



# De La Salle College, Dundalk

## Transition Year Programme: Description of Events, Programmes etc.



### Event Details & Descriptions

**(Just Because It's Listed Here Doesn't Mean It Will Definitely Happen!**

**All events are subject to availability & restrictions):**

#### All Students

**Lasallian Awards Programme:** Offered as a (hopefully) temporary replacement for the Lasallian Competitions, students will be required to complete between 5 & 25 straightforward tasks over a defined period, in order to receive a Gold, Silver or Bronze Award. The tasks are categorised under the five Lasallian Core Principles & are very student friendly in their composition, making a rewarding & learning experience for all.



**Smashing Times Drama Workshop:** Smashing Times is a Dublin-based Film & Theatre Company that promotes positive mental health & suicide prevention. The 'Acting for the Future' drama project for TY is run in association with

The Samaritans, with assistance from a panel of advisors. The performance is followed by a post-show discussion with a registered psychotherapist & invited guest speakers.

**Bebras Challenge:** The Bebras Computing Challenge introduces computational thinking to students, by allowing them to solve interactive tasks online. It is run in over 40 countries and takes place every November. Students are divided up based on age & will complete an online problem-solving task as the first stage of the competition. Those who qualify will be selected for the National Finals, held in NUI Maynooth in May. The tasks can be answered without prior knowledge about computational thinking or information & communication technology. The aim of Bebras is to get students all over the world excited about computing.



RCC  
Rape Crisis Centre  
Developed by the  
Dublin Rape Crisis Centre

**Bodyright Programme:** The Bodyright Programme is an evidenced informed education programme for 15-17 year olds that is focused on healthy relationships & sexual violence prevention. The programme has been developed by the Rape Crisis Network Ireland, with support from. The sessions are delivered by a trained facilitator &/or teacher & will include discussion around topics such as: consent, identifying healthy &

unhealthy relationships, social media, sexual violence prevention, the influences & pressures on young people today & the associated impact on their mental, emotional & sexual health.

**Tanagh Outdoor Education Centre:** Located in County Monaghan, Tanagh is an outdoor activity centre that is used for a two-day overnight trip, focusing on land & water based activities.





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**Film Studies Workshop:** A one-day workshop facilitated by the Armed Eye Film Company. The workshop involves students in the practical elements of film-making, where many will become the stars of their own movie production.

**TY Driving School:** The TY Driving School course has been specifically tailored to teach practical driving skills in a safe environment to students before they reach the age for driving on public roads. The programme consists of groups of 18 to 30. The facilities at Goffs on the divided into morning and with each student behind the wheel. In the in driving, the rudiments of car dynamics, proper control, cockpit drill, and courtesy. In a classroom setting they are instructed in driver awareness, attitude to driving, road safety, and practical information on the theory test, licensing, insurance, and rules of the road.



of a one-day course in students are taught in Naas Road. The day is afternoon driving sessions spending about an hour cars they learn best practice

**RNLI Clogherhead:** Students will get to visit the Lifeboat Station at Clogherhead, staffed by volunteer crews 365 days a year. The students will receive a talk on the operation of the lifeboat station, the time & training involved & the importance of water safety in all weather & locations.



**Lifeboats**



**'Outside The Comfort Zone' Talk:** This is a talk given by motivational speaker Marc Mulligan, to encourage students to take on new challenges & endeavours in order to develop themselves over the course of the TY programme & beyond.

**Internet Safety Talk:** This is a talk given by personnel of Child Watch Ireland, an agency specialising in internet safety awareness for teenagers. The talk focuses in particular on the use of social media & the dangers of the 'digital footprint' that people can leave behind.

Child Watch  
Digital Age Child Protection



**Keystone Entrepreneurship Day:** This is a workshop given by former student Anthony Woods, of Keystone Business Solutions, to get students involved with the TY Enterprise Programme to focus on how to initiate & develop a small business.

**'Look into Law' Course:** A programme designed to give students a taste of life in the legal system, from the point of view of the legal profession. A team of barristers will visit the school to deliver a two-day course focusing on the legal system & the schools will be invited to participate in the Mock Trials competition, where students can be selected to participate in imaginary trials in the Four Courts in Dublin.





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**Work Experience Workshops:** Designed to aid students in their search to find a useful & valuable work placement, these courses will take place at the beginning of the year & are facilitated by Robbie Richardson of Customer Focus.

**Introductory First Aid/CPR Course:** Certified by the Irish Heart Foundation, the Introductory First Aid & CPR course gives students a grounding in basic First Aid & CPR techniques. This will also be accentuated by AED defibrillator training provided via the Technology Department.



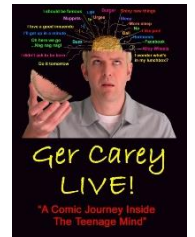
**The TY Show:** This takes place in Punchestown, Naas & is a careers-focused TY event.



**Zeminar.ie:** This is a wellbeing & education for young adults event, that takes place in the National Sports Campus, Abbotstown.

**CV Preparation Programme:** An opportunity for students to develop a Curriculum Vitae, which will be amended over the course of the year & can be used to showcase all that was achieved during TY, as well as for future employment!

