Introducing Orienteering –
Workshop for Teachers, Carers & Youth Leaders

Introducing Orienteering is an interactive workshop for teachers, outdoor centre instructors, youth leaders and anyone interested in introducing orienteering to young people. It is run by Scottish Orienteering and our dedicated team of tutors.

The Introducing Orienteering Workshop (IntrO) is a superb workshop encompassing enjoyable, active learning experiences, and provides learners with a set of resources that you can use immediately for a series of progressive sessions. No prior knowledge is required, and all physical activity is at whatever level you choose.

During your time with us you will learn how to introduce the basic skills of orienteering through indoor and outdoor activities, and how to bring a variety of subjects to life through the medium of orienteering. As well as offering the incentive for significant physical activity, orienteering offers important life skills and links with many areas of the curriculum which are of genuine interest to young people:

- Environmental awareness
- Spatial awareness
- Mathematical calculations
- ICT
- Developing communication skills
- Team work
- Planning
- Decision making
- Problem solving
- Independence and self confidence

The full course can be delivered in a single, 6-hour day, but we can split it into half day sessions if that suits your requirements better. We can also provide further training in which you will learn how to take the orienteering beyond the confines of school or centre grounds. We pride ourselves on adjusting the content to meet the diverse needs of our learners.

Courses are taught by our qualified, experienced and enthusiastic tutors, in a location to suit you. We run the workshops on an as required basis to fit in with your schedule.

Please email Suzanne - suzanne@scottish orienteering.org - if you'd like a course near you. Cost depends on the number and length of sessions you require. Funding may be available if cost is an issue.