

FAQs

Special Olympics
Ireland



How do I register?

[Click here](#) to register.

Do I have to do the Abseil or Dip?

No. You can absolutely fundraise your way by choosing any safe and legal challenge or event.

Is there a minimum fundraising target?

We encourage everyone to aim for €500, as this fully funds one athlete's year of training. We understand you may not reach the full target, and we'll be here to support you along the way with guidance and advice.

Are there prizes?

Yes! When you reach your goal, you'll be in with a chance to win exciting rewards. See the Prizes & Milestones section for details.

How do I get resources?

Visit our Toolkits section, which is packed with ideas, downloadable supports, and templates to help you succeed.

Can I take part in both the Abseil and Dip events?

Yes, you can! Please note that you must reach a fundraising target of €350 before taking part in the Abseil event.

Have another question?

Please contact us at champions@specialolympics.ie