**TY Comedy Show:** Especially written by Ger Carey & running for nearly 20 years, this TY centred comedy show will leave the students in stitches, as Ger gently exposes their habits & attitudes.



**GAISCE Awards:** The Presidents Awards (GAISCE) have been in operation since 1985. Students have the option to register for the GAISCE Bronze Award in TY. This incorporates the completion of four key challenge areas: 1) Community Involvement (Charity Work, Green Schools, Tidy Towns etc.); 2) Personal Skill (MOS, Learning an instrument, learning a foreign language etc.); 3) Physical Recreation (walking, cycling, tennis, soccer etc.) & 4) Adventure Journey (adventure centre, mountain hike, canoeing etc.) Students must spend a minimum of one hour per week for thirteen weeks working on the four areas & many of their TY courses or events (MOS or Tanagh for example) can be used to satisfy some of the requirements.

**GAA Future Leaders Programme:** Established by the GAA, the Future Leaders Programme gives students the knowledge and skills to support all roles required in the effective staging of Gaelic Games. As part of the programme pupils are challenged to organise and run a GAA Super Games Blitz or set up a Super Games Centre for younger students and/or support coaching of younger players in their school or community.



**Create the Great in You (CGY) Programme:** This programme is designed to introduce students to “3 C Thinking”, (Communication, Collaboration & Creativity) where the group begin a journey of self-development & critical thinking. The group will learn new practical & interpersonal skills which can be applied to daily life.





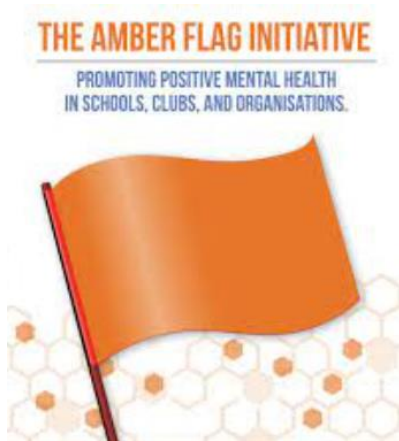
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### **Optional Events & Programmes:**

*(These may be competitions that can be entered on an individual basis, or programmes/events offered on a limited basis in the school or competitions/programmes that students may apply for or be selected for. Please note that many of these placements may require parents/guardians to arrange travel to/from these venues)*



**Pieta House Amber Flag Programme:** The Pieta House Amber Flag Initiative recognises the individual efforts of secondary schools to create healthy, inclusive environments that support mental well-being. Students work together toward a happier & healthier Ireland & eradicate the stigmas associated with mental health issues. To achieve the awarding of the Flag, students have to complete three tasks a) create & run a mental health awareness campaign; b) organise & run a fundraiser for Pieta House; c) develop & implement a solution to issues of mental health that may arise/be present in the school. Participation is optional for students, but a steering committee will be formed early in the academic year to work on the project, in consultation with all relevant parties.

**Digital Champion Programme:** This is an initiative funded by the Department of Communications, Climate Action & Environment, encouraging students to develop digital projects that will have a positive impact on their school or local community. Students will apply for selection for the Programme & selection will involve participation in site visits & the showcase event in Dublin.



**Thomas F. Meagher Foundation Flag Day:** The Thomas F. Meagher Foundation was established in 2013 to promote pride in & respect for the Irish flag & its' meaning for peace. An ongoing focus for the foundation is on the new Irish communities, with an emphasis on supporting their inclusion in Irish society. Through the 'Flag Day' programme, a steering committee of students will organise & run, leading up to St. Patrick's Day, a series of Irish flag themed events, including a flag-raising ceremony, a flag-pin selling event & other flag themed events.

**Dundalk Credit Union 'CluedIn' Programme:** Dundalk Credit Union has created 'CluedIn', a financial education resource for secondary schools, that explains personal finance in a concise, easy-to-follow, engaging format, giving students an opportunity to look at their relationship with money & ways in which they can make smarter, more informed decisions about money.



**DkIT Entrepreneurship Programme:** This is a programme offered to a limited number of schools, involving a week-long series of events, working through entrepreneurial skills in Science, IT & Technology, hosted by DkIT. Students will be selected for this programme based on their subjects taken at Junior Certificate/Cycle level.



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Believe in it. Act on it.

**Young Social Innovators (YSI) Programme:** Students are encouraged to become involved as Social Innovators, establishing & setting up events or programmes in the school to create awareness of a social or global issue – previous campaigns have included anti-bullying, mental health awareness & single use plastic awareness. Students have to plan, design & implement a project, which will then be showcased regionally & nationally.

**Clar Raidio:** Run by Dundalk FM, Clar Raidio is a programme that allows students to plan, design & record a radio programme using their native language – that’s Gaeilge in case you’re wondering!



**DkIT TY Week:** DkIT offer a TY Week in January/February each year. Hosted by the IT Department, the week is designed to give students a taste of Third Level life – they will attend lectures, use the student facilities etc. Places are limited & are assigned by lottery – students will be informed of the application process when it opens.



