

I dtreo Fáinne Óir



FAIGH FÁINNE CAITH FÁINNE

Fifteen Extension Questions
With Online Soundfiles

Áis oideachais d'aosaigh

Seachtain

na Gaeilge

Le enErgia

Ciste
Spreagtha

Conradh
na Gaeilge



An Roinn Turasóireachta, Cultúir,
Ealaion, Gaeltachta, Spórt agus Meáin
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I dTreo Fáinne Óir

There are fifteen questions and model answers in this new, slim, Q&A resource. It suits both private learners and group study. It is a simple booklet, sold at cost, that will build vocabulary, help set learning targets, and provide progression from the popular 'Faigh Fáinne-Caith Fáinne' booklet. The questions, with parallel translations, start to bridge the gap between An Fáinne Airgid and An Fáinne Óir by offering more sustained answers using more complex language. Some answers require use of the Conditional Mood for example. The answers ideally should be adapted and learned off to give confidence in speaking. A detailed knowledge of grammar is not required for this though a teacher will no doubt comment on use of the genitive for example. The booklet could complement a more formal study of the language.

The questions are based largely on what Comhaltas Uladh Branches would typically ask in some Fáinne Óir preparatory lessons and they link also with types of questions that might be addressed in sixth form oral assessments in schools. Many answers, pitched at adult learners, could easily be amended to suit such second level students. The contemporary references could be readily updated. The online sound files can be obtained by requesting the WORD document with its individual links to the You Tube files from gaelarasmhicardghail@gmail.com

Craobh an Iúir have four other resources for learners posted on Gaelaras.ie and these are available free.

Faigheann Craobh an Iúir de Chomhaltas Uladh, Conradh na Gaeilge, tacáiocht dár bhfiontair éagsúla fríd scéimeanna atá maoinithe ag Foras na Gaeilge (Bunchéim SFLG agus SIPG) agus táimid an-bhuíoch dóibh.

Other Gaeláras resources:



An duine sláintiúil thú i do bharúil?

Is é mo bharúil gur duine sláintiúil mé go deimhin.

Déanaim iarracht bia a ithe a dhéanann maitheas dom – mar shampla, ithim neart glasraí agus torthaí.

Faighim próiténí ó uibheacha, sicín, iasc agus pónairí, agus ithim go laethúil bianna a thugann carbaihiodrátí dom, bianna ar nós arán cruithneachta, prátaí, pasta agus músláí.

Seachnaím siúcra más féidir agus gearraim siar ar shalann na laethanta seo.

Ceannaím iasc agus sceallóga ón “Roma”anois is arís agus bíonn corrstéig agam i mbialann áitiúil. Creidim nach ndéanann siad mórán dochair dom.

Déanaim acláiocht go rialta – tá mé i mo bhalla den ionad acláiochta “Fan Folláin”.

Nó

Is é mo thuairim gur duine sláintiúil mé gan dabht.

Tá mé i mo veigeatóir le cúig bliana anuas. Seachnaím feolta de gach saghas.

Faighim snáithín cothaithe ó thorthaí agus ó għlasraí agus ó rís lángħráin.

Úsáidim ola olóige agus mé ag cócaireacht sa chistin. Taitnionn cócaireacht liom.

Ithim neart uibheacha, pónairí agus cnónna.

Tá glasraí piseánacha go maith don tsláinte forsta – is maith liom iad.

Cinntím go mbíonn go leor iarainn agam agus cuirim vitimíní le m'aiste bhia.

Úsáidim rothar nó siúlaim chuig m'áit oibre – coinnim cuntas ar an lín céimeanna a dhéanaim gach lá.

Nó

Is é mo thuairim nach duine sláintiúil mé.

Ithim agus ólaim i bhfad barraíocht. Tá mé róthrom dá bharr.

Ní dhéanaim acláiocht go rialta agus bím i mo shuí go hiondúil le linn dom bheith ag obair san ofig. Chuir an dochtúir mé ar aiste bhia ach bíonn sé doiligh dom cloí leis.

Tuigim go gcaithfidh mé iarracht níos fearr a dhéanamh. Mar a deir an seansfhocail, is fearr an tsláinte ná na táinte.

Do you consider yourself to be a healthy person?

I consider myself to be a healthy person indeed.

I try to eat food that is good for me – for example, I eat lots of vegetables and fruit.

I get protein from eggs, chicken, fish and beans, and I eat foods that provide carbohydrates daily, foods such as wholemeal bread, potatoes, pasta and muesli.

I avoid sugar where possible and cut back on salt these days.

I buy fish and chips from the “Roma” now and then and have the occasional steak at a local restaurant. I consider they do me little harm.

I exercise regularly – I am a member of the “Fan Folláin” fitness centre.

Or

I consider myself to be a healthy person without a doubt.

I have been a vegetarian for the past five years. I avoid all types of meat.

I get dietary fibre from fruit and vegetables and wholegrain rice.

I use olive oil when cooking in the kitchen. I enjoy cooking.

I eat lots of eggs, beans and nuts.

Legumes are also good for health – I like them.

I make sure I get enough iron and add vitamins to my diet.

I cycle or walk to work – I keep track of the number of steps I take each day.

Or

I don't think I'm a healthy person.

I eat and drink too much. I'm overweight as a result.

I don't exercise regularly and I usually sit down while I work in the office.

The doctor put me on a diet but I find it hard to stick to it.

I know I need to try harder. As the saying goes, health is better than wealth.

