

Foróige Leadership for Life programme in partnership with Sail Training Ireland for Youth Development.

Foróige, Ireland's leading youth organisation, is thrilled to announce a groundbreaking partnership with Sail Training Ireland, aimed at enhancing young peoples development through innovative leadership and sail training programmes onboard tall ships.

This collaboration will integrate Foróige's renowned Leadership for Life Programme with Sail Training Ireland's experiential learning voyages, providing young people with unique opportunities to develop essential life skills, leadership qualities, and a sense of adventure.

Sail Training Ireland see the ability for participants to gain a recognised level six qualification on completion of the full programme as a game changer.

Sail Training Ireland will be looking for between twelve and eighteen young people aged 15-18 to take part in in a pilot project in 2025 with a view to the first group graduating from University College Galway in August 2026.

Full details on the Foroige programme can be found here:

<https://www.foroige.ie/our-work/youth-leadership-life-programme>

Key Highlights of the Partnership:

- **Integrated Programmes:** Combining Foróige's structured leadership curriculum with hands-on leadership experiences at sea.
- **Skill Development:** Focusing on leadership, teamwork, resilience, problem-solving, communication and self-confidence.
- **Inclusive Opportunities:** Ensuring accessibility for young people from diverse backgrounds and abilities across Ireland.
- **Recognised Qualification:** On completion of the Foróige Leadership for Life Programme young people can graduate with a Foundation Certificate (at Level 6) in Youth Leadership & Community Action from the University of Galway. The equivalent qualification in Northern Ireland, Level 4 Certificate in Youth Leadership & Community Action, is available from Queens University of Belfast.
- **Sustainable Practices:** Promoting environmental awareness and sustainability through maritime education.

Qualification

On completion of all three modules of the Foróige Leadership for Life programme, participants are eligible to graduate with a Foundation Certificate in Youth Leadership and Community Action (at Level 6), which is awarded by the University of Galway. This is a very unique opportunity for participants to earn a University recognised qualification, before they even consider going to third level education. Having this qualification will show prospective employers that participants have demonstrated a commitment to their own development and leadership potential. This is a wonderful achievement to be able to include in a CV or application form.

Pilot Programme for 2025

In 2025 we will run the first pilot of this programme. The plan is as follows:

The Leadership for Life programme involves 3 modules, two facilitated modules and one self-directed module. A workbook for participants accompanies each module.

Module 1 to run over two residential weekends in the first quarter of 2025.

Module 2 to take place on a week-long sail training voyage in August 2025 followed by a follow up session to enable the team research presentations.

Module 3 a self-directed module involving a community Action project

Graduation in University College Galway in August 2026.

Full details of the Modules are provided below.

How to apply?

As the Sail Training Ireland charity will be making significant funding available to the project there will be a rigorous selection procedure.

Open to young people aged 15 – 17 at time of enrolment.

Potential applicants should be aware that there is a significant commitment required to complete the programme. Participants can just complete one level but for this pilot project we are looking for young people committed to completing all three modules.

The first step is to express your interest by clicking on this picture and completing the details on the subsequent email:



(Alternatively, send an email to info@sailtrainingireland.com, with the subject of **Foroige Leadership For Life**. Include your name, email address, Date of Birth and a few lines about why you wish to participate.)

Module 1

Module one is an introduction to the concepts of leadership and the skills necessary to be a good leader. This module focuses on communication skills, self-awareness, values and team problem-solving. Participants are also encouraged to develop personal and leadership goals for themselves. They also develop a plan for how they will work towards achieving these goals.

Some of the topics covered include:

- Definitions of Leadership
- Leadership Qualities

- Communication Skills
- Problem Solving
- Self-Awareness
- Values
- Community Leadership
- Philanthropy and Global Leadership
- Goal Setting
- Presentation Skills

Module 2

Module two builds on the learning from module one, with participants continuing to develop core leadership skills. Module two introduces planning tools using the logic model, advanced communication and personal development skills, conflict resolution, critical thinking and debating. There is also a team research project where participants work as part of a group to undertake a research project on a local, community, or global issue. Each group will research their chosen topic through a variety of methodologies. When they have gathered their research, they will deliver a group presentation on their findings.

Some of the topics covered include:

- Research Methods for a Team Project
- Leadership Styles
- Self-Awareness and Values
- Communication
- Conflict Resolution
- Critical Thinking and Problem Solving
- Presentations

Module 3

Module 3 is a self-directed module where participants engage in a Community Action Project of their choice. This is a practical project to be undertaken in a voluntary capacity for a minimum of 20 hours. It presents participants with an authentic opportunity to practice the leadership skills gained throughout Modules 1 and 2.

There are 3 elements to Module 3

1. Completion of minimum 20 hours of a community action project
2. Completion of a reflective learning journal
3. Completion of a portfolio which documents the project undertaken

Community Action Project

It is recommended that the Community Action Project is linked to the leadership goal of Module 1 and the research project of Module 2 however this is not mandatory.

Participants can work individually or in small groups for their project. Where young people are working together in groups, it is essential that everyone has an opportunity to use their skills and take on key elements of the project. Learning journals and portfolios must be completed individually.

Participants will be supported through their project by a facilitator or mentor who will check in with them at various stages throughout the project. It is the participants responsibility to ensure they keep their mentor informed as they progress the project. Facilitators/Mentors do not need to be present for the 20 hours of the Community Action Project. Their role is more support and guidance when needed.

Examples of Community Action Projects

Participants are encouraged to choose a Community Action Project that they are interested in and passionate about. Some examples of projects include:

- Fundraising for or volunteering with a charity
- Visiting a local nursing home
- Community clean-up
- Teaching a skill to others, for example: soccer, dance, chess etc.
- Responding to a local issue in your community
- Volunteering with a local youth club or youth café
- Organising a local event whereby funds raised are donated to charity
- Establishing a junior club in your area
- Mentoring younger members in your local sports club
- Getting involved with a local community organisation such as Tidy Towns
- Setting up a support for new students starting in 1st year
- Promoting or highlighting a cause that that you are passionate about