

Cappanalea ... a once in a lifetime experience

During the years of its existence Cappanalea has catered for many individuals and groups. *This is how they experienced our service and programmes:*

"They (Cappanalea) contribute significantly to the physical, social and emotional health of the visiting students. There is excellent student-instructor rapport in evidence which is based on a gentle, caring yet responsible code of discipline and the quality of interaction between Outdoor Education instructors and students is commendable."

DES - SUBJECT INSPECTION REPORT ON CAPPANALEA OEC

"We have found none to compare with the level of educational commitment offered by the staff of Cappanalea OEC. The staff is totally committed to the overall education of the young people in terms of the skills learned, the values explored, while taking part in the activities."

TONY LEE (PRINCIPAL) / MARGARET FITZPATRICK (SPORTS COORDINATOR) SCOILE MHUIRE KANTURK, CO. CORK

"I am just home from Cappanalea and it was fantastic!... it was an experience that will change my life"

SHANE - MOUNT ST. MICHAEL, ROSSCARBERY, CO. CORK

"Thanks so much for a great school tour, it was the best yet!"

SINEAD - FILEMORE NATIONAL SCHOOL, CO. KERRY



**CAPPANALEA
OUTDOOR EDUCATION CENTRE**



Cappanalea is signposted from Killorglin - arrangements can also be made for collection.



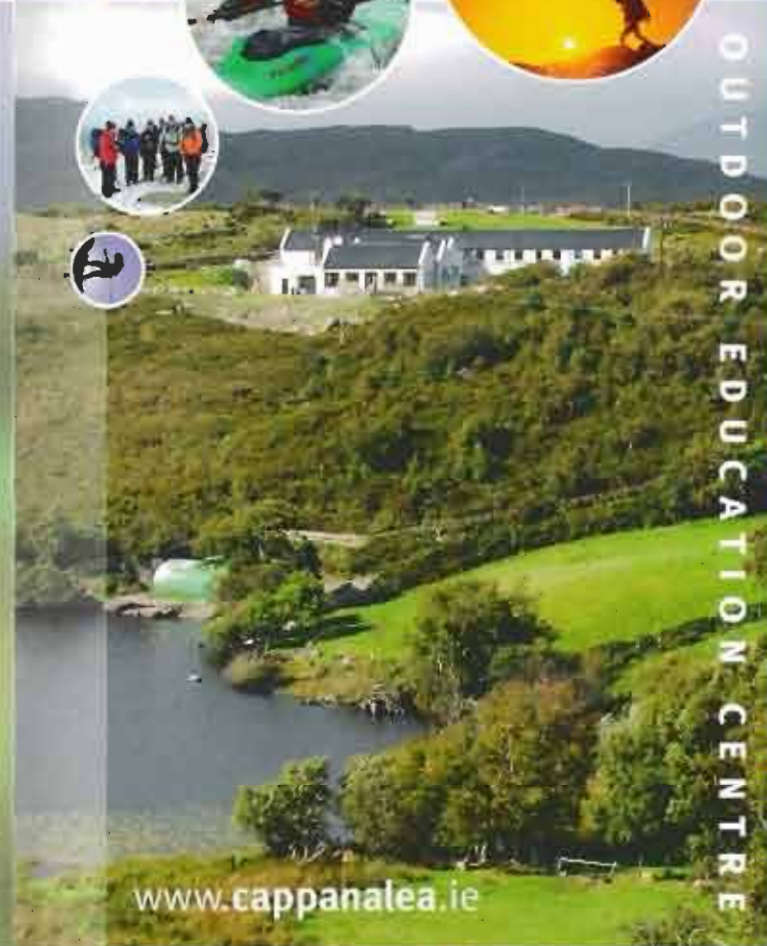
CAPPANALEA OUTDOOR EDUCATION CENTRE:

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**CAPPANALEA
OEC**



www.cappanalea.ie

OUTDOOR EDUCATION CENTRE

CO. KERRY

Staff qualifications recognised by:



www.cappanalea.ie





Mountainous location overlooking Cappanalea Lake

In the heart of the famous Ring of Kerry you will find Cappanalea OEC, beautifully sited in a perfect wilderness location on the mountainous shores of Caragh Lake. The new Centre is nestled in the hillside and overlooking the sheltered waters of Cappanalea Lake. Approximately 11km from Killorglin town, the Centre is surrounded by small peaks and within easy reach of the lofty MacGillycuddy Reeks, which include Carrauntoohil, Ireland's highest mountain.

The Staff

Your first contact with the Centre will introduce you to a group of warm and friendly professionals. They have over 25 years experience in working with groups from all parts of the world. The qualified staff draw upon a depth of expertise in designing and running courses in the wide spectrum of outdoor education and adventure sports.



Focus on Personal Development

Cappanalea is an Outdoor Education Centre (OEC) that focuses on personal development. Our programmes can include the full range of adventure sports and field study activities, which make students aware of and develop their often hidden talents and skills. We also teach them about team building and how to make their contribution to the effectiveness of a team. In our programmes we use adventure education and outdoor/wilderness experiences to enhance the learning outcomes.

Depending on the abilities of the students we run our programmes on either introductory or more advanced levels of proficiency as we are aware that each group (or individual) has different needs and learning objectives. Whether you're young or not so young, fit or otherwise, by yourself or with a group, Cappanalea can cater for you.

Cappanalea's Mission Statement

Our Mission is to provide a balanced, broadly based and proactive Outdoor Education Service of the highest quality, in which the resources available are deployed as to sensitively maximise the use of the outdoors as a means of:

- Furthering formal education
- Enhancing personal/interpersonal development & physical well being (Healthy Lifestyle)
- Promoting outdoor sporting skills and recreational activities (Sports for All)
- Developing a greater environmental awareness
- Promoting excellence in sport

- ▶ CANOEING
- ▶ KAYAKING
- ▶ WINDSURFING
- ▶ SAILING
- ▶ RAFT BUILDING
- ▶ CAMPING
- ▶ HILL WALKING
- ▶ ROCK CLIMBING
- ▶ ORIENTEERING
- ▶ BOULDERING
- ▶ FIELD STUDIES
- ▶ TEAM INITIATIVES

www.cappanalea.ie



Safety and Insurance at Cappanalea OEC

Cappanalea has maintained its very strong safety record since it was established in 1981. A culture of safety is kept to the forefront of all operations at the Centre. Careful ongoing attention is paid to all safety considerations: - to staff qualifications and training; to quality equipment and facilities; to appropriate levels of programming; to domestic and catering hygiene and of course, to student activities.

Cappanalea like all public facilities has insurance which covers its public liability; its transport and the marine activities at the Centre. There is also an option for students engaged in programmes run by Cappanalea OEC, to take out additional Personal Accident Insurance Cover. The main benefits of this optional personal accident insurance policy, is that it will provide the financial resources to cover medical and dental expenses, up to €5,000, if they arise out of an unfortunate accident to a participant engaged in programmes at Cappanalea OEC.

Full details of the Personal Accident Insurance Cover, which is provided by Irish Public Bodies Insurance Brokers, is available from the Centre.