An bhfuil dúil agat sa chócaireacht?

Tá dúil as cuimse agam sa chócaireacht.

Tá dúil agam ó thosaigh mé ag cuidiú le mo sheanmháthair nuair ba ghnách léi dinnéar an Domhnaigh a ullmhú dúinn.

Ba chóaire den scoth í. Ní bhíodh sí ag bráth ar leabhair ná ar oidis scríofa – leanadh sí treoir ghinearálta, scil a d'fhoghlaim sí óna máthair féin.

Dhéanadh sí béisí traidisiúnta.

Bhí sí go maith ag an bhácáil festa – farlaí sóide, scónaí agus toirtíní úll.

Is maith liom go pearsanta béisí a ullmhú atá sláintiúil – cuirim béim ar phasta agus ar rís, ar ghlásraí, ar bhianna nach mbíonn mórán salainn ná saille iontu. Réim bhia na Meánmhara is dócha.

Taitníonn cláir chócaireachta ar nós *The Great Irish Bake Off* liom festa.

Tugann cócaireacht sásamh domsa agus don teaghach.

Is caitheamh aimsire iontach é.

Ní maith liom a bheith ag glanadh suas áfach.

Nó

Is maith liom bia ach níl dúil ar bith agam sa chócaireacht.

Is féidir liom rudaí bunúsacha a dhéanamh – tósta Francach, uibheacha scrofa nó pónairí ar thósta.

Ach bím ag brath ar dhaoine eile sa teaghach chun dinnéar ceart a dhéanamh réidh.

Is maith liom béisí atá áisiúil gasta simplí.

Ceannaím go hiondúil béisí atá réamhdhéanta – bíonn rogha fhairsing ag M&S ar phraghsanna nach bhfuil ró-ard. “Béile do bheirt” mar shampla.

Téim amach go rialta chuig bialanna áitiúla – is maith liom Teach Píotsa *Saporí*.

Má bhíonn deifir orm téim chuig *Friar Tucks* chun béisí a fháil le tabhairt liom.

Níl mé go maith sa chistin – an iomarca cócairí a mhilleann an t-anraith ar ndóigh.

Do you like cooking?

I have a huge passion for cooking.

I have since I started helping my grandmother when she used to prepare our Sunday dinner.

She was an excellent cook. She didn't rely on books or written recipes – she followed general instructions, a skill she learned from her own mother.

She would make traditional meals.

She was also good at baking – soda farls, scones and apple tarts.

I personally like to prepare meals that are healthy – I place emphasis pasta and rice, vegetables, foods that are low in salt and fat. The Mediterranean Diet I suppose.

I also enjoy cooking shows like *The Great Irish Bake Off*.

Cooking brings satisfaction to me and my family.

It's a great hobby.

I don't like cleaning up though.

Or

I enjoy food but I have no interest in cooking.

I can make the basics – French toast, scrambled eggs or beans on toast.

But I rely on other people in the family to make a proper dinner.

I like meals that are handy, quick and simple.

I usually buy pre-made meals – M&S has a wide selection at reasonable prices. "Meals for Two" for example.

I regularly go out to local restaurants – I like *Sapori* pizza house.

If I'm in a hurry I go to *Friar Tucks* for a takeaway.

I'm not good in the kitchen – too many cooks spoil the broth of course.

Cad é mar a chuidíonn tú féin leis an timpeallacht a chaomhnú?

Creidim go bhfuil sé mar dhualgas orainn ar fad aire a thabhairt don timpeallacht.

Cluineann muid gach lá faoin athrú aeráide, faoi thuillte agus stoirmeacha, agus faoi bhagairt an téimh dhomhanda.

I mo shaol laethúil, glacaim i ndáiríre le mo ról pearsanta chun ár dtimpeallacht a chosaint.

Déanaim plaisteach, páipéar, miotail agus gloine a athchúrsáil.

Ní chuirim leictreachas ná uisce amú.

Bronnaim éadaí, leabhair agus troscán ar Chumann Naomh Uinseann de Pól.
Athchúrsálann siadsan iad.

Lena chois sin, siúlaim nó faighim bus chomh minic agus is féidir.

Mar theaghlaigh, fuaireamar réidh leis an dara carr agus tá carr leictreach againnanois.

Ceannaím earraí agus bianna a tháirgtear in Éirinn chun an lorg carbóin a ísliú.

Téim thar sáile ar saoire go fóill ach ní bhím ag eitilt chomh minic agus ba ghnách liom.

Tá teas lárnach ola agam sa teach fós agus níl mé sásta leis sin.

Caithfidh mé fuinneamh gréine a fhiosrú don teach.

Tá painéis ghréine ag duine de na comharsana. Sábhálann sé airgead agus déanann sé an timpeallacht a chosaint forsta.

Táimid ar fadanois mar chuid den réabhlóid għlas. Na Glasaigh abú!

How do you help protect the environment?

I believe that we all have a responsibility to care for the environment.

We hear every day about climate change, floods and storms, and the threat of global warming.

In my daily life, I take my personal role in protecting our environment seriously.

I recycle plastic, paper, metal and glass.

I don't waste electricity or water.

I donate clothes, books and furniture to the Society of St. Vincent de Paul. They recycle them.

Beside that, I walk or take the bus as often as possible.

As a family, we got rid of our second car and now have an electric car.

I buy goods and foods that are produced in Ireland to reduce our carbon footprint.

