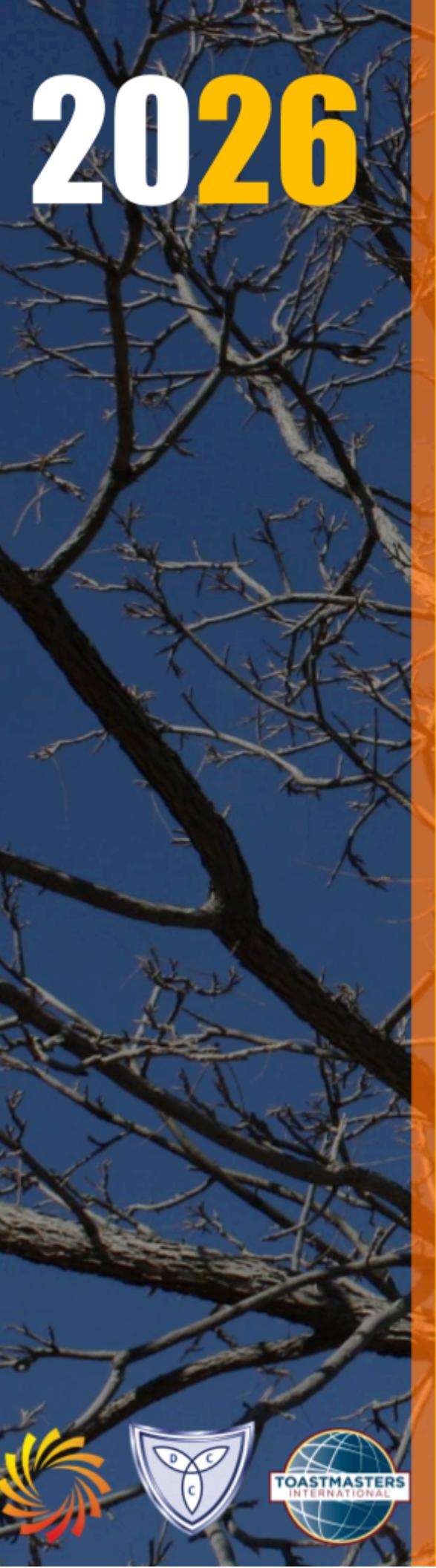


2026



Handbook

Ag Foghlaim, ag Áitiú, ag Samhlú.





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OUR SPONSORS.

We would like to extend our gratitude to our generous sponsors (listed below). Their support is what makes this competition possible.



Sweet Planet
Home Bakery



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TABLE OF CONTENTS.

Title Page.	1
Our Sponsors.	2
Table Of Contents.	3
Welcome!	4
Logistical Information.	5
Registration.	5
Moving to Rooms.	5
After the Speeches.	6
Timetable for the Evening.	6
Location of the Competition.	7
Contact Guidelines.	8
Social Media.	8
Round Structure.	9
Round One.	9
Round Two.	10
Prizes.	10
Judging Guidelines.	11
Time Penalties.	11
Our Judges.	14
Code of Conduct.	14



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WELCOME!

Dunshaughlin Community College, in association with Toastmasters, welcomes you to the FÁS Competition 2026. We would like to extend our thanks to the LMETB and our sponsors for making this competition possible.

FÁS is a student-founded competition, aimed at helping senior students grow in confidence by tackling Ireland's biggest fear; public speaking. In today's world, the need for confident, clear and compelling public speaking is ever growing, and through our competition, we aim to foster a comfortable and competent attitude to the field.

FÁS was founded on the acronym "Ag Foghlaim, Ag Áitiú, Ag Samhlú," meaning "Learning, Persuading, Imagining." These three words represent the core values that FÁS was built on. We aim to grant students an environment in which they can grow their abilities in public speaking in a fun and engaging manner, while also encouraging a healthy competitive spirit.

We will undoubtedly have fun filled evenings of socialising and mingling. FÁS is an opportunity for students to meet like minded individuals, providing the perfect space for the discussing and exchanging of thoughts, opinions and ideas. Additionally, we will provide food, sugary snacks and beverages, free of charge for all our competition participants and spectators.

