

Winter 2020

# ECHO



Youth Information Centre Newsletter  
16-18 Port Road, ILterkenny  
Tel: 074 9129630



European Solidarity Corp - Time to Move! - YIChat



Donegal Youth Service would like to wish you all a very Merry Christmas and a Happy New Year!

2020 has been a strange, unusual, and challenging year. Despite there being still uncertainty about what 2021 will bring we would like to take the opportunity to remind you that all of our services are still in operation and are here to support you and your family throughout 2021.

*Take Care and stay safe!*



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## **Donegal Youth Service: Still Supporting Young People**

Donegal Youth Service are still here for young people during the Covid-19 Pandemic, and they are encouraging young people to reach out to them during these challenging times. Donegal Youth Service Programmes and the drop-in service are continuing to operate online in new and innovative ways despite the building being closed.

Donegal Youth Service Regional Director, Lorraine Thompson said: "Donegal Youth Service recognises the importance of supporting young people now more than ever and we want to make this support as easy to access as possible. It's really helpful for a young person who is struggling to have a supportive adult to talk to and we have a team of youth workers who are here to help support young people at this difficult time."

Young people are facing many different challenges during this time. From uncertainty around exams, to loss of employment and independent income, to loneliness and concern for their futures. The pandemic has the potential to have a huge impact on young people's mental health and wellbeing, and many young people could be struggling with anxiety during isolation. For some young people their homes are not safe places, and now they have no respite.

For any young person who would like to speak to a youth worker, or get involved with any online programmes please reach out to Donegal Youth Service on social media, or by email. Phone support can be arranged. Donegal Youth Service offers a range of different services, and supports for young people up to age 25. For all links you can visit [www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)

Donegal Youth Service would like to thank young people for their effort in fighting the spread of the virus, and protecting our communities by staying at home. Young people around the world are keeping spirits high by helping out in their communities, as well as often providing some much needed entertainment. The majority of people of all ages are respecting the rules, and staying at home and Donegal Youth Service would encourage everyone to continue to respect this.



# YOUTH INFORMATION

## What do we do?

Letterkenny Youth Information Centre provide a free, confidential information service to young people and those who work with them. The centre managed by Donegal Youth Service is the only one of its kind in Donegal and it operates a one stop shop approach where all the information is available under the one roof. We also support parents/guardians seeking information and support for their young people. The youth information centre exists to help and support young people on both a personal and group level.



Through our work we have campaigned on youth related issues on a local and national basis, while also working to encourage and motivate young people to overcome barriers and achieve their goals in life. YIC Letterkenny is a multiplier of Eurodesk and part of ERYICA (European Youth Information and Counselling Agency).

## Leap Card Agent



This year Letterkenny Youth Information Centre has joined a network of the Student Leap Card agents. The Student Leap Card is the national student travel and discount card. It is the only way that full-time students get their student discount on fares for Go-Ahead Ireland,

Dublin Bus, Luas, Bus Éireann, DART and Irish Rail (Iarnród Éireann) as well as other local private services in the Republic of Ireland. The card also offers exclusive discounts from the SLC brand partners. It is available from agents nationwide or by post and costs just €10 (€7 by post). If you are looking for more information contact us

[yicletterkenny@donegalyouthservice.ie](mailto:yicletterkenny@donegalyouthservice.ie)



# YOUTH INFORMATION

## Eurodesk Ambassadors Panel

Along with the Eurodesk network, we are closing the first phase of the pilot project of the Eurodesk Ambassadors Panel, coordinated and facilitated by our YIO Katarzyna Kurzeja. All ambassadors are young people nominated by the Eurodesk Ireland multipliers and highly engaged in the European Union work. Among them we can find the activists, ex- EVS or ESC volunteers, or young people who were involved in the Erasmus+ projects. This year they took part in many workshops delivered by our colleagues from Eurodesk network and external trainers. One of the most recent sessions covered topic of Internet Safety and Online Bullying which is exclusively available from Donegal Youth Service. Gareth Gibson, Youth Information Manager, discussed with the ambassadors issues of privacy online, responsible use of social media, and how to deal with bullying that can happen to us online. In October, as part of Time to Move event, panel prepared very interactive online session on European mobility opportunities available to young people in Ireland. If you are interested in European Ambassadors Panel work, follow them on social media.