I still go on holiday abroad but I don't fly as often as I used to.

I still have oil central heating in my house and I'm not happy about that.

I need to explore solar energy for my house.

One of my neighbours has solar panels. It saves money and also protects the environment.

We are all part of the green revolution now. Go Green!

Cad iad na fadhbanna is mó a bhíonn ag teaghlaigh sa lá atá inniu ann, i do bharúil?

Is iomaí fadhb a bhíonn ag teaghlaigh na linne seo.

Baineann cuid de na fadhbanna le cúrsaí airgid.

Caithfidh teaghlaigh billí leictreachais agus rátaí tí a íoc, morgáiste nó cíos a íoc, agus dóthain bia a chur ar an tábla.

Bíonn sé daor fostach ná árasán a théamh agus tá costais mhaireachtála ag síordhul in airde.

Caithfidh airgead bheith ag tuismitheoirí agus cúramóirí chun íoc as costais ag túis na scoilbhliana, as béiltí scoile, as táillí ollscoile, as an teicneolaíocht agus an fhaisean is úire dá bpáistí.

Dúshlán atá ann do chuid acu bheith beo ó lá go lá.

Cruthaíonn sé seo strus agus teannas sa teaghlaich.

Aagus ar ndóigh, bíonn fadhbanna eile ag teaghlaigh áirithe – ag plé le

- tinneas, seanaois nó andúil;
- nó le hargóintí agus easaontas;
- nó le cliseadh pósta.

In amanna bíonn droch-chumarsáid nó easpa cumarsáide ann, go mór mór má tá déagóirí sa teaghlaich.

Ach réitíonn daoine go maith i gcuid mhaith teaghlaich – comhoibríonn siad agus sáraíonn siad fadhbanna le chéile.

Bíonn siad ann dá chéile in am an ghairdis agus in am an ghátaí.

Ar scáth a chéile a mhaireann na teaghlaigh.

What do you think are the biggest problems facing families today?

Families today face many problems.

Some of the problems are related to money.

Families have to pay electricity bills and house rates, pay a mortgage or rent, and put enough food on the table.

It is also expensive to heat a house or apartment and the cost of living is constantly rising.

Parents and carers need money to pay for school expenses at the start of the year, school meals, university fees, and the latest technology and fashion for their children.

For some, it is a challenge to just survive day to day.

This creates stress and tension in the family.

And of course, some families have other problems – dealing with

- illness, old age or addiction;
- or arguments and disagreements;
- or a breakdown in marriage.

Sometimes there is poor or no communication, especially if there are teenagers in the family.

But people in many families get along well – they co-operate and overcome problems together.

They are there for each other in times of joy and in times of need.

Families survive supporting each other.

An bhfuil mórán suime agat sa léitheoireacht?

Tá suim agam sa léitheoireacht.

Tá spéis agam ann ó bhí mé sa bhunscoil.

Chláraigh mo thuismitheoirí mé mar bhall den leabharlann phoiblí nuair a bhí mé i Rang a dó.

Ó shin i leith, tá mar nós agam ábhair éagsúla a léamh go rialta.

Taitníonn idir fhicsean agus neamhfhicsean liom.

Tá an-dúil agam i leabhair a bhaineann

- le spóirt
- le stair áitiúil agus
- le tíortha i gcéin.

Taitníonn filíocht liom fosta agus is breá liom dánta Heaney, Kavanagh, Hewitt agus Longley – filíocht ó Chúige Uladh.

Bainim sult as úrscéalta bleachtaireachta, as beathaisnéisí agus as gearrscéalta.

Ceannaím leabhair nuair a bhíonn go leor airgid agam. Is fearr liom leabhar faoi chlúdach crua.

Téim go dtí *An Ceathrú Póilí*, an siopa leabhar atá lonnaithe sa Chultúrlann ar Bhóthar na bhFál i mBéal Feirste. Bíonn stoc fairsing de leabhair Ghaeilge acu.

Léim cuid mhaith stuif ar líne freisin agus tá *Kindle* agam.

Úsáidim an *Kindle* nuair atá mé ar laethanta saoire.

Ar ndóigh, léim an *Irish News* gach lá agus tugaim tacáiocht do nuachtáin logánta. Is maith liom na leathanáigh spóirt agus léim i gcónaí gné-ailt atá scríofa ag leithéidí Brian Feeney agus Patrick Murphy.

Le firinne, is léitheoir craosach mé.

Bíonn nós na léitheoireachta pléisiúrtha, tairbheach agus tá sé ar an chaitheamh aimsire is ansa liom.

Are you very interested in reading?

I am interested in reading.

I have been interested in it since I was in primary school.

My parents registered me as a member of the public library when I was in Primary two.

Since then, I have made it a habit to read a variety of subjects regularly.

I enjoy both fiction and non-fiction.

I am very fond of books about

- sports
- local history and
- distant countries.

I also enjoy poetry and I love the poems of Heaney, Kavanagh, Hewitt and Longley – poetry from Ulster.

I enjoy detective novels, biographies and short stories.

I buy books when I have enough money. I prefer a hardback book.

I go to *An Ceathrú Póilí*, the bookshop located in the Cultúrlann on the Falls Road in Belfast. They have a large stock of Irish language books.

I also read a lot of stuff online and I have a *Kindle*.

I use the *Kindle* when I'm on holiday.

Of course, I read the *Irish News* every day and I support local newspapers. I like the sports pages and I always read features written by the likes of Brian Feeney and Patrick Murphy.

