

# Do you want to

- take your first step back into learning?
- develop new skills to help you move into Further or Higher Education?
- gain qualifications and work experience to help you move into employment?



## Full-time FREE Adult and Further Education Courses

### What courses are available in VTOS?

- Return to Learning QQI Level 3
- Employment Skills QQI Level 4
- Leaving Certificate for Adults



### Am I eligible for VTOS?

Are you at least 21 years of age?

Have you or your dependent spouse been getting a social welfare payment for at least 6 months?

or

Have you or your dependent spouse been signing for credits for at least 6 months?

**If the answer is YES to these questions, then contact us to apply.**

### Why attend VTOS?

- Retain all Social Welfare benefits
- Travel/meal allowance and childcare supports may be available
- Increased Social Welfare payment for 21-25 age group
- Free course materials and exam fees



# When do the courses take place?

- **Starting:** September 2018.  
**Finishing:** June 2019.
- All courses have full school holidays at mid-term, Christmas and Easter breaks.
- If places are still available, applications may be accepted until October 2018.
- Attendance Monday-Friday from 9am to either 1pm, 2pm or 3pm (depending on course)



## How do I get more information or apply?

**Phone:** Sinéad on 042 9364627

**Email:** vtosdundalk@lmetb.ie

**Facebook:** @ Adult Further Education Centre Dundalk

**Apply online:** [www.fetchcourses.ie](http://www.fetchcourses.ie) ( search under Keyword 'VTOS' and choose location 'Co.Louth')

**Call into:** VTOS centre, Adult Further Education Centre (Old ESB building), LMETB, Chapel St, Dundalk, Co Louth



## What subjects are available?



*"VTOS has made me feel welcome and has also improved my confidence and outlook in life."*

– VTOS learner 2017

*"I now find studying very enjoyable, it is so different to how I remember school."* – VTOS learner 2017



An Rann Chláraithe  
agair Seirbhíse  
Department of  
Education and Skills