We hope that you find FÁS to be a rewarding and worthwhile experience for you as a speaker. We hope to see you there for an exciting night of speaking, socialising and, most importantly, fun!



LOGISTICAL INFORMATION.

The first round of FÁS will take place on the 10th of March and the second will take place on the 24th of March. Below is information concerning how the evenings shall play out.

REGISTRATION.

- Registration will open at 6:00 PM. To register, participants must locate the registration desk, which will be situated at the front of the school, just through the main entrance.
- Once participants have been marked as present, they will be directed to the school library, where they may socialise and enjoy food and drink until the competition begins. Students should notify us of any dietary requirements or allergies in advance.
- Registration will close at 6:30 PM.

MOVING TO ROOMS.

- Once the competition commences at 6:55, students will be separated into their competition groups and taken to their respective rooms, where the rounds will take place. Rooms will be decided in advance and sent out via email in the form of a ballot.
- A small number of spectators (parents, teachers, etc.) will be permitted in each room.



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AFTER THE SPEECHES.

- Once all speeches have been given, students will be directed back to the library. Following this, the judges will begin their deliberation. During this time, students may eat snacks and sweets, socialise and relax.
- When the judges have reached their decision, they will join the students in the library to announce the winners.

TIMETABLE FOR THE EVENING.

Registration Opens (Food Available At This Time)	6:00 PM
Registration Closes	6:30 PM
Opening Remarks	6:45 PM
Movement to Rooms	6:55 PM
Speeches Commence	7:00 PM
Speeches Conclude, Return To Library	8:30 PM
Announcement of Results and Closing Remarks	8:45 PM
Competition Conclusion	9:00 PM



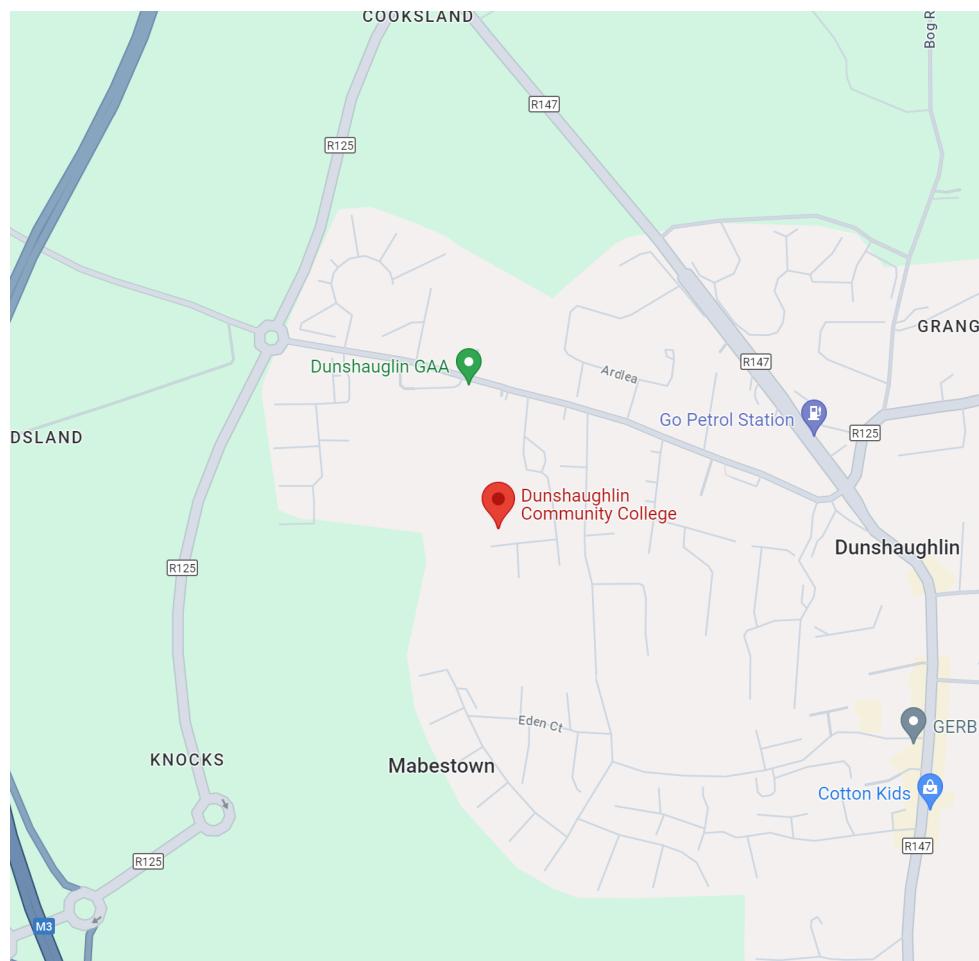
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LOCATION OF THE COMPETITION.

