

# ECHO

Letterkenny Youth Information Centre Newsletter  
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# FREE

In this Youth Media Group Edition of Echo you can read all about the European Volunteer Service, you can the words and opinions of our youth media group, we look back on a busy few months in the YIC and Loft and look ahead to all that is coming up in the YIC and Loft in summer 2010.

Enjoy!

Martin Keeney

Youth Information Officer

# EUROPEAN VOLUNTEER SERVICE

## SPECIAL EDITION



### INDIGO RUSHE REPRESENT DONEGAL AT THE IRISH YOUTH MUSIC AWARDS!

News Youth Media Group articles Speak Up YIC & Loft News What's Coming Up?



by Emma Lee  
YIC Work  
Placement



## PARTY IN THE PARK 2010

A date has been set for this year's Party in the Park. It will be held on the 26th June in the town park. Party in the park is an annual music event organised by the Youth Information Centre for young people in Letterkenny. The event will again this year be sponsored by Arena 7 and Dominos pizza. There will be everything from face painting to bouncy castles and even a mechanical bull. There will be up to 15 bands performing and there will be free pizza too! If you or your band is interested in playing, see Frankie or Marty in the YIC now for more details.



## BREAKOUT PHOTOGRAPHY EXHIBITION

Breakout LGBT group recently launched their photography exhibition in the Regional Cultural Centre. Breakout is a new drop in service open to people aged 16-23 who identify as a lesbian, gay, bisexual or transgender. The group meets every Saturday in Letterkenny, with young people from all over Donegal attending. If you or someone you know would be interested in attending the LGBT drop in service contact Sheena, Marty or Sinead on text-line 0857411607, email [lgbt@donegalyouthservice.ie](mailto:lgbt@donegalyouthservice.ie) or find out at [www.bebo.com/lgbtcdonegal](http://www.bebo.com/lgbtcdonegal) for more information.

## IRISH YOUTH MUSIC AWARDS

The National finals of the Irish Youth Music Awards were held in Dublin on Saturday the 24th of April. Regional Final winners, Indigo Rushe represented Donegal at the national finals, competing against bands from all over Ireland.

The standards were very high and Indigo Rushe gave an amazing performance with great support from the crowd. A bus full of supporters headed down to Dublin to show Indigo Rushe the support they deserved. The atmosphere on the bus was fantastic; everyone was excited and anticipating Indigo Rushe's performance. The show itself was brilliant, most of the bands were extremely talented. Although Indigo Rushe didn't win they still gave a brilliant performance and did themselves proud. It was a good day and everyone enjoyed themselves. Well done to Indigo Rushe.



## NORTH WEST YOUTH FILM FESTIVAL

Young people from the Letterkenny YIC youth media group recently had their film shown as part of the launch of the first ever North West Youth Film Festival. The festival was a Peace III funded cross border youth film project led by the Regional Cultural Centre in Letterkenny in partnership with the Nerve Centre in Derry. The project included an intensive one-week film school in August 2009, attended by 50 young people from six different youth groups.

We look at some recent highlights in the Youth Information Centre.

And the winners are..



JDG waiting backstage



Indigo Rushe winners of IYMA's



Left Mid: Indigo Rushe play an encore at IYMA's  
Middle Right: Minister for Children visits YIC  
Bottom Left: Intercultural group on residential  
Bottom Right: Enjoying the craic at the Irish Youth Music Awards Regional final in An Grianan Theatre



Letterkenny Youth Information Centre have been a host organisation for the European Volunteer Service, having had 3 different European volunteers work here for a period of 9 months. Here Aigi and Giulia tell us their own unique stories of their experiences here in Donegal.



## MY IRISH EXPERIENCE by Aigi Kalvik (EVS Volunteer Planet Youth)

Since I came here, Irish people have surprised me with their friendly approach, their warmth and their natural need to make you feel good. It takes more time for Estonian people to warm up. It isn't typically Estonian to start conversations with strangers while waiting for a bus or in a shop etc. At the beginning it was weird for me, but now I really like it and I am probably going to scare Estonian people now!

People talk here a lot about the weather, no surprise as it is really hectic here. And they always ask: Any plans for the weekend? Any craic at the weekend? People are more polite in Ireland, you hear sorry so many times a day.

Coffee or tea breaks is something that Estonians should have too, just to take time off and to ask each other; how are ya? How's it going? Any craic? Estonians are not used to such openness. But actually it is a very nice feature, especially when coming to a new country for the

first time in your life and not knowing anyone. I have found the food in Ireland quite similar to Estonian food. Estonians also eat a lot of vegetables, potatoes, mash and chicken. In Estonia we have less fast food eating habits though, and Estonians eat a lot of black bread that is made of rye only.