Twitter: @EurodeskYouthIE, Facebook @EurodeskAmbassadors, and Instagram: @IrishEurodeskAmbassadors



*Now you can message Letterkenny  
Youth Information Centre on  
WhatsApp!!!*

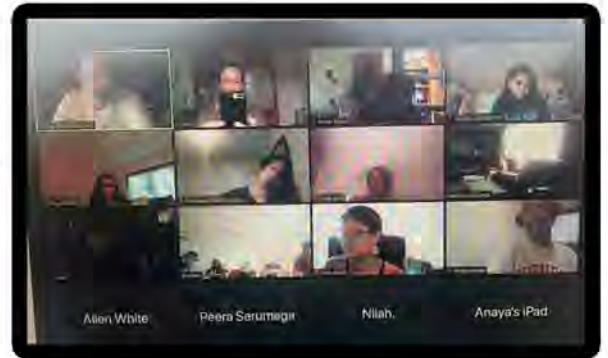




# YOUTH INFORMATION

## Culture Night

This summer Donegal County Council Cultural Services worked with Chicago based Young Chicago Authors (YCA) to create a transatlantic youth writers workshop. 12 young people from Donegal Youth Service and the KidsOwn young writers group joined



a cohort of 12 young people from the YCA summer artistic internship program. we came together over Zoom for a workshop hosted by YCA artistic director and teaching artist Kevin Coval in an exchange session which incorporated a poetry writing prompt centered on themes of identity and home. The recording of this facilitated discussion about youth culture of Chicago and Donegal and their creative share out has been made into a short film to be screened on Culture Night.

## EU classes workshop for TY students in Colaiste Ailigh, Letterkenny

As a part of Transition Year, we had an opportunity to deliver amazing session on Interculturalism and the ESC Opportunities to 52 Donegal students. This innovative workshop is based on the Euroclasses format created by one of the Eurodesk multipliers in Poland. Students had chance to learn about mobility options waiting for them once they turn 18. They explored their skills and what projects are most suitable to them. During session students discussed topics of the Cross Community work, Diversity, Interculturalism, Inclusivity, and Cultural exchange.





# OUR GENERATION

'Our Generation' is a 3year cross-border project delivered in partnership with 7 regional partners that aims to reach 35,000 young people and adults who support them during the life of the project. The Our Generation programme promotes the personal development and positive mental health of young people through programmes that address emotional resilience and social action. The project also offers training for young people and key contacts, including teachers, with an emphasis on trauma informed practice and peacebuilding.

A partnership of seven cross-border organisations are to share €6.1M of EU PEACE IV funding to support communities to tackle post-conflict resilience and peace building throughout Northern Ireland and the Border Region of Ireland.

The partnership, led by Action Mental Health, has been awarded funding through the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB), to build positive relations and emotional resilience in communities impacted by four decades of the Troubles/Conflict across the island of Ireland.

Match-funding for the project has been provided by The Executive Office in Northern Ireland and the Department of Rural and Community Development in Ireland.

Some of the programmes we offer: Action Mental Health's programmes "Healthy Me" and "Provoking Thought", Peer Mentoring, Mental Health Ambassador programmes and more.

For more information or to sign up please contact Our Generation Youth Worker Laura on [laura.doherty@donegalyouthservice.ie](mailto:laura.doherty@donegalyouthservice.ie) or send us a message!



# WHAT ELSE IS GOING ON?



2020 is a very extraordinary and challenging year but the mobility spirit among young people remains strong. Working together with our partners across Europe is all about taking the best care of the volunteers. Don't stop dreaming, start planning! Time to Move 2020 event managed by the Eurodesk took place during October and was

happening online only. We were close with local young people interested in the opportunities and the European Solidarity Corps volunteers, creating amazing online content, such as an article prepared by Niamh, very intercultural podcast with Nastazja, and a video promoting mobilities with Naseer. For more information, check our social media channels.

