



Please find a list of frequently asked questions, if there is anything that is not answered here, please feel free to contact us on 01 678 1620 or email [caitriolah@ms-society.ie](mailto:caitriolah@ms-society.ie).

**Why... is this important and where will the money go?** You probably want to know. Worldwide there are over 2.3 million people living with MS. In Ireland there are over 9000 people living with MS, that's 1 in 500 people. Kiss Goodbye to MS is a global community of people, just like you, who are daring to raise money for vital MS research and services. MS is a chronic and unpredictable condition that needs serious solutions. This stuff doesn't happen by magic and it's never free, so you are going to do something incredible and walk on fire.

Here is a list of FAQ:

**What is Fire Walking?**

Walking on fire has existed for several thousand years, with records dating back to 1200 BC. Cultures across the globe, from Greece to China, used fire walking for rites of healing, initiation, and faith

**Who can fire walk?**

Anyone over the age of 18 years old can register to fire walk. You must also be able to walk in a straight line and have physical feeling in your legs.

**Does it hurt?**

Surprisingly enough, everybody's firewalking experience is unique to himself or herself. There are very obvious physical reasons why firewalking is possible. These will be explained during the training. The hardest thing to overcome is the fear of taking the first step (as it is a new experience!)

**What does it feel like?**

Opinions vary, a number of people cannot remember having any physical sensation at all about the experience. Some report that it was freezing cold! 'Like walking on snow' but others perceive it to be hot!

**What included on the evening?**

Training session, fire walk, certificate and video of your walk.

**Do I have to take part in the 1.5 hour training session?**

All participants must complete the training session on the night, you will not be allowed to partake without completion of this. This is a brilliant sessions and you might get to break boards and bend polls at

**Can I opt not to take part after I complete the training on the night?**

Yes, no-one is forced to participate in the actual fire walk. The whole idea of any successful fire walk is that, it is you making and taking the decision.

**Who will be teaching me to fire walk ?**

A trained professional will be conducting the training and the fire walk.

**What happens on the night of the event?**

18:00 Registration 18:30 Lighting of Fire 18:45 Motivational Training Session 20:15 Spectators wishing to see firewalkers need to be onsite 20:30 Commence Fire walking

**Does it feel like?**

Everyone experience is different. To some it feels hot, others cold and many people feel no sensation.

***It is real fire?***

Yes, burning at a mean temperature of 800 degrees Celcius! To put it into perspective: paper combusts at 320 degrees, aluminium melts at 660 degrees!

**What do you burn?**

A combination of pine, ash and oak, broken down into a smooth red hot path, 20' long by 3' wide.

**How much do I need to fundraise**

Each participant must raise €180 which will be spend on MS services and research. We can help you reach this and have sponsorship packs and materials with loads of ideas.

**Why should I do this?**

We all have to face things we are uncertain about. Use this event to set up resources that will always be available for you. If you can conquer fear in the very real form of walking across hot embers then you can use this experience as a benchmark for any other situations in the future.

**How can I fundraise?**

Click here for tips <https://kissgoodbyetoms.ie/fundraisers/> , idea and how to set up an online fundraising page.