Both rounds of FÁS will take place on the Dunshaughlin Community College campus. Below is information on how to find the school.

**Dunshaughlin Community College
Drumree Road, Dunshaughlin,
County Meath
A85 TY22**





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CONTACT GUIDELINES.

Any queries or questions can be directed to our email:

fas.publicspeaking@gmail.com

Emergency calls can be made to our teacher lead Roisin Duffy:

+353 (86) 219 0721

In the event that a participant expects to be late to the event, please call the number above.

SOCIAL MEDIA.

- Our social media accounts are linked below. We will be updating this with more information regularly, as well as posting photos from the event. Feel free to follow us!



@fas_publicspeaking



@FAS_Competition



ROUND STRUCTURE.

FÁS will take place over two rounds, the first on the 10th of March and the second on the 24th of March. Below is the structure of each of the rounds.

ROUND ONE.

- During this round, participants will be divided into groups. Each group will be separated into different rooms. Participants will be judged against the other members of their group.
- Speakers will speak in a predetermined order. A ballot for the speaking order will be sent to participants in advance.
- Participants will be presented with a topic, and must write a speech that follows this topic. We will try to offer topics that allow participants to speak on a wide variety of subjects and allow them to be as creative as possible, granting them as much freedom as we can allow.
- The topic for the first round is “*The World Around Me*” Creative interpretations of this topic are welcome and encouraged.
- Speeches should be around 4 minutes for this round. Participants who run largely over time will be penalised.
- Following the speeches, the judges will begin their deliberation. Participants will be judged on a variety of factors, which will be outlined below. The three highest scoring students from each room will progress to the second and final round.



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ROUND TWO.

- This round will serve as the final. In this round, all participants who have progressed from the first round will be in the same room and will be competing against each other.
- Similarly to the first round, participants will be speaking in a set order on a predetermined topic, to be sent out prior to the event.
- Speeches should be around 5 minutes for this round. Participants who run largely over time will be penalised.
- This round will also be introducing a mystery prop. Participants will be given a randomly chosen prop (which will be assigned from a selection) before their speech and will be given points for incorporating it into their speech effectively. Participants will be allowed a time of one minute before their speech to consider how to incorporate their prop.
- Following the speeches, the judges will begin their deliberation. Participants will be judged on a variety of factors, which will be outlined below. The highest scoring participant will be declared the victor.

PRIZES.

- We are delighted to announce that the grand prize of the competition will be a Lenovo Ideapad Slim 3 Laptop!
- Prizes for runner-ups will include hampers and sweets, graciously provided by our sponsors.



JUDGING GUIDELINES.

FÁS is delighted to be partnering with Toastmasters, an international public speaking organisation, who will serve as the independent and unbiased judges for the competition. Below is the marking scheme they will be using to judge the competition. Students wishing to excel in this competition should aim to model their speech on these guidelines.

Please note the format of this competition is not like a debate. There are no points, there is no rebuttal, there is no house, there is no proposition or opposition. This is a public speaking competition. There will be an emphasis on performance rather than logic. Similar to a TED talk, you are not arguing. You are presenting.

In the event of a draw, wherein there is more than two top speakers (e.g., four people score 70 points, or two people score 70 points and two people score 65), all top speakers will go through to the final.

TIME PENALTIES.