## Information Video Series

The Youth Information Team are coming together to produce a series of short videos that can provide young people with information and tips about lots of topics, from volunteering in Europe to doing online interviews and much more. This series will be launched in June 2020 and will be available on our YouTube channel. Go to our page [https://www.youtube.com/channel/UC8ncOTjlgNp7xiCtccs\\_Row](https://www.youtube.com/channel/UC8ncOTjlgNp7xiCtccs_Row) and suscribe so you will be notified when they are available!

## What's App

We are happy to announce our Youth Information Officers are available on WhatsApp. It can't be easier way to get information you are looking for. Whether it is a CV preparation, job interview skills, accommodation and employment , volunteering, studying and working abroad, mental health support, or SUSI/ CAO applications- our experienced and professional team is happy to help you. Contact us on [0852509635](tel:0852509635), Monday to Friday, 12 to 6pm.



# EUROPEAN SOLIDARITY CORP

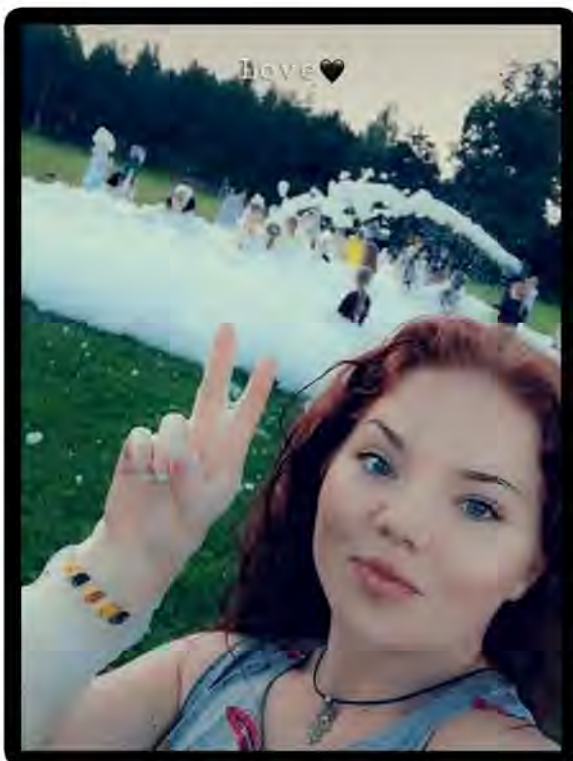
## Our volunteers

The European Solidarity Corps volunteers are currently in Denmark (Ryan) and Lithuania (Akvile). We are glad to see their smiling faces on the pictures from all around Europe.

Are you between 18 and 30 and looking for an opportunity to help the wider community, in Europe and beyond?



You could do this with funding and support from the European Solidarity Corps, which helps young people take part in projects that benefit communities, either abroad or in their own country. These projects offer an inspiring and empowering experience, as well as the chance to bring change while developing your skills and competences.



For more information on the ESC projects and how to register, visit

[https://europa.eu/youth/solidarity/activity%20\\_en](https://europa.eu/youth/solidarity/activity%20_en)

Contact our Youth Information Officer for more detailed information

[katarzyna.kurzeja@donegalvoluthservice.ie](mailto:katarzyna.kurzeja@donegalvoluthservice.ie)

eurodesk





# EUROPEAN SOLIDARITY CORP

## Niamh's story

"This year I had the opportunity of a life time! I met Kasia from Letterkenny Youth Information Centre who introduced me to a Eurodesk Solidarity Corp's experience."

The project was a four month volunteering project in Madeira and involved me volunteering as a tour guide in Madeira. There was a few reasons why I chose this project. Volunteering abroad has always been top of my bucket list! I love learning and love teaching so the idea of tour guiding seemed perfect for me. Being a tour guide also gave me the opportunity to explore the island and educate myself on my new home for the next four months. After I researched the ESC project I fell in love with the island. Who doesn't want to be in a hot island over Summer? Madeira is a Portuguese island off the northwest coast of Africa.

Unfortunately, due to the global pandemic my experience was cut short. As the covid alarms arose each country started to shut down. My mobility ended just over two weeks into it. The possibility of being stuck in Madeira during a lockdown became stressful. Flights where being cancelled every minute and the fact there is no direct flights to Ireland made things confusing. We realised quickly that I had to get home ASAP. Kasia and everyone form ESC where great help, they made my experience easy and assisted me in getting home. They turned a stressful situation into me being able to enjoy and experience Madeira the best way possible in my last few days.

