**Booking form for the NALA Student Day**

**Saturday 22 April 2023 – The Galmont Hotel, Galway**

Three ways to book:

* Fill in this offline booking form and email it to [mmurray@nala.ie](mailto:mmurray@nala.ie)
* Book on [nala.ie/support-us/student-day-galway-22-april-2023/](https://www.nala.ie/support-us/student-day-galway-22-april-2023/)
* Phone Margaret in NALA to book: **087 969 3696**

**Please** use BLOCK CAPITALS.

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

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

If you go to a centre to improve your reading, writing, numbers or computer skills please tell us **which centre** you go to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What course** are you doing there? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you using **any NALA services?**

Yes, I work with a NALA tutor over the phone

Yes, I use the Learn with NALA website

No, I am not using any of the above services.

Are you an **ESOL student** (improving your English, where English is not your first language)? Yes No

**If yes**, are you? A beginner student An advanced student

What is your **nationality?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any **special requirements** (diet or you are a wheelchair user)?

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**Workshops**

You will go to one workshop in the morning and a different one in the afternoon. Workshops last one hour and a half. Please tell us which workshops you would like to attend on the day.

Below 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 5 if you wish.

|  |  |
| --- | --- |
|  | **Creative writing – Bern Butler, creative writing facilitator**  Bernadette will share with you how to get started, keep going, develop a practice of writing and begin to send out pieces of work for publication. |
|  | **Tips for living well - Maggie O’Sullivan Graham, life coach**  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! |
|  | **Being wise online – Sadie Hynes, digital literacy tutor**  Get tips to help you think wisely when you are online or on your phone. Check if information you see online is true. Think is it the kind of information you want to share? |
|  | **Energy in your home – Emer Cosgrove, environment and literacy tutor.** Find out about energy and ways you can make changes at home that are good for the climate and help you save money. |
|  | **Meeting for ESOL students** **– Mary McDermot, ESOL tutor**  Are there common Irish phrases that are confusing for you? Hear interesting facts about Ireland and meet students from different countries. |

Once you have booked, just come along at 10 am on Saturday 22 April 2023.

We look forward to seeing you then.