

# Your Future Your Choice

Aged  
15 - 24?



Career  
Pathways

Brighter  
Future

What Next?

Supporting  
our communities

DONEGAL  
LOCAL  
DEVELOPMENT  
CLG.

Education & Training Opportunities in Donegal

# Career Guidance & Information Services

## National Learning Network

Provides a range of flexible training courses for people who have experienced a setback, have had an accident, a mental health issue, an illness, injury or have a disability and extra support needs.

☎ 074-9168288

✉ letterkenny@nlm.ie [www.rehab.ie](http://www.rehab.ie)

📷 rehabgroup [f](https://www.facebook.com/TheRehabGroup) TheRehabGroup

🐦 RehabGroup [in](https://www.linkedin.com/company/rehab-group) rehab-group

16+  
years

## Donegal Horizons Ltd.

Provides a comprehensive range of support and services to individuals with (mild-moderate) intellectual disabilities, through a network of Community-based projects. Donegal Horizons Ltd. has two bases in the County - serving the Inishowen Peninsula and the greater Letterkenny areas.

Letterkenny ☎ 074 9726281 or 086 8291177

Carndonagh ☎ 074 9726282 or 086 8244302

✉ patricia@newhorizonspartnership.co.uk or

✉ gail@newhorizonspartnership.co.uk

[f](https://www.facebook.com/DonegalHorizonsLtd) DonegalHorizonsLtd

[ig](https://www.instagram.com/newhorizonspartnership) newhorizonspartnership

[t](https://www.twitter.com/partnership_new) partnership\_new

[www.donegalhorizonsltd.ie](http://www.donegalhorizonsltd.ie)

18+  
years

## TACA

TACA HSE Training Service supports people with disabilities, people recovering from illness or injury who wish to gain employment or progress to further education, by identifying a suitable work placement and offering a nationally recognised education or training qualification.

☎ 074-9532611

✉ rosaleen.mcgarvey@hse.ie

16+  
years

## Ascain

Provides training programmes and support aimed at meeting the individual needs of those in recovery from mental ill health/illness. Ascain supports evidence based mental health programmes such as WRAP, Stress Control, Mental Health First Aid, ASIST, SAFETALK.

☎ 074-9128872

✉ gemma.mcloone@hse.ie

16+  
years

## Disability Access Route to Education (DARE)

DARE offers reduced points places to school leavers who, as a result of having a disability, have experienced additional educational challenges in second level education.

DARE is for school leavers with a disability under the age of 23, who have been educationally impacted as a result of that disability.

[www.accesscollege.ie](http://www.accesscollege.ie)

[f](https://www.facebook.com/accesscollege) accesscollege









under  
23

# Career Guidance & Information Services

## Donegal ETB Adult Guidance & Information Service

Offers confidential information, advice, guidance and counselling on the educational options available both within Donegal ETB and with other education providers.

18+  
years

-  074-9178088 (Letterkenny) or 074-9725520 (Donegal Town)
-  [adultguidance@donegaletb.ie](mailto:adultguidance@donegaletb.ie)
-  [www.donegaletb.ie/further-education-training/adult-guidance/](http://www.donegaletb.ie/further-education-training/adult-guidance/)
-  DonegalETB
-  @DonegalETB
-  donegaletb
-  Donegal ETB
-  Donegal ETB










## Letterkenny Youth Information Centre

Provides a one-stop shop, offering information to young people, parents and those working with young people in relation to employment, study, accommodation, student finance, travel etc.

13-25  
years

Euro Info Point  
Reliable guidance available for those eager to explore Europe for work, study or volunteering.