In fact, I'm an avid reader.

The habit of reading is enjoyable, beneficial and it's my favourite pastime.

An dtéann tú chuig an phictiúrlann?

Téim ó am go ham ach ba bhreá liom dul níos minicí.

Tá Omniplex againn i lár na cathrach. Tá carrchlós in aice leis agus bíonn na scannán is úire á dtaispeáint acu.

Ach ní maith liom dul i m'aonar agus bíonn na ticéid daor go leor.

Chuir an Omniplex deireadh le praghsanna speisialta do phinsinéirí/do mhic léinn, an Lacáiste ar an Mháirt. Is pinsinéir/mac léinn mé.

Roghnaím go cúramach na scannán a mbeadh dúil agam iontu mar sin.

Chonaic mé, mar shampla *Napoleon*, *Oppenheimer* agus *An Cailín Ciúin* san Omniplex.

Agus bhí *Kneecap* ar an scáileán mór le déanaí. Bí ag caint faoi scannán a thóg mo chroí!

Is maith liom aisteoirí Éireannacha agus tá ardmheas agam ar na scannán ina mbíonn rólanna ag macasamhail Colin Farrell, Saoirse Ronan nó Brendan Gleeson.

Nó

Téim chun na pictiúrlainne gach coicís nó gach seachtain más féidir. Téim in éineacht le mo chairde.

Tá Omniplex 10 scáileán againn sa chathair agus bíonn rogha scannán iontach ann.

Léann muid na léirmheasanna roimh ré agus seachnaíonn muid scannán nach scórálann go hard – *Joker: Folie à Deux* mar shampla.

Is maith liom go pearsanta scannán uafáis agus scannán Sci-Fi – bíonn na héifeachtaí speisialta an-chumhachtach sa phictiúrlann.

Ceannaíonn muid boscaí de ghrán rósta agus bíonn an-oíche againn. Rud sóisialta atá ann.

Is fearr liom go mór an phictiúrlann ná Netflix. Taitníonn an comhlúadar agus an t-atmaisféar liom.

Do you go to the cinema?

I go from time to time but I would like to go more often.

We have an Omniplex in the city centre. There is a car park nearby and they show the latest films.

But I don't like going alone and the tickets are quite expensive.

The Omniplex has stopped offering special prices for pensioners/students, the Discount on Tuesdays. I am a pensioner/student.

I therefore choose carefully the films I would like to see.

I have seen, for example, *Napoleon*, *Oppenheimer* and *The Silent Girl* in the Omniplex.

And *Kneecap* was on the big screen recently. Talk about a film that lifted my heart!

I like Irish actors and I highly regard films starring the likes of Colin Farrell, Saoirse Ronan or Brendan Gleeson.

Or

I go to the cinema every two weeks or every week if possible. I go with my friends.

We have a 10-screen Omniplex in the city and they have a great selection of movies.

We read the reviews beforehand and avoid movies that don't score highly – *Joker: Folie à Deux* for example.

I personally like horror movies and Sci-Fi movies – the special effects are really powerful in the cinema.

We buy boxes of popcorn and have a great night. It's a social thing.

I much prefer the cinema to Netflix. I like the company and the atmosphere.

Cad iad na buntáistí a bhaineann le do cheantar féin?

Is iomaí buntáiste atá ann agus tá mé bródúil as mo cheantar.

Cónaím i mbaile atá fáiltiúil stairiúil gnóthach. Tá a lán áiseanna againn.

Tá sólann againn atá nua-aoiseach lárnach; tá otharlann réigiúnach againn; agus tá pictiúrlann 10 scáileán againn.

Níl amharclann againn faoi láthair ach tá ceann nua beartaithe. Beidh sé lonnaithe i gceartlár an bhaile.

Tá a lán siopaí againn, dhá ionad siopadóireachta ina measc, agus bíonn deiseanna fostaochta iontu. Tá cuid de na siopaí is fearr ar imeall an bhaile, áfach.

Tá foirgnimh stairiúla againn – Ardeaglais, Margadh, larsmalann Phoiblí, agus Halla an Bhaile féin mar chuid acu.

Aithnítear go forleathan go bhfuil scoileanna den scoth againn, Gaelscoil san áireamh.

Táimid suite cois teorann agus tá stáisiún traenach againn. Bíonn traenacha ag rith in aghaidh na huaire chuig Baile Átha Cliath agus Béal Feirste.

Más bialanna atá uait tá rogha fhairsing againn, agus óstán ceithre réalt ina gcuirtear imeachtaí siamsaíochta ar siúl gach deireadh seachtaine.

Táimid cóngarach do shléibhte, do phoraoisí agus do bhailte atá suite cois farraige.

Bíonn na sráideanna glan, bíonn muintir na háite sona sásta agus ní rachainn chun cónaí in áit ar bith eile ar ór na cruinne.

Nó

Is beag buntáiste atá ann le bheith ionraic.

Tá mé i mo chónaí faoin tuath in áit atá rud beag iargúltá.

Níl seirbhísí bus againn agus bíonn sé doiligh tacsaí a fháil.

Le linn an gheimhridh ní chuirtear salann ar na bóithre.

Níos measa ná sin, ní oibríonn an Wi-Fi i gcónaí. Ach tá raidió agam.

Thig liom dul chuig sráidbhaile in aice liom áit ina bhfuil séipéal, siopaí, bunscoil, garáiste agus cumann peile.