When I was packing and getting ready for my experience I didn't know what to expect. I was nervous but excited. I was traveling to a new country alone and knowing nobody. My main worries were the language barrier, living with strangers, travelling alone and my financial ability to go.





and my financial ability to go. Once I arrived all my worries disappeared. When I got off the plane and the heat hit me, I knew I would be fine. Kasia text me the whole time during my travels. When I arrived I met everyone who treated me like royalty. The project co-ordinator, Marcos, helped me with everything like my volunteering work, uniform, finance, introducing me to everyone and anything I needed he was there. My roommate and other volunteers where the best and we instantly became very close.

This year I am studying broadcast Journalism in Salford, England. My mobility experience

with ESC gave me the confidence to study abroad, the independent skills to live alone and the maturity to study a difficult course that I am so interested in. I often write and talk about my project in articles and projects.

I would definitely recommend people to get involved in a ESC project and to study abroad. It is an amazing and safe opportunity for young people that helps you gain skills and qualities needed in your life. I met friends for life and gained massive experience into different cultural. I know someone from nearly every country in Europe now thanks to the other volunteers. The project opens up so many opportunities for me. After graduating I want to travel again. I am already researching other projects on the ESC website that I hope to get involved in!

Since my ESC project, I have become a Eurodesk Ambassador for Ireland. This gives me the opportunity to share my experience and to showcase the opportunities available for young people. It gives you the chance to travel and the ability to connect with people from other cultures. It gives young people the chance to gain new experiences and knowledge. Irish people have the ability to study and get involved in the world on a national and international level. I recommend for everyone to get involved in a European Solidarity Corps project, it's an experience of a lifetime.

# YOUTHSCAPE

## Who is it for?

Youthscape provides an opportunity to meet new friends, learn valuable life skills and do many fun activities. Youthscape aims to give young people a voice and opportunity to enhance their learning, get support and all the while having fun!

## What do you do?

We will be doing an OCN qualification in Good Relations, Personal Development and Teamwork Skills which are all great employability skills! Our Youthscape participants have had great fun baking and cooking, making christmas logs, arts and crafts. We also had great day trips to Derry, Dublin and Dundonald ice-bowl!

## How do you meet?

Unfortunately due to current restrictions it is not possible to be in physical contact with each other right now however, Youthscape is currently recruiting for groups right across Donegal. We are now engaging with our new groups getting to know each other, interacting through quizzes and fun activities online. Full delivery of the programme begins in June and will continue over the summer months.

## What is it like?

It's great! We use Nearpod and group Zoom calls so everyone can take part in group activities! It helps keep everyone connected while working towards their OCN qualification.

## What else do you do?

Youthscape staff also offer one-one support and promote positive mental health and life skills throughout the programme. There is also the added bonus of a small financial incentive of 7.50 euro weekly for all participants that fully engage in the online programme which they will receive when they complete the full programme.



# YOUTHSCAPE PROGRAMME

**STARTS JANUARY 2021**

**ONLINE & FACE TO FACE**  
**Letterkenny & Ballybofey**

Donegal  
Youth Service  
Youth Work Ireland



**ARE YOU...**

...aged 14-24?

.. Not in full time employment,  
education or training?



**JOIN YOUTHSCAPE!**

\* It's free!

\* Financial incentive if you engage  
fully & complete the programme

\* Lunch provided

\* Fun trips

\* 1-1 mentoring support

\* 3 days per week

\* Workshops

\* Good relations / Personal Development  
/ Citizenship

\* OCN Level 1 qualification

TIDES

SouthWest  
College

**For more information or to sign up call or text:**

**Letterkenny: 0852578223**

**Ballybofey: 0852578222**

This project is supported by the European Union's PEACE IV Programme,  
managed by the Special EU Programmes Body (SEUPB)

Peace4Youth

Peace  
Northern Ireland - Ireland  
European Regional Development Fund



An Roinn Leanaí  
agus Gnóthaí Óige  
Department of  
Children and Youth Affairs



Northern Ireland  
Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)



# YOUTHSCAPE

## Autumn Programme

A cross border, cross community project for 14-24 year olds who are not in full time education, employment or training.