13-30  
years

-  074-9129630
-  [admin@donegalyouthservice.ie](mailto:admin@donegalyouthservice.ie)
-  [www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)
-  DonegalYouthService
-  @DonegalYouthSvc
-  donegalyouthservice
-  yicletterkenny



# Useful Resources

## Student Support & Entitlements

<a href="http://www.studentfinance.ie">www.studentfinance.ie</a>	Information on financial support for further and higher education
<a href="http://www.susi.ie">www.susi.ie</a>	A quick and user friendly way to apply for a student grant
<a href="http://www.eurodesk.ie">www.eurodesk.ie</a>	Information on funding programmes and opportunities for young people to work and study in Europe
<a href="http://www.welfare.ie">www.welfare.ie</a>	Training Support Grant - a fund that is available to jobseekers to assist quick access to short term training or related interventions Back to Education Allowance – an educational opportunities scheme for persons in receipt of certain social welfare payments wishing to pursue second or third level courses of education subject to meeting the qualifying conditions
<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>	Information regarding rights and entitlements within Ireland
<a href="http://www.threshold.ie">www.threshold.ie</a>	Information on tenants' rights if planning to rent accommodation
<a href="http://www.mabs.ie">www.mabs.ie</a>	Provides advice on managing money and budgeting
<a href="http://www.spunout.ie">www.spunout.ie</a>	Youth information website created by young people for young people
<a href="http://www.usi.ie">www.usi.ie</a>	Union of Students in Ireland is a national representative body for third level students' unions in Ireland
<a href="http://www.hea.ie">www.hea.ie</a>	Information about the financial assistance schemes available in Ireland to help you progress through further and higher education

## Education & Training

<a href="http://www.cao.ie">www.cao.ie</a>	Processes applications for undergraduate courses in Irish Higher Education Institutions
<a href="http://www.accesscollege.ie/hear">www.accesscollege.ie/hear</a>	Higher Education Access Route (HEAR) – college and university scheme that offers places on reduced points and extra college support to individuals underrepresented at Higher Education due to their socio-economic background
<a href="http://www.apprenticeship.ie">www.apprenticeship.ie</a>	A central route to skills development in Ireland
<a href="http://www.eCollege.ie">www.eCollege.ie</a>	Provides online and distance learning training courses free of charge to jobseekers, and fee paying for those in employment
<a href="http://www.skillnets.ie">www.skillnets.ie</a>	Assists with training and upskilling through training networks and closely linked with industry needs
<a href="http://www.education.ie">www.education.ie</a>	Department of Education & Skills website
<a href="http://www.atu.ie">www.atu.ie</a>	ATU Sligo – offering a wide range of undergraduate, postgraduate and on-line learning courses
<a href="http://www.stangelas.ie">www.stangelas.ie</a>	St Angela's College, Sligo – offering a wide range of courses through the CAO route
<a href="http://www.nwrc.ac.uk">www.nwrc.ac.uk</a>	North West Regional College – from its campuses in Derry, Limavady and Strabane the college offers a wide range of practical and academic courses for school leavers and mature students
<a href="http://www.ulster.ac.uk">www.ulster.ac.uk</a>	University of Ulster - the University offers a wide range of full-time and part time courses to school leavers and mature students
<a href="http://www.ucas.com">www.ucas.com</a>	Processes applications for undergraduate courses in Northern Ireland and the UK's third level universities
<a href="http://www.springboardcourses.ie">www.springboardcourses.ie</a>	The Springboard+ upskilling initiative in higher education offers free and subsidised courses at certificate, degree or masters level leading to qualifications in areas where there are employment opportunities in the economy
<a href="http://www.plccourses.ie">www.plccourses.ie</a>	Post leaving certificate options
<a href="http://www.open.ac.uk/republic-of-ireland">www.open.ac.uk/republic-of-ireland</a>	Study options whenever and from wherever you choose
<a href="http://www.onestepup.ie">www.onestepup.ie</a>	Signposting service providing information about courses and funding supports
<a href="http://www.nala.ie">www.nala.ie</a>	Assistance with improving literacy and numeracy

# Useful Resources

## Career Opportunities

<a href="http://www.garda.ie">www.garda.ie</a>	An Garda Síochána – applications must be made through <a href="http://www.publicjobs.ie">www.publicjobs.ie</a>
<a href="http://www.military.ie">www.military.ie</a>	Defence Forces Ireland – careers are offered in the Army, Naval Service and Air Corps