Bím uaigneach is dócha. Ach rugadh anseo mé agus tá mé dílis don cheantar.

What are the advantages of your area?

There are many advantages and I am proud of my area.

I live in a welcoming, historic, busy town. We have many facilities.

We have a modern sports centre; we have a regional hospital; and we have a 10-screen cinema.

We do not currently have a theatre but a new one is planned. It will be located right in the town centre.

We have many shops, including two shopping centres, which offer employment opportunities.

However, some of the best shops are on the outskirts of the town.

We have historic buildings – the Cathedral, the Market, the Public Museum, and the Town Hall itself are some of them.

We are widely recognised for having excellent schools, including a Gaelscoil.

We are situated on the border and have a train station. There are hourly trains to Dublin and Belfast.

If you want restaurants we have a wide choice, and a four-star hotel with entertainment every weekend.

We are close to mountains, forests and seaside towns.

The streets are clean, the locals are happy and I wouldn't live anywhere else for the world.

Or

There are few advantages to being honest.

I live in the countryside in a somewhat isolated area. We don't have a bus service and it's hard to get a taxi.

During the winter the roads are not salted.

Worse still, the Wi-Fi doesn't always work. But I do have a radio.

I can go to a village near me where there is a church, shops, a primary school, a garage and a football club.

I guess I'm lonely. But I was born here and I am loyal to the area.

Cén úsáid a bhaineann tú as fón póca?

Le bheith macánta, ní thig liom mé féin a shamhlú gan guthán póca.

Pé áit a dtéim, bíonn sé liom – i mo lámh, i mo mhála, nó in aice liom fiú agus mé sa leaba.

Caithim barraíocht ama is dócha le mo iFón agus an iomarca airgid air.

Nuair a thagann fón uasdáitithe amach (gach Nollaig nach mór), ceannaím an ceann úr.

Is dúchasach digiteach mé. Ní minic peann i mo lámh, ná ceamara seanhaiseanta, ná cárta bainc fiú. Bíonn beagnach gach rud atá uaim ar mo ghuthán.

Déarfainn go mbeinn cailte gan mo ghuthán. Tá clog ann, féilire, dialann, áireamhán, céimeanna, agus aipeanna iontacha.

Léim an *Irish News* ar mo iFón; déanaim baincéireacht phearsanta air; íocaim billí; ordaím stuif ó Amazon; seiceálaim amchlár na dtraenacha; éistim le BBC Sounds; déanaim Duolingo; agus bím ag caint le cairde ar WhatsApp.

Ní raibh gléas riamh cosúil leis agus tá an teicneolaíocht ag feabhsú de shíor.

Tá mé tóghtha faoi na féidearthachtaí a bhaineann leis an intleacht shaorga. Is cinnte go mbeidh fón nua de dhíth.

Nó

Ní úsáidim fón póca ach go hannamh.

Úsáidim é le haghaidh scairteanna agus téacsanna. Is leor sin domsa.

Is dócha gur duine traidisúnta mé – is fearr liom cumarsáid aghaidh ar aghaidh.

Sin ráite, tá sean-iPod agam agus éistim le ceol air.

What use do you make of a mobile phone?

To be honest, I can't imagine myself without a cell phone.

Wherever I go, it's with me – in my hand, in my bag, or even next to me in bed.

I probably spend too much time with my iPhone and too much money on it.

When an updated phone comes out (almost every Christmas), I buy the new one.

I'm a digital native. I rarely have a pen in my hand, or an old-fashioned camera, or even a bank card. I have almost everything I need on my phone.

I would say I would be lost without my phone. It has a clock, a calendar, a diary, a calculator, steps counter, and great apps.

I read the *Irish News* on my iPhone; I do my personal banking on it; I pay bills; I order stuff from Amazon; I check the train timetable; I listen to BBC Sounds; I do Duolingo; and I talk to friends on WhatsApp.

There has never been a device like it and the technology is constantly improving.

I am excited about the possibilities of artificial intelligence. I will definitely need a new phone.

Or

I rarely use a mobile phone.

I use it for calls and texts. That is enough for me.

I am probably a traditional person – I prefer face-to-face communication.

That said, I have an old iPod and I listen to music on it.

Cé acu is fearr leat, raidió nó teilifís?

Nuair a bhí mé níos óige thaitin an teilifís liom níos mó ná an raidió.

Leanainn sobaldrámaí; thaitin *Cluiche an Lae* liom; bhínn ar bí ag fanacht ar *Bharr na gCaireanna*; agus ní chaillinn na cartúin, *Doctor Who* ná *Star Trek*.

Bhí mé an-tugtha freisin do scannáin drongadóirí agus do shraitheanna buachaillí bó.

Thaitin cláir liom a bhí ag plé le cúrsaí reatha agus bhain mé tairbhe as cláir faisnéise.

Thar aon rud, áfach, thaitin drámaí grinn liom – *Cairde*, *An Oifig*, *Blackadder*, *Bilko*, *M.A.S.H.* agus ar ndóigh *Na Simpsons*.

Ní raibh mé róthóghtha le coiméide ailtéarnach cé gur shíl mé go raibh *The Young Ones* go maith.

D'éistinn leis an raidió nuair a bhí mé óg mar thaitin popcheol liom.

Le traidhfil de bhlianta anuas, is minicí mé ag éisteacht leis an raidió ná ag amharc ar an teilifís.