It has surprised me and other foreigners here people go to clubs to dance and how early places close at night. It leaves only like 2 hours for dancing! In Estonia we go to dance at 11pm, and clubs are open till 4am.

What I don't like is that shops close too early here. In my country bigger shopping centres are open from Monday to Saturday till 9pm and food shops close even later at 11pm.

In Estonia many people live in flats, also I was surprised to see so many private houses here. Having a house here seems to be a must.

When I first time came to Donegal and Letterkenny last July there were definitely many more things surprising me that I found different from Estonia but during the 9 months I have spent here, it has become a home to me and I don't notice the differences so much anymore, like I did at the beginning of my voluntary service.



## WHAT IS EVS?

EVS, which is administered by Léargas, funds volunteers from one European country to spend time - typically six to 12 months - working as a volunteer in a not-for-profit organisation in another country. Everyone benefits: the volunteer gains experience and skills and an insight into a different way of living, while the host organisation, and those it cares for, benefit from the energy and enthusiasm of the young person, while learning about another culture. Letterkenny Youth Information Centre have been a host organisation for the European Voluntary Service for the last 3 years. Through this time we have become very familiar with all aspects of EVS and the benefits it can bring.

If you would like to know more about EVS why dont you ask a member of the YIC staff now.

## WHAT I'VE LEARNED AFTER 9 MONTHS IN IRELAND:

by Giulia Dematte (EVS volunteer)

Giulia recently returned to Italy after 9 months with us here in the YIC. Here she shares some humorous observations about her time here in Ireland.

The concept of time is absolutely relative and generally "Let's meet around 9 for a pint" actually means "Let's meet after 10 (or whenever) for a considerable number of pints".

Vegetables cannot be eaten raw (apart from lettuce in hamburgers/sandwiches): they must be boiled, mashed or roasted; otherwise you must be very weird or uncivilized.

The body water percentage is 3%: the rest of the liquid part is composed by tea, coffee, beer or blackcurrant squash!

If your skin is very white because you are north-European, it's not good: you must put some orange cream on your face before going out!

The weekend and the weather are always interesting topics for a conversation, doesn't matter who you are talking to.

Having a very noisy car is cool!

Umbrellas are useless: water is not sulphuric acid, so you can walk in the rain without any problems!

If you like wearing very high heels but during the night you get drunk or just bored, you can walk without shoes on the street, even if it is winter and there is ice everywhere!

"Going out with someone" actually means that that person is your boyfriend/girlfriend. The same if you hug or kiss on the cheek someone.

Soup is good, and you can find it in every menu!

Pizza can be sweet and you can put ketchup and pineapple on it. Olives, olive oil and basil are not "eatable" food.

If you are from Cork, you should be very proud of it. But if you are from Donegal, you should make fun of people from Cork!

## WHAT AN IRISH PERSON SHOULD BE AWARE OF BEFORE GOING TO ITALY:



If you don't wear branded clothes you must be poor, or stupid.

If you kiss someone on the mouth, it doesn't necessarily mean that he/she is your boyfriend/girlfriend. However, for most people, kissing their friends and classmates, "just" on the cheek, is enough.

If you are a boy, you can live with your "mamma" forever without any problems, just because you are probably

too lazy to wash your clothes and cook your food...and 'because you will never find a woman better than your mum, of course!

If there is a problem and you don't have time to waste, you can always pay to solve it quickly!

Soup is just for old or sick people. If you order it at the restaurant, there is probably something wrong with you!

Boys can love shopping more than girls and wear pink shirts and skinny jeans without (in theory) being gay.

Learning foreign languages is useless because obviously everyone in the world can speak Italian, or at least understand you if you try to speak slowly!

Food is not just food; it's a philosophy and religion.

Pizza CANNOT be sweet and you can't put ketchup or pineapple on it! If you want to cook something, you probably need olives, olive oil and/or basil.

Politicians are not just politicians: they can be also showmen, singers and own television channels, banks etc...

If a girl weighs more than 50kg, she is clearly fat.

Mafia exists, but Italians in general don't speak or dress like the Godfather and they are not all criminals. In addition, not everyone has a southern Italian accent like in the movies!



## THE YOUTH MEDIA GROUP HAVE THEIR SAY

A number of members from the youth media group offer some opinions on their favourite movies, books and games.