## Guidance

<a href="http://www.nightcourses.com">www.nightcourses.com</a>	Useful tool for finding part time education and training opportunities
<a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	Further Education and Training Course Hub providing listings of available apprenticeships, traineeships, PLC courses, community and adult education courses, literacy and numeracy services
<a href="http://www.qualifax.ie">www.qualifax.ie</a>	Comprehensive information on all courses in Ireland
<a href="http://www.careersportal.ie">www.careersportal.ie</a>	Providing career information and resources
<a href="http://www.findacourse.ie">www.findacourse.ie</a>	Resource to assist with education and training course availability
<a href="http://www.gradireland.com">www.gradireland.com</a>	Information relating to post-graduate study options in Ireland
<a href="http://www.qqi.ie">www.qqi.ie</a>	Quality and Qualifications Ireland. Responsible for promoting quality and accountability in education and training services in Ireland
<a href="http://www.steps.ie">www.steps.ie</a>	STEPS Engineers Ireland informs and positively encourages young people towards a career in engineering
<a href="http://www.saoloibre.ie">www.saoloibre.ie</a>	SaolOibre is a careers guidance resource for Irish speakers bringing together a wide range of career related information
<a href="http://www.ahead.ie">www.ahead.ie</a>	Association for Higher Education Access and Disability promotes full access to and participation in further and higher education for students with disabilities
<a href="http://www.eurodesk.ie">www.eurodesk.ie</a>	Europe-wide information network providing information and mobility opportunities for young people aged 13- 30 years on studying, training, working and volunteering in Europe

## Donegal Local Development CLG (DLDC)

- Supports those interested in returning to learning. We believe that people of all ages and abilities should be afforded the opportunity to participate in education at a level appropriate to their needs and abilities
- Free and confidential one-to-one support to:
  - Promote personal development, build resilience and enhance wellbeing
  - Participate in accredited and non-accredited workshops and training
  - Assist parents and families to access supports in the community and through schools






- Assist individuals wishing to start their own business including provision of training, preparation of business plans and cash flow projections
- Assist individuals to access the Back to Work Enterprise Allowance
- Assist with the preparation of CVs, job searching/applications and preparation for interviews.

- 📞 074-9127056
- 📞 074-9532712
- ✉️ [info@dldc.org](mailto:info@dldc.org)
- 🌐 [www.dldc.org](http://www.dldc.org)
- 📘 DLDC.CLG
- 📱 @DLDCclg



# Donegal ETB

- Youthreach - education, training and work experience programme for early school leavers 
- Apprenticeships - combines and alternates learning in the workplace with learning in an education or training centre 
- Training Services - accredited vocational/practical training courses (traineeships/specific skills training/specialised training) that prepare participants primarily for employment offered on part-time or full-time basis
- Post Leaving Certificate (PLC) courses - full-time, one year programmes in preparation for employment or progression to further study
- Back to Education Initiative (BTEI) - part-time courses offering Major and Minor QQI awards at levels 3 to 5 

- Learning for Living - tuition in reading, writing, spelling, mathematics, numbers and computers 
- Vocational Training Opportunities Scheme (VTOS) – full-time courses focused on developing the skills and competencies required by employers 
- Gartan Outdoor Education & Training Centre – courses and training in outdoor adventure activities for schools, families, individuals and groups
- The Donegal Music Education Partnership (DMEP) - instrumental/vocal tuition in all genres of music

-  074 91 78088
-  [adultguidance@donegaletb.ie](mailto:adultguidance@donegaletb.ie)
-  [www.donegaletb.ie](http://www.donegaletb.ie)
-  DonegalETB
-  @DonegalETB
-  donegaletb
-  Donegal ETB
-  Donegal ETB



**etb**

Bord Oideachais agus  
Oiliúna Dhúin na nGall  
Donegal Education and  
Training Board

- Access/Preparatory Studies – Certificate in Access Studies; Certificate in Preparatory Studies for Higher Education. Education courses for possible entry to third level education
- Programmes – Postgraduate, Degree, Accredited Diploma/Certificate, Springboard and other short courses
- Undergraduate Programmes – a wide variety of programmes are offered within the campuses of Letterkenny and Killybegs in the Schools of Business, Engineering, Science and Tourism
- Full-time Postgraduate Programmes – for those progressing from undergraduate studies including research masters and PhDs