Tá Sky againn sa bhaile agus bíonn na bealaí teilifise ag craoladh ó dhubh go dubh ach is fearr liom na laethanta seo cláir atá beo agus podchraoltaí ó Raidió Uladh, ó Raidió na Gaeltachta ná ó Raidió Fáilte.

Is é *Barrscéalta* an clár is ansa liom – meascán de nuacht, fógraí, agallaimh agus éagsúlacht. Craoltar é beo ó Luan go hAoine ar Raidió na Gaeltachta. Tiúnálaim isteach gach lá ar 11.05.

Agus mé níos sine, is dócha go mbíonn níos mó sásaimh ag baint le seal ciúin i m'aonar ag éisteacht leis an raidió. Tá raidió digiteach agam agus thig liom cláir a thaifeadadh más gá.

Is maith liom ceol traidisiúnta ar an raidió agus éistim leis agus mé ag tiomáint.

Which do you prefer, radio or television?

When I was younger I liked television more than radio.

I would follow soap operas; I loved *Match of the Day*; I was excited waiting on *Top of the Pops*; and I never missed the cartoons, *Doctor Who* or *Star Trek*.

I was also very fond of gangster films and cowboy series.

I liked programmes that dealt with current affairs and I enjoyed documentaries.

Above all, however, I liked comedy dramas – *Friends*, *The Office*, *Blackadder*, *Bilko*, *M.A.S.H.* and of course *The Simpsons*.

I wasn't too keen on alternative comedy although I thought *The Young Ones* was good.

I listened to the radio when I was young because I liked pop music.

In the last few years, I listen to the radio more often than I watch television.

We have Sky at home and the TV channels are broadcasting from dawn to dusk but these days I prefer live programmes and podcasts from Raidió Uladh, Raidió na Gaeltachta or Raidió Fáilte.

My favourite programme is *Barrscéalta* – a mix of news, adverts, interviews and variety. It is broadcast live from Monday to Friday on Raidió na Gaeltachta. I tune in every day at 11.05.

As I get older, I probably find it more satisfying to have quiet time alone listening to the radio. I have a digital radio and can record programmes if necessary.

I like traditional music on the radio and listen to it while I drive.

An bhfuil peata ar bith agat?

Tá áthas orm a rá go bhfuil peata agam – madadh darb ainm Reics.

Labradór atá ann agus tá sé trí bliana go leith d'aois. Fuair muid é le linn Covid/na dianghlásála.

Deirtear nach bhfuil cara níos fearr ná madadh dílis. Tá Reics go maith le páistí agus tá sé cairdiúil le fear a' phoist.

I ndáiríre, tá sé mar bhall eile den chlann. Tagann sé linn go minic ar laethanta saoire.

Tugann muid ar fad aire dó, bíodh sé sin ag eagrú coinní le tréidlia, ag tabhairt folcadh dó nó ag glanadh suas ina dhiaidh.

Is gó é a thabhairt amach ag siúl gach lá agus tugann sé sin deis aclafochta dúinn.

Déarfainn go bhfuil sé rud beag millte againn – thiocfadh leat a rá go bhfuil saol an mhadaidh bháin aige!

Nó

Ar an drochuair níl peata agam. Bhí cat agam ceart go leor nuair a bhí mé óg agus bhí luch ag mo dhearthair is óige. Creid é nó ná creid, réitigh an cat agus an luch go maith le chéile!

Ach tá mé i mo chónaí i m'aonar ar imeall na cathrach agus oibrím óna naoi go dtí a cúig. Ní bheadh éinne san árasán i rith an lae chun aire a thabhairt do pheata.

Tá madadh ag mo sheanmháthair agus tchím na buntáistí a bhaineann le madadh a bheith ag duine – comhluadar, cairdeas, cosaint.

Ní bheidh mé ag obair go deo agus níl dabht ar bith ná go gceannóidh mé peata nuair a shroichim aois scoir.

Do you have any pets?

I am happy to say that I have a pet – a dog called Reics.

He is a Labrador and is three and a half years old. We got him during Covid/lockdown.

They say there is no better friend than a loyal dog. Reics is good with children and is friendly with the postman.

In fact, he is like another member of the family. He often comes with us on holidays.

We all take care of him, whether that is arranging appointments with the vet, giving him a bath or cleaning up after him.

He needs to be taken out for a walk every day and that gives us a chance to exercise.

I would say that we have spoiled him a bit – you could say he lives the life of Reilly!

Or

Unfortunately I don't have a pet. I had a cat when I was young and my youngest brother had a mouse. Believe it or not, the cat and the mouse got along well!

But I live alone on the outskirts of the city and work from nine to five. There would be no one in the apartment during the day to take care of a pet.

My grandmother has a dog and I see the advantages of having a dog – companionship, friendship, protection.

I won't be working forever and there is no doubt that I will buy a pet when I reach retirement age.

Dá mbainfeá an Crannchur Náisiúnta amárach cad a dhéanfá?

Ceist mhaith. Ábhar machnaimh dom ansin.

An athródh sé sin mo shaol?

An mbeadh fáth agam nó fonn orm leanúint ar aghaidh ag obair?

An ndéanfadh sé níos sona mé mar dhuine?

Is cinnte go mbeadh ollchóisir agam ar an chéad dul síos mar bheadh a lán cairde nua agam. Sheolfainn cuireadh chuig an *Ulster Tatler* teacht chun pictiúir a ghlacadh.

