

ANOIS Youth Leadership Training Programme

What is Anois?

Anois is a Youth Leadership programme, which has been offered by the Limerick Diocesan Pastoral Centre since 1994, to schools in the local area.

Objective of Anois

The objective of this programme is the formation of small groups who will contribute in a practical way to the enhancement of their community environment. The programme involves elements of personal, interpersonal and spiritual development.



Background of Anois

Anois is a self-development leadership course, aimed at Transition Year students. Anois 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 Anois 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 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 Anois Table Quiz

Day 3...Teamwork & Communication Exercises, Evening Activity - Anois Idol

Day 4...Meeting Skills Workshop, Decision Making Exercises, Committee roles & responsibilities, Evening Activity - Anois Has Talent

Day 5...Selection of ANOIS project. Commissioning Ceremony & Closing Liturgy at 1.30pm



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When is the programme run?

The programme is run over one week for the first three weeks. The 2020 dates

Week 1: Jan 6-10

Week 2: Jan 13-17

Week 3: Jan 20-24

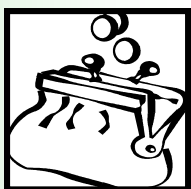


Where is it run?

The ANOIS programme will be run in The De La Salle Retreat Centre, Castletown, Co. Laois. 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 €185, however some schools do cover part of the cost. Please check with your school to see if they contribute. There is a separate cost for the bus (€15 Approx) which is payable on the day of travel. The programme cost of €185 should be paid directly to the school.



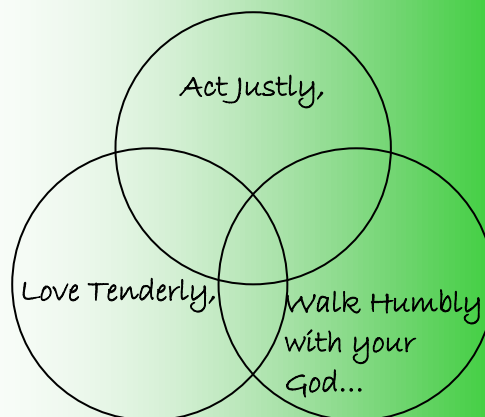
Leaders

The leaders chosen to work with school groups for the week are made up of former ANOIS students who are now in third level education. All leaders undergo training with the youth ministry team in the Pastoral Centre before becoming ANOIS leaders. As well as learning how to run workshops leaders 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.



Micah 6:2-8

For more information please contact Aoife at 061-350000 / 0852527465
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