074-9186000  
reception@lyit.ie  
www.lyit.ie  
atudonegalofficial  
atudonegal\_



@ATUDonegal\_  
ATUDonegal

- Offering a variety of sports related training courses throughout Donegal

074-9116078  
info@activedonegal.com  
www.activedonegal.com



## Muintearas

- Muintearas is a community education and training organisation based in the Gaeltacht areas, providing education to all age groups in the community from preschool children to adult lifelong learning.



074-9532578 / 9532579  
tirchonail@muinteras.com  
www.muinteras.com  
MuintearasThírChonail  
@muinteras



## Donegal Youth Service

- Aspire – a programme with particular focus on LGBTI+ Young People, Young Travellers, Early School Leavers and Rural Youth Clubs through classroom based assessment, tailored programmes, one-to-one support, and Youth Clubs programmes.

10-25  
years

- The Unlocking Potential (UP) – a project for young people who are vulnerable to polarisation, come from difficult or complex backgrounds and at risk of marginalisation and disadvantage. Goals are to build on personal development, resilience and coping skills and potentially promote work experience, employment or further education opportunities.

16-25  
years

- ☎ 074-9129630
- ✉ admin@donegalyouthservice.ie
- 🌐 www.donegalyouthservice.ie
- 📘 DonegalYouthService
- 🐦 @DonegalYouthSvc
- 📷 donegalyouthservice
- 📺 yicletterkenny



## Acadamh na hOllscolaíochta Gaeilge

- The University of Galway's Gaeltacht Centre in Gweedore offers a range of courses through the medium of Irish and for learners of the Irish language.



17+  
years

- ☎ 074-9531919
- ✉ gaothdobhair@oegaillimh.ie
- 🌐 www.nuigalway.ie/acadamh/

## Bord Iascaigh Mhara

- Promoting careers in the Irish catching, fish farming and seafood processing sectors by training new entrants and upgrading the skills of existing practitioners.

National Fisheries College of Ireland,  
Greencastle, Co. Donegal

- ☎ 074-9381068
- ✉ maria.mccarron@bim.ie
- 🌐 www.bim.ie/fisheries/training/



# Údarás na Gaeltachta

- The strategic objective of Údarás in the area of education and training development is to increase the foundation and quality of the skills of the people of the Gaeltacht.

The following schemes are provided:

- Apprenticeship Scheme
- Company Graduate Scheme
- JAI Companies Programme

Páirc Ghnó Ghaoth Dobhair,  
Na Doirí Beaga, Co Dhún nan Gall F92 E09T

-  074-9560100
-  dnag@udaras.ie
-  www.udaras.ie
-  UdarasnaG
-  @UdarasnaG
-  udarasnag
-  udarasnagaeltachta
-  UdarasNaGaeltachta



Údarás na  
Gaeltachta

# Teagasc

- The Agriculture and Food Development Authority – providing integrated research, advisory and training services to the agriculture and food industry and rural communities.

23+  
years



074-9121555/074-9194002



kevin.mcmenamin@teagasc.ie



www.teagasc.ie/education/



## ONLINE LEARNING:

Opportunity to learn from home.  
Many education and training providers  
offer this option for studying.

These courses of study normally carry  
a fee and often require attendance  
for some tuition in a central location  
on a scheduled basis.

# Donegal Local Development CLG

## Forbairt Áitiúil Dhún na nGall

This brochure is intended as a guide to Education & Training opportunities for young people in Donegal.

### Letterkenny Office

Letterkenny  
Co Donegal

### Oifig Ghaoth Dobhair

Páirc Ghnó Ghaoth Dobhair  
Na Doirí Beaga  
Co Dhún na nGall



074-9127056



074-9532712



info@dldc.org



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DLDC.CLG



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DLDCclg



www.dldc.org



www.dldc.org



EUROPEAN UNION

Investing in your future  
European Social Fund