### MOVIE REVIEW KICKASS (15)

by Connor McCarron

The new superhero movie Kick Ass does exactly what it says on the tin. The story follows Dave Lizewski, a comic book fan, who is inspired by these comics to become a superhero. The director Matthew Vaughn who has also directed Stardust and Layer Cake brings us an exciting superhero movie which balances comedy and action very well. The film starts off slow with some good chuckles but there's a point in which the film goes from an average teen comedy to an iconic ingenious laugh out loud movie which has its thrills and laughs along with its tear jerking moments. People might fall into the trap of mistaking it for yet another spoof movie but this is totally worth the time. So if you're over sixteen and are looking for a great film I would definitely recommend it. You will be quoting this film. 4.8/5



### BOOK REVIEW

by Jack Duffy

#### The silence of the lambs

The silence of the lambs is a psychological thriller written by Thomas Harris. The book itself revolves around rookie FBI agent Clarice Starling who is assigned to help find a missing girl, kidnapped by the serial killer 'Buffalo Bill'. To do so she gets the help of the 'criminally insane' serial killer Hannibal Lecter. The novel itself is suspense building and as you get deeper in the plot you find yourself yearning to find out how its going to end, will the ending be for better, or for worse. Definitely not for the faint of heart! 4/5



### GAME REVIEW - FINAL FANTASY 13

by Emmannuel Boakye

Thirteen is an unlucky number for some but square Enix have had no such problem with this game. This game is part of the final fantasy franchise. FF13 is very well known as one the best role playing games in all of gaming, having sold over 5 million copies. The producer of the game is called yoshinari kitase Square Enix have out done them selves with this final fantasy. In my opinion FF 13 out ranks the rest of the other final fantasies due to its amazing graphics, game play, story line and characters. As in all the FF games in order for you to defeat many of the bosses you need very good weapons, gear and magic and in order for you to do that you need to grind but in this final fantasy you can use tactics to defeat your foes. This game took me a week to complete but when I did it was worth it. 5/5

If you would like to get involved in the Youth Media Group you can talk to a member of staff now in the Youth Information Centre to find out more or tel 074-9129640.



The Youth Media Groups Robert Friel explores the weird and wonderful world of Universal Books.



During the recession people need to see that even the little businesses can last. If they can last, there is still a light at the end of the tunnel.

Universal Books and its companion Universal Records is an important and required asset. You can drop in to have a look and learn in your own time. You can also use the computers, with Internet access, and meet new interesting people that are looking for good deals. These deals could be on books, DVDs, cds, records, and comics, or you could pop down just to have a cup of tea.



The products and quality of the merchandise sold in these two shops are top-notch both new and second hand. These two shops have been opened for the last couple of years. I started going into Universal Books when it was previously down in Larkins Lane and it showed me a different side to Letterkenny through the new people I met. The new store is situated on Church Lane.

The shop gives you a feeling that Letterkenny has no limits to what you can learn. You can learn of other cultures while learning more about your heritage. The owner (David) and other workers (John & Tony) are very helpful and friendly in helping you find what you are looking for. The shop is very retro; the 1972 surfing poster demonstrates this. I wish there were more weird and wonderful shops like this in Letterkenny.

## PROFILE

Name:  
Emma Lee  
Title:



Transition Year Work PLacement  
Tell me about yourself?

My name is Emma, I'm 16 and I'm in transition year in the convent.

Why did you want to come do your work placement in the YIC?

Because I wanted to go somewhere that I was already familiar with and somewhere that I knew I would enjoy working.

What has been your favourite thing about here so far?

Everyones really nice!  
Anything you don't like?

Nope.

Have you any other interests/hobbies?

I like listening to music and drawing.

**If you would like to complete a work placement in the YIC talk to Marty now.**

## WHAT SHOULD I DO IF I AM BEING BULLIED?

By **Conor McCarron**  
(Youth Media Group)



Bullying is a very serious problem for many young people and can affect people in many different ways. It can happen in many different forms but its aim is always to make the person feel hurt, upset, intimidated or afraid. There are many types of bullying. It can happen verbally through name calling or insulting, physical bullying can often involve kicking, punching, shoving or poking. Non-verbal bullying happens when people make provocative suggestive or intimidatory gestures and the use of aggressive body damage.

Emotional bullying is another problem. Everyone knows what its like to be left out of a group or be ignored. Often in school personal property is often the focus for the bully, such as destroying school bags or books. In recent years other forms of bullying have become more common such as cyber-bullying or texts.

If you feel you are being bullied it is important to discuss what is happening with someone you trust. It is not your fault you are being bullied. Practice being assertive – stand tall, breathe steadily and look the bully in the eye. If you must speak do so calmly and firmly.

It is not advisable to retaliate physically as you may end up being hurt or even accused of being a bully yourself. Report abusive texts, phone calls, or emails to the Gardai. Keep a diary as it is important to keep a record of the 4 W's – Who Where What When. This will make it easier to tell your story.