Is dócha go dtabharfainn faoi rudaí praiticiúla ansin – għlanfainn an morgáiste agus d'iocfainn billí agus īasachtaí.

Tá seancharr agam agus cheannóinn ceann nua, ceann leictreach.

Ní bheadh deifir orm teach nua a thógál mar tá mé compordach san áit a bhfuil mé i mo chónaí ann le fada.

Rachainn cinnte ar laethanta saoire – ní raibh mé i gCúba riamh agus bheadh Cúba ar bharr mo mhianliosta.

Bhronnfainn airgead ar mo theaghħlach, ar mo chuid gaolta agus ar chairde. Bheinn fial leo agus bheinn flaithiúil fosta le cumainn charthanachta.

Ina dhiaidh sin, għlacfainn comhairle ó shaineolaí airgeadais maidir le punann infheistóchtaí.

Leanfainn ar aghaidh ag obair le mo chomhgleacaithe cairdiúla go bhfeicfinn agus go dtuigfinn go soiléir an ród romham.

Ar ór na cruinne, ní chuirfinn cairdeas i mbaol. Is fearr sonas ná saibhreas.

If you won the National Lottery tomorrow what would you do?

Good question. Food for thought there.

Would that change my life?

Would I have a reason or desire to continue working?

Would it make me a happier person?

I would definitely have a big party first because I would have lots of new friends. I would send an invitation to the *Ulster Tatler* to come and take pictures.

I would probably do practical things then – I would pay off the mortgage and pay off bills and loans.

I have an old car and I would buy a new one, an electric one.

I wouldn't rush to build a new house because I am comfortable where I have lived for a long time.

I would definitely go on holiday – I have never been to Cuba and Cuba would be at the top of my wish list.

I would give money to my family, relatives and friends. I would be generous to them and I would also be generous to charities.

After that, I would take advice from a financial expert regarding an investment portfolio.

I would continue to work with my friendly colleagues until I could clearly see and understand the path ahead.

For all the gold in the world, I would not jeopardise friendship. Happiness is preferable to wealth.

Dá mbeifeá i do Thaoiseach amárach, cad a dheánfá?

Bheadh clár glas ag Rialtas s'agam – níos mó rothar agus níos lú carranna mar shampla.

Dhéanfainn rud inteacht faoi mhórfhabhb ár linne – ganntanas tithe.

Chaithfinn níos mó airgid ar sheirbhísí óige.

D'ísleoinn an aois vótála go dtí 16 bliana.

Thabharfainn buntáiste cánach d'ealaíontóirí cruthaitheacha na tíre.

Agus dhéanfainn an-iarracht an tír a athaontú roimh 2040.

Nó

Dá mbeadh ról an Taoisigh agam amárach bheadh liosta de rudaí le bheith déanta agam.

Ar bharr mo liosta? Tithe úra ar phraghas réasúnta a thógáil. Fud fad na tíre.
Agus béim ar dtús ar thithe sa Ghaeltacht.

Ar an dara dul síos, mholfaínn rialacha nua leis an timpeallacht a chosaint, go mór mór aibhneacha agus lochanna na tíre.

Chuirfinn béim fosta ar an chóras iompar poiblí a fheabhsú.

Tá scoileanna nua de dhíth ar fud na tíre – agus leagfainn amach buiséad agus amscála chun tuilleadh scoileanna a thógáil.

Tá rudaí eile nach bhfuil chomh tábhachtach céanna, ach tá suim agam iontu:

- gheobhainn réidh leis an cheadúnas teilifise
- chinnteoinn go mbeadh gach seirbhís de chuid RTÉ ar fáil i dtuaisceart na hÉireann
- chruthóinn níos mó lánaí rothaíochta sna bailte móra
- agus bheadh níos mó laethanta saoire bainc ann mar ba mhaith liom a bheith atofa.

If you were Taoiseach tomorrow, what would you do?

My Government would have a green agenda – more bicycles and fewer cars, for example.

I would do something about the biggest problem of our time – the housing shortage.

I would spend more money on youth services.

I would lower the voting age to 16.

I would give tax breaks to the country's creative artists.

And I would make a real effort to reunite the country by 2040.

Or

If I were Taoiseach tomorrow, I would have a list of things to do.

At the top of my list? Build new, affordable homes. All over the country.
With an emphasis first on homes in the Gaeltacht.

Secondly, I would propose new rules to protect the environment, especially the country's rivers and lakes.

I would also place emphasis on improving the public transport system.

New schools are needed across the country – and I would set a budget and a timescale for building more schools.

There are other things that are less important, but I am interested in them:

- I would get rid of the TV licence
- I would make sure all RTÉ services are available in the north of Ireland
- I would create more cycle lanes in the big towns
- and there would be more bank holidays because I would like to be re-elected.

Cad é a dhéanann tú le do chuit Gaeilge a fheabhsú?

Téim chuig ranganna i mo cheantar féin.

Tá múinteoir den scoth agam.

Freastalaím ar dhianchúrsaí má bhíonn deis agam.

Anois is arís, bím ag éisteacht leis an raidió ach is fearr liom TG4.

Léim ábhair i nGaeilge ar líne fosta ach bíonn an caighdeán ró-ard dom go minic.

Glacaim le gach seans an Ghaeilge a chleachtadh le daoine a bhfuil Gaeilge líofa acu.

Ba mhian liom dul chun na Gaeltachta ach níl mé muiníneach go leor go fóill.