**Erasmus+ Programme:** A hugely successful school exchange programme, in which we are currently twinned with a school from the Galicia region of Spain, Catoira High School. All students can apply for inclusion in this exchange programme (15 are selected) which sees students spend a week in Spain, followed by a return trip when we host the students from Catoira.

**DkIT Engineers Week:** DkIT, in association with Engineers Ireland, offer a TY Week in April/May each year. Hosted by the IT & Engineering Departments, the week is designed to give students a taste of Third Level life – they will attend lectures, use the student facilities etc. Places are limited & are assigned by lottery – students will be informed of the application process when it opens.



The University of Dublin

**Trinity College TY Physics Experience:** Trinity College run a week-long physics-based course for TY students. Places are limited & students apply online – details will be forwarded when available.

**UCD TY Science Experience:** UCD run a week-long science-based course for TY students. Places are limited & students apply online – details will be forwarded when available.

**RCSI Medicine Placement:** The Royal College of Surgeons of Ireland (RCSI) run a week-long medicine-based course for TY students. Places are limited & students apply online – details will be forwarded when available.



**ITLG Young Innovators Programme:** Run by the ITLG (International Technology Leadership Group), the Young Innovators Programme is designed to help in the development of key skills needed to meet the requirements of a competitive, innovative and entrepreneurial economy. Students are asked to imagine the world 50 years on & how it will differ from today across a wide range of categories that impact our daily lives – how we live, work, play, shop, learn & travel. Students apply for selection & complete projects based on the criteria laid out at the beginning of the year.

RCSI



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**Bus Eireann Go Places Competition:** An essay writing competition, on the theme of travel, sponsored by Bus Eireann, with exceptionally good prizes – this years winner won a trip to San Francisco & an iPad, as well as a set of Google Chromebooks for their school!

**Mental Health Ireland Photography Competition:** A photography competition, on the theme of positive teen mental health.

**John Hooper Statistics Medal Competition:** Run by the Central Statistics Office, this is a statistics based competition run annually.



**John Hooper Medal for Statistics**



**Newby Chinese:** A fun way to learn some Mandarin Chinese in a safe, interactive environment – will hopefully be run for the entire group.

**Aer Lingus Writing Competition:** An essay writing competition, on the theme of travel, sponsored by Aer Lingus.

**TY Triathlon:** Run by Louth County Council & hosted by St. John of God, Dunleer, schools are invited to enter teams of students in this cycling, swimming & running event.



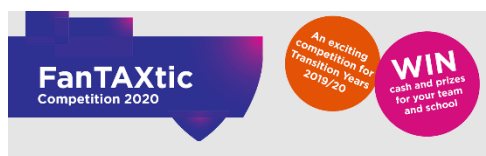
Comhairle Contae Lú  
Louth County Council

**Young Animator of the Year:** Run by the Dingle Film Festival, students are asked to enter a one-minute long animated movie on that years chosen theme.



**Young Environmentalist of the Year:** Now in their 20th year, ECO-UNESCO's Young Environmentalist Awards (YEA) is an all-Ireland environmental awards programme that recognises and rewards young people who raise environmental awareness and improve the environment. This could be through local environmental projects, making a difference to their lives and the lives of others both locally and globally.

**Young Economist of the Year:** Sponsored by the Central Bank of Ireland, students can enter this competition by creating a project on a topical economic issue – Brexit, Austerity etc. - & submitting their entry. National finalists are then selected & national winners may go on to represent Ireland at the International Economics Olympiad.



**Irish Tax Institute 'FanTAXtic' Competition:** Sponsored by the Irish Tax Institute, The FanTAXtic competition requires a team of 3 students in transition year (2018/2019) academic year, to submit a 2-minute video giving their thoughts on a tax issue.

**Poetry Aloud Competition:** An annual poetry writing competition for second-level students, sponsored by Poetry Ireland.







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**TU Dublin Computing Academy:** Technological University Dublin (formerly DIT) run a week-long computing academy for TY students. Places are limited & students apply online – details will be forwarded when available.

**Centre for Talented Youth Ireland (CTY):** Based in DCU Glasnevin, CTY run courses for all second level students (fees apply) – students will be made aware of these courses when they are available.



**St. Patrick's Institute 'Walk In My Shoes' Mental Health Awareness Programme:** Based in Dublin, the Programme is a one-week mental health awareness placement, conducted by our clinical staff in St Patrick's University Hospital (SPUH). Students have approximately five sessions each day, focusing on various aspects of mental health, and they get to take part in a mock Multidisciplinary Team (MDT) Meeting with staff. The programme runs from 10am – 2pm, Monday – Friday, and there is 45 minutes for lunch (provided in the SPUH restaurant) each day. Places are allocated on a lottery basis.

**IFI Film Club:** Run in conjunction with the Irish Film Institute, students will set up a film club, to organise the showing of recommended movies for teens, with follow-up exercises developing students reflective & writing skills.



Irish Film Institute



**Driving Theory Lessons:** This is a programme offered by El Passo Driving School, where students will be prepared to take the Driving Theory test (which can be taken by the students themselves outside of school with parental permission).

