

What is Meitheal?

The name Meitheal was taken from an old tradition in the west. Farmers living in the same area would have a Meitheal every year, the whole idea being that they would work together to bring in their crops. This built up strong friendships and respect among the people involved in the Meitheal.

Meitheal Youth Leadership Programme will give the students all the skills they will need to work as a Meitheal team in their school. When they return to school they will work on a project to enhance their school community .

Objective of Meitheal

The programme involves elements of personal, interpersonal and spiritual development. Meitheal encourages people to look at themselves and to believe they are worthwhile and that they have a special contribution to make. We will focus on the treasure within and encourage people to discover some of that treasure.

Meitheal has adapted the Paolo Freire "Training for Transformation" programme for young people. The programme follows an "active learning" model – the group learn by doing, they reflect on what was done, how it was done and how it can be improved.

How does the programme work?

The Meitheal programme is advertised through schools. Application forms are handed out, interested Transition Year students fill in the forms and short interviews are held. A team of 8 students are chosen to go on the residential training programme along with students from four other schools.



Timetable for the Week

- Day 1** Programme begins at 5pm with introductions, icebreakers & games
- Day 2** Listening & Trust Building Exercises followed by evening activities including the Meitheal Table Quiz
- Day 3** Teamwork & Communication Exercises, Evening Activity – Meitheal Idol
- Day 4** Meeting Skills Workshop, Decision Making Exercises, Committee roles & responsibilities, Evening Activity – Meitheal Has Talent
- Day 5** Selection of Meitheal project. Commissioning Ceremony & Closing Liturgy at 1.30pm



Youth Leadership Programme



When is the programme run?

The programme is run over one week from Monday 6th to Friday 10th January 2020.

Where is it run?

The Meitheal programme will be run in The Redemptorist Retreat House, Esker, Co. Galway. This venue has a lot to offer including excellent accommodation (twin rooms) and catering. The centre is set in its own extensive grounds and gardens.

How much does it cost?

The programme costs €175, however some schools/parishes do cover part of the cost. Please check with your school to see if they contribute. The programme cost of €175 should be paid directly to the school.

Leaders

The leaders chosen to work with school groups for the week are made up of students who are now in third level education. All leaders undergo training before becoming Meitheal leaders. As well as learning how to run workshops leaders will have attended Safeguarding Children Training and completed Garda Vetting.

Overarching Safeguarding Policy for the Catholic Church in Ireland

As a constituent member of the Catholic Church in Ireland we recognise and uphold the dignity and rights of all children and are committed to ensuring their safety and wellbeing, and will work in partnership with parents/guardians to do this. We recognise each child as a gift from God and we value and encourage the participation of children in all activities that enhance their spiritual, physical, emotional, intellectual and social development.

All Church personnel (including clergy, religious, staff and volunteers) have a responsibility to safeguard children through promoting their welfare, health and development in a safe and caring environment which supports their best interests and prevents abuse.



For more information please contact

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