**Booking Form - NALA Student Day – Saturday 15 October 2022 – The Metropole Hotel, Cork city**

**Please** use BLOCK CAPITALS.

**Your name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Email:** \_\_\_\_\_­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**About you**

Are you improving your literacy, numeracy or digital skills in a centre?

Yes

No

If yes, please tell us which centre: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you an adult improving your English where English is not your first language (Yes or No)?

Yes

No

Are you learning over the phone with a NALA tutor or using the Learn with NALA website (Yes or No)?\*

Yes

No

**Do you have any special requirements** (for example about your diet or are you a wheelchair user): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­

Please turn over this page and tell us which workshops you would like to attend on the day.

Workshops - You will be able to attend one workshop in the morning and a different one in the afternoon. We will fill the workshops on a first come, first served, basis.

Below please put number 1 on the left hand side beside the workshop you most want to go to and 2 beside your second choice and so on up to number 4.

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|  | **Being wise online.** Workshop facilitator: [**Kay**](https://8020.ie/projects/beyondtheclick-global-digital-citizenship/) **O’Regan** tutor with Cork Education and Training Board, Altrusa Adult Literacy Scheme. In this workshop you will get tips to help you think critically. How can you find out if information you see online is true? Hear ideas about how you can be more wise when online. |
|  | **Plain English in our everyday lives -** Workshop facilitator: [**Sean Driver**](https://www.nala.ie/plain-english/) from NALA. In this workshop, you will hear what plain English is and the work of NALA’s Plain English Service. You can also tell NALA about information you struggled with during the pandemic. |
|  | **Tips for living well -** Workshop facilitator: [**Maggie O’Sullivan**](http://www.maggieosullivanlifecoach.com/) Life Coach. Maggie will help you explore how to look after your mind and become more aware of your inner critic. Look after your body – sleep, food and comfort. Know habits that help and habits that don’t! |

**Please** email this form to [mmurray@nala.ie](mailto:mmurray@nala.ie) (or post it to: Margaret Murray, NALA, Sandford Lodge, Sandford Close, Ranelagh, Dublin 6).

If you need to, you can book over the phone by telephoning Margaret on 01 412 7928.

Once you have booked, just come along at 10 am on Saturday 15 October. We look forward to seeing you then.