- Speeches should be kept within the suggested time frame (4 minutes for the first round and 5 minutes for the second). While students will not be penalised for running overtime by a few seconds, every 15 seconds the student runs overtime will result in a loss of points. Judges will clap 30 seconds prior to the end of the time, and again at the end of the time to signify that the speaker should conclude their speech shortly.



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	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
HUMOUR/EMOTION	Little or no attempt is made at humour and/or emotional content in the speech.	An attempt is made to be humour or emotional, but it is ineffective and dry	Effective use of humour and/or emotion throughout the speech.	The humour and/or emotion used enhance the theme of the speech in a relevant and memorable way.
POINTS	1 - 5 Points	6 - 10 Points	11 - 15 Points	16 - 20 Points

	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
CLARITY	The speech is difficult to hear and follow, the topic may also be unclear.	Unnecessary hesitations, occasional attempts at clear annunciation, however the pace and sentence structure may be awkward.	The topic of the speech is clear, and easy to follow and understand. Appropriate pacing of speech. There is no mumbling or hesitation.	The topic is clear and cleverly communicated and the speaking is dynamic and engaging.
POINTS	1 - 2 Points	3 - 5 Points	6 - 8 Points	9 - 10 Points

	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
USE OF SPACE	No attempt is made and moving and/or gesturing.	Some attempt is made at moving and/or gesturing but it appears forced. The posture may be hunched.	Movement appears natural and complements the speaker's words. Adequate posture is present.	Excellent command of space, good posture, and the speaker portrays confidence via movement
POINTS	1 - 2 Points	3 - 5 Points	6 - 8 Points	9 - 10 Points



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	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
ENGAGEMENT	No attempt is made to look up from the speech or interact with the audience.	The speaker occasionally looks up from their speech, but no attempt is made to interact with the audience.	A good attempt is made to look up and address the audience (e.g., rhetorical questions, acknowledging and referencing the audience, etc.).	The speaker frequently looks up, directly addressing and including the audience in an entertaining manner.
POINTS	1 - 2 Points	3 - 5 Points	6 - 8 Points	9 - 10 Points

	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
ORIGINALITY	Content may be predictable, cliché or boring. It is clear that little or no thought has been put into the idea.	The idea, although not bad, is obvious and unoriginal.	The idea is interesting and thought has clearly been put into it.	The idea is novel, unexpected, clever and relevant. The originality of the idea enhances the quality of the speech.
POINTS	1 - 2 Points	3 - 5 Points	6 - 8 Points	9 - 10 Points

	LEARNER	INTERMEDIATE	PROFICIENT	EXPERT
PROP USE (SECOND ROUND ONLY)	Speaker does not accept the prop.	Prop is accepted, however no real attempt is made to use it.	A good attempt is made to use the prop in a relevant manner.	The speaker makes a creative, engaging and effective use of the prop.
POINTS	0 Points	5 - 10 Points	11 - 15 Points	16 - 20 Points



OUR JUDGES.

FÁS is delighted to be partnering with Toastmasters, an international public speaking organisation, founded in 1905, which has since grown to have over 260,000 members. We are partnering with the Dunboyne branch of Toastmasters, who will be sending their seasoned and experienced members to judge the competition. Judge decisions are final, however participants may ask judges for feedback on their speeches at the end of the competition. Additionally, Toastmasters is an independent body, and is therefore unbiased and in no way affiliated with the students or staff of Dunshaughlin Community College. This is to allow for a fair and fun evening for all who are participating.

CODE OF CONDUCT.

FÁS is a safe space for all, and as such, some rules must be put in place to ensure that all feel welcome and accepted.

1. Disrespect and unpleasantness will not be accepted. Participants who engage in such behaviours are liable to being disqualified.
2. Speeches must be clean and family friendly. Bad language and inappropriate topics will not be permitted.
3. Plagiarism is unacceptable. Participants' speeches must be the speaker's own original writing.
4. As Dunshaughlin Community College is facilitating this event, participants must not damage the school in any way.
5. Above all, have fun, as this is what the competition is all about!