- Personal development planning and one to one mentoring
- 16-week training programme, in order to complete OCN Award in Vocational Studies – interpersonal skills, Food and nutrition and Good relations.

- 12-week transition mentoring support for young people

During the Autumn and Winter months we are delivery our programme both Face to Face and Online. We are engaging with 66 young people in five different locations –

- Planet youth Monday
- The Loft DYS Monday
- Gairmscoil MacDiarmada Oileáin Arainn Mhór Wednesday
- Carndonagh Community school Tuesday
- Scoil Mhuire – Buncrana Tuesday

Our Cohort 7 Celebration Event will take place on Friday 20th November 2020 Online and Face to Face in the Loft and Planet Youth. We are now recruiting for Cohort 9 which will be starting in January. It will be Online and Face to Face following all Government Covid 19 Guidelines.

All Facilitators and key youth workers available 9 - 5 to young people for mentoring and personal development planning.

Our aim is to help promote Good relations and support young people in their return to education, employment or training.

Promote citizenship and carry out community and social impact projects!





# YOUTHSCAPE

## Youthscape Radio

We set Youthscape radio up in May to be able to give young people on the program another way to get involved while being at home during lockdown. Every week the young people come together on a Monday to plan that weeks show they come up with a unique theme for each week ( we have had everything from 80s week to weather songs). After the theme is decided they then go away and work on the shows script, marketing material as well as recording their own 15 minute podcasts to be included in the show (we have a weekly football podcast at the minute called goal scoring returns)

The aim of the radio has always been about giving young people an opportunity to do something that they might not be able to do normally and its made for young people by young people :)

<https://mixlr.com/youthscape-radio>

## DAYBREAK

Young people and staff from the Daybreak Programme were invited to paint the windows at Connolly Motor Group for Christmas. They had a great time bringing some festive cheer to Letterkenny.





# DIGITISE ENTERPRISE

## What is it?

Digitize Enterprise is a project which is co-funded by Erasmus + programme and brings together a consortium of 5 partner organisations from throughout Europe. The aim of the project is to provide a series of virtual learning tools and platforms for Practitioners and participants of Youth Programmes throughout Europe with the target of increasing Enterprise awareness and skills of youth members. The Digitize Enterprise project aims to boost Enterprise learning within Youth Programmes by providing open access resources for practitioners and participants.



## GET IT RIGHT

### What does the project do?

Get It Right is an exciting new European Project between Romanian Youth Movement for Democracy (RYMD), Donegal Youth Service (DYS) and Inter Alia. The partnership between RYMD and DYS is well established since 2009 and the partnership with Inter Alia is a new venture for DYS. Get It Right is funded through Erasmus+ KA2 – Cooperation for innovation and the exchange of good practices.



The Project focus is on media literacy and providing an opportunity for young people to examine the concept of Fake News. Whilst Fake news is nothing new, in this digital era young people (and adults!) have to navigate the overabundance of media sources. This project will create a module that will be available in 3 different languages; English Romanian and Greek and will be disseminated to youth workers and teachers.



# YICHAT

A brand new online service for young people to get more information, learn about opportunities, and talk through your own situation with someone who can help.

## Who is it for?

Youth Information Chat is an online chat service to connect you with a professional Youth Information Officer who can provide you with personalised information.

## What does it do?

Youth Information Officers are trained in providing information that is impartial, accurate, and answers your questions. They give information in an easy to understand way and without any judgement.

## How do I access it?

The service operates Monday to Friday. You can chat online to a Youth information Officer from 4pm to 8pm, or leave a message outside of those hours and receive an answer by email. The service is hosted on SpunOut.ie and is staffed by Youth Information Officers from Youth Work Ireland, YMCA Ireland, and Crosscare.



Head to [spunout.ie/question](https://spunout.ie/question) to get started.

Donegal  
Youth Service  
Youth Work Ireland



EOLAS DON ÓGRA



YOUTH  
INFORMATION

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