Donegal Concerned Parents Against Bullying have their own helpline. You can text or call 086 3396655 or 087 9903036. For more information you can also contact Letterkenny Youth Information Centre on 074 9129640.

## SUMMER AT THE LOFT

### Enrolment & Information Night

Wednesday 26th of May is an opportunity for young people and parents to call to the LOFT and enrol in our upcoming activities. Time: 6pm-8pm

Summer programme kicks off on 28th of June with fundraising week.

This year we have 9 summer camps. (Age Groups in brackets)

6th-9th July - Community Relations Through Sport (15-18)

13th-16th July Multi-activity challenge (12-16)

20th-23rd July Rockschooll (12-18)

21st-23rd July Preparing for secondary school (for those going into first year in September)

27th-30th July Get Arty! art, photography, drama & more (14-18)

3rd-6th Aug Multi-activity week (12-18)

10th-13th Aug Preparing for secondary school (incoming first years)

17th-20th August Multi-sport week culminating in sponsored challenge (16-18)

24th-27th August Summer Festival (12-18)

### OTHER SUMMER PROJECTS:

#### Community Sport Leader Programme

Focusing on community relations through sport, this programme gives you the opportunity to gain certification and experience in a range of sports (Football, GAA, Rugby, Cycling, Badminton & Athletics) as well as The Community Sports Leadership Award from Sports Leaders UK.

#### Drama project

Meeting each week, the group will work with leaders throughout the summer to produce and perform a play.

### Girls Nights In

A feast of chocolate fuelled girliness!!!

### Boys Nights In

Pool, foosball, xBox, loud music & pizza!

### Health Events

Keep an eye out for health information events throughout the summer with topics including smoking cessation, drink aware, safe socialising, relationships and healthy diets. If you'd like to be involved in organising these events join the LOFT Youth Advisory Committee (LYAC) which meets every second Wednesday at 6.30pm.

### Drop-in

The drop-in will be open throughout the summer with late opening Wednesday and Thursday to 8pm and Fridays bringing band nights, movie nights, DJ and dance nights and Chillout nights to 10pm. Saturdays we are open 2pm to 6pm.

### Social Events:

28th May - Summer Kick Off!

18th June - Band Night

16th July - Band Night

13th August - Band Night

20th August - Indoor Beach Party

Band rehearsal space is available for use on Wednesdays 5-8pm, Thursdays 5-8pm, Fridays 5-10pm (except Band nights) and Saturdays 2-6pm. Use is free but booking is essential.

Throughout the summer our support services continue, if you would like to try new skills and get to know some new people or to talk to a member of staff about anything that annoys or upsets you, get in touch by calling in, or contacting us on (074)9188271, via email ([loftstaff@gmail.com](mailto:loftstaff@gmail.com)) or on facebook.

## WHAT'S COMING UP?

### YOUTH INFORMATION CENTRE

#### STUDENT GRANT CONSULTATION

If you are applying for the student grant and are not sure how to go about it we offer a free consultation service to help you fill in your application form.

#### SUMMER FILM PROJECT

The YIC are planning a new filmmaking school for 18-25 year olds. If interested talk to Frankie or Marty now.

#### EPA YOUTH EXCHANGE

Letterkenny YIC are hosting an international exchange in August, with people coming from Jamaica, Dominican Republic and Ghana. If interested in participating talk to Marty now.

#### HUWY PROJECT

HUWY aims to get young people talking about policies and laws which affect the Internet and channel their ideas to governments and parliaments, national and EU. If you would like to get involved talk to Gareth now.

#### PARTY IN THE PARK VOLUNTEERS

We are currently looking for volunteers to help with organising this years Party in the Park on June 26th. Talk to a member of staff now.

#### ALL IRELAND YOUTH WORK GAMES

Donegal Youth Service hosts the All Ireland Youth Work Games this year for the first time in its 30 years of existence. Up to 500 young people from across the country will be coming to Letterkenny. If you would like to help out with some of the events talk to Sheena from DYS now. Call 074-9129630.

#### YOUTH DEMOCRACY PROJECT

The Intercultural group are currently embarking on a youth democracy project. If you would like to take part talk to Frankie now.

#### FLYING THE COOP

The info booklet for those leaving home for the first time is now available in the YIC now.

[www.donegalyouthservice.ie/yic](http://www.donegalyouthservice.ie/yic)

## ABOUT LETTERKENNY YOUTH INFORMATION CENTRE

The Youth Information Centre is a well established resource for the local community providing Young people and those who work with them a one stop shop for information and training opportunities in the following areas:

*Job and Housing Lists - Law and Justice - CV Preparation - Travel opportunities - College applications - Student Travel card service - Practice for Driver Theory Test - Leadership training - Media skills training - Drop in service*

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