

# **NALA Student Day - Saturday 15 October 2022**

## **The Metropole Hotel, Cork**

Theme: “We are back again”

### **Who is this Student Day for?**

The NALA Student Day is for you if you are an adult who is:

1. Improving your literacy, numeracy or digital skills in an adult literacy centre, or as part of another programme (could be for example a Youthreach programme, a National Learning Network or a Community Training Centre).
2. Learning over the phone with a NALA tutor or using the [Learn with NALA](#) website.
3. Improving your English in an adult education centre, where English is not your first language.

### **What is NALA?**

The National Adult Literacy Agency (NALA) was set up in 1980. We see adult literacy is a human right. We want an Ireland where everyone can develop their literacy, numeracy, and digital skills, and where all individuals can take part fully in society.

### **What happens at NALA Student Days?**

You meet other students, hear student speakers and learn something new at a workshop. No one is put under pressure. You can get up and walk around, and take a break if you need to.

### **A student only space**

NALA student days are for students only. The only exception to this is when NALA invites a tutor to facilitate a workshop or invites a non- student to speak on the day.

### **Is there a cost to attend?**

No, there is no cost to attend. NALA covers the cost for tea, coffee on arrival and lunch. We ask that all students attending show they support our work by joining NALA as a member for free. If you come along you can join on the day.

### **Transport**

The Metropole Hotel is near Kent Station for trains and across the river from the bus station. Unfortunately, NALA cannot cover transport costs for students.

### **You need to book your place before the day**

- Please fill in the booking form below so NALA can plan the day well.
- Choose two workshops you want to go to, one in the morning and one in the afternoon. If booking for someone else and you don't know which workshop to choose leave it blank.
- Once you have booked, just come along on the day. We look forward to welcoming you on the day.

### **Agenda:**

10.00am - 10.30am:	Registration and tea and coffee
10.30am – 10.40am:	Welcome and introduction
10.45am – 11.30am:	Short talks from students
11.30am – 1.00pm:	Morning workshop
<b>1.00pm – 2.00pm:</b>	<b>Lunch</b>
2.00pm – 3.30pm:	Afternoon workshop
3.30pm – 4.00pm:	Questions and answers with NALA

**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.

	<p><b>Being wise online.</b> Workshop facilitator: <a href="#">Kay O'Regan</a> 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.</p>
	<p><b>Plain English in our everyday lives</b> - Workshop facilitator: <a href="#">Sean Driver</a> 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.</p>
	<p><b>Tips for living well</b> - Workshop facilitator: <a href="#">Maggie O'Sullivan</a> 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!</p>

### **A note on how NALA helps students feel comfortable on the day**

- On arrival students are welcomed by NALA's Student Subcommittee. If you are encouraging a student to attend but think they need extra support, let us know. We can arrange for a Subcommittee member to look out for the person.
- In the introduction we go through ground rules about the day, housekeeping and about taking part in a respectful way.
- We have an evaluation form for students to fill in about the day. It is optional and is mostly tick boxes. Facilitators of the afternoon workshop and the Subcommittee are available to help students to fill the form.

If you have any questions about the day, please don't hesitate to telephone Margaret Murray, Literacy Student and Development Officer, NALA on 01 412 7928, or email [mmurray@nala.ie](mailto:mmurray@nala.ie)