates, etc.

Contact us

For an application form contact GMIT Mayo Campus Life Long Learning at: LLIMayo@gmit.ie

For course information please contact Dr Davy Walsh at: davy.walsh@gmit.ie

GMIT Mayo Campus

5 Credits Level 6 Part-time Programme.

Venue: GMIT Mayo Campus grounds as well as local outdoor locations.

Number of places: Due to the practical nature of this course the maximum number of participants is 12. This ensures a quality programme while also respecting the environment.

Duration: Students will be expected to complete 3 full days (9-5) as well as one overnight stay. All training takes place on weekends in March and April.

Single day: Either March 21/28.

Overnight trip: April 25-26.

Fee: €270



Who should do this course?

- Anyone who currently works out of doors that wishes to gain more practical knowledge with respect to campcraft and wilderness skills.
- Anyone working with groups, albeit in a Outdoor Centre, Early Year setting, Youth Work or Social Care, that can see the benefit of spending time outside and would like to have the basic skills to do so.
- Anyone who has a basic interest in all things outdoors and would like to increase their knowledge of bushcraft skills and natural history.

Course components.

Fire:

One of the essential skills in bushcraft is lighting and maintaining a fire. Students will be introduced and guided through a range of fire lighting skills and fire lays to suit a variety of conditions.

Camp/ Shelter

Living comfortably is what good bushcraft is about, and in this section, you will be introduced and guided through essential camping skills like knots and hitches, water purification, cooking methods, building and erecting common shelters.

Craft Skills:

This course will look at basic carving skills as a way of reinforcing good knife technique. We will also guide you through the process of making cordage from natural resources like roots and inner bark.



Natural History:

Being able to identify trees and plants and understand the functions they have, not only allows for a safe and informed practise, but it also brings us closer to the natural world. Students will be introduced to a variety of common plants and trees and shown their practical and medicinal uses. With the knowledge provided students will get an opportunity to make their own first aid salve from wild plants.

Other Information

While every effort will be made to ensure sunshine during the training course, participants will be expected to dress appropriately for the outdoors. In situations where the weather becomes unmanageable for *training purposes*, we may have to reschedule some of the components; Bushcraft is about working in harmony with nature, not against it!

For some students simply participating in the course will satisfy their needs, however, for anyone wishing to do the assessment it will require a further half a day in May.