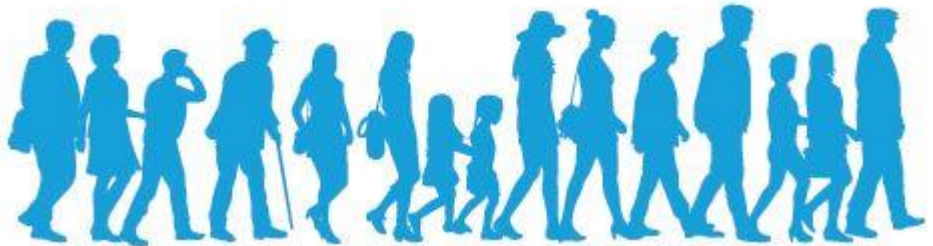




The framework for Sustainable Development in Ireland sets out the challenges and options to ensure that quality of life and general wellbeing can be improved and sustained.

We invite you to contribute to that framework by developing a leisurely walk through your community.

Get people out walking, chatting to each other, and admiring their own community.



You don't need to bring in the heavy machinery or spend millions of euro. You just need a route, a map and walkers. Whether it is a walk down a country lane or a city street you do need rest spots, and something to attract and sustain people's interest. We leave that to your imagination.

The Criteria for the walk:

- A Short walk in your community
- 300 to 1,000 metre long.
- Seating every 150 metre
- Allow walkers to circle back to start
- Include items of interest along the route, natural or man-made
- Create a new route or revitalise an existing one

Your design should:

- Allow people of all ages and physical fitness to take part.
- Connect neighbours with each other, themselves and their environs,
- While developing an area in your community that has fallen into disuse.
- Include seating. It can be a wall, a bench a log, something upcycled or reused

The aim is to revitalise space within your community, to enhance community spirit, personal wellbeing and include people who are often excluded.

The project should be a community development in every way, from conception to completion. It can be a walk around the town square, a walk from the school to the church, a sheltered shopping expedition, a nature walk or a walk highlighting your entries in the other special awards categories. Use your imagination, have fun.

Social interaction, keeping in touch with people, combined with exercise is the key to good mental and physical health. The increased footfall on the streets regenerates a neighbourhood. Inclusivity and maintaining personal and environmental health are vital for sustainable development.



Use recycled, upcycled, reused items to create this walk and the points of interest along the way.

Encourage an appreciation of the people, the things and the environmental diversity that makes your community special.

Show us what you have done

- Take pictures before, during and after.
- Make a map pointing out the route and the items of interest
- Take pictures of your interesting items, people and places
- Show the seating and the people made it and people who use it
- Get feed-back from the walkers and the people who live or work along the route
- In no more than 1000 words provide us with an outline of how you created your project and who uses it.

The €5,000 prize fund will be divided as follows:

1st place €1,000

2nd place €800

3rd place €700

Plus five prizes of €500

Scoring Points

Points will be given for the inclusion of:

- a variety of age groups & physical abilities
- variety of community groups,
- in the design of the walk
- creation and use of the walk
- the seating natural and manmade
- creative recycling, upcycling, and re-using of materials for seating and items of interest
- How well the walk engages people's interest
- How well the criteria and aims of this competition have been met.

There are plenty of websites available to give you inspiration, here are a few:

[16 Ways to Make Your Neighborhood Safer, Greener & Fun | On the Commons](#)

[Sustainable development goals - United Nations](#)

<http://health.gov.ie/healthy-ireland/physical-activity/get-ireland-walking/>

<https://www.cdc.gov/physicalactivity/downloads/mallwalking-guide.pdf>



Entry Form for the Tidy Towns Sustainable Development Special Awards

| | |
|--|--|
| Name of Community Group: | |
| Name of the Project | |
| Location of Project: | |
| | |
| County: | |
| Name of Contact Person | |
| Contact email | |
| Contact Postal Address | |
| | |
| | |
| EirCode post code | |
| Click here to find your Eircode or go to https://finder.eircode.ie/#/ to find your EirCode postcode | |