Leanfaidh mé liom ag foghlaim Gaeilge – bainim tairbhe agus pléisiúr as.

Nó

Bhí bun-Ghaeilge agam nuair a bhí mé ar scoil ach chaill mé í.

Dhúisigh mo spéis sa Ghaeilge arís cúpla bliain ó shin.

Thosaigh mé ag freastal ar ranganna do dhaoine fásta. Bhí scaifte againn ann agus bhíomar ar fad ar an turas céanna. Bíonn múinteoir s'againne eagraithe agus tá taithí aici ag plé le daoine fásta.

Taitníonn na ranganna liom. Déanann muid comhrá, rud beag léitheoireachta agus amhrán ó am go ham. Úsáideann muid an leabhar beag gleoite 'Abair Amhrán'.

Ach tá straitéisí eile agam leis an Ghaeilge a fhoghlaim.

- Léim leabhair shimplí.
- Éistim le cláir ar Raidió na Gaeltachta, ar Raidió Uladh agus ar Raidió Fáilte.
- Íoslódálaim podchraoltaí agus bím ag éisteacht leo agus mé amuigh ag siúl nó ag tiomáint sa charr.
- Is maith liom *Meon Eile* agus léim *Tuairisc* ar líne go rialta
- Téim chuig corr-imeacht sóisialta má tá a fhios agam go mbeidh Gaeilge le cluinstín ann.

What do you do to improve your Irish?

I go to classes in my own area.

I have an excellent teacher.

I attend intensive courses if I have the chance.

Every now and then, I listen to the radio but I prefer TG4.

I also read Irish materials online but the standard is often too high for me.

I take every opportunity to practise Irish with people who are fluent in Irish.

I would like to go to the Gaeltacht but I am not confident enough yet.

I will continue to learn Irish – I benefit from it and enjoy it.

Or

I had basic Irish when I was at school but I lost it.

My interest in Irish reawakened a few years ago.

I started attending classes for adults. We had a group there and we were all on the same journey. Our teacher is organised and has experience dealing with adults.

I enjoy the classes. We chat, read a little and sing songs from time to time. We use the brilliant little book 'Abair Amhrán'.

But I have other strategies for learning Irish.

- I read simple books.
- I listen to programmes on Raidió na Gaeltachta, Raidió Uladh and Raidió Fáilte.
- I download podcasts and listen to them while I'm out walking or driving in the car.
- I like *Meon Eile* and read *Tuairisc* online regularly
- I go to the occasional social event if I know there will be Irish to be heard there.

An bhfuil suim agat i gcúrsaí reatha?

Tá suim agam i gcúrsaí reatha.

Ceannaím nuachtán gach lá, an *Irish News* de ghnáth mar bionn leathanach i nGaeilge acu.

Leanaim an nuacht ar RTÉ, ar an BBC agus ar Sky. Sa dóigh seo, coinním suas chun dáta lena bhfuil ag titim amach ar fud na cruinne.

Tá an-dúil agam i gcúrsaí polaitíochta agus má tá toghchán tábhachtach ann leanaim na torthaí ar an teilifiseán ar feadh na hoíche.

Bhí mé go hiomlán gafa mar shampla leis an toghchán uachtaránachta sna Stáit Aontaithe le déanaí.

Bím ar amharc ar chláir ar nós *Panorama*, *The Politics Show* agus *Newsnight* mar taitníonn díospóireachtaí liom. Ní lia duine ná tuaram.

Seachnaím craoltóirí áirithe áfach, Ó Nualláin mar shampla, agus tugaim neamhaird iomlán ar leithéidí GB News.

Is iad na scéalta is mó a bhfuil suim as cuimse agam iontu faoi láthair ná an ghéarleanúint in Gaza, stoirmeacha agus tuillte atá ag tarlúint ar fud an domhain, agus mír nuachta ar bith a bhaineann le bagairtí don timpeallacht.

Nó

Le bheith macánta, is fuath liom cúrsaí reatha.

Níl ann, dar liom, ach drochscéalta – cogaí, gortaí, deachtóirí, dúnmaruithe, tubaistí.

Má cheannaím nuachtán, ní léim ach na leathanaigh spóirt. Is fearr liom crosthocal ná eagarrhocal.

Lena chois sin, níl mórán measa agam ar pholaiteoirí. I mo bharúil, tugann siad geallúintí nach gcomhlíonann siad.

Ní duine mór teilifise mé ach oiread – b'fhearr liom bheith amuigh sa ghairdín nó ag siúl cois farraige ná bheith gafa le ríomhaire nó le raiméis ar an raidió.

Is fearr liom m'aírd a dhíriú ar chórasaí clainne nó ar chórasaí spioradálta. Déarfainn go bhfuil mé dearfach dóchasach príobháideach mar dhuine.

Are you interested in current affairs?

I am interested in current affairs.

I buy a newspaper every day, usually the *Irish News* because they have a page in Irish.

I follow the news on RTÉ, the BBC and Sky. This way, I keep up to date with what is happening around the world.

I am very interested in politics and if there is an important election I follow the results on television all night.

I was completely absorbed in the recent presidential election in the United States, for example.

I watch programmes such as *Panorama*, *The Politics Show* and *Newshight* because I enjoy debates. There's no end to opinions.

However, I avoid certain broadcasters, Ó Nualláin for example, and I completely ignore the likes of GB News.

The stories that interest me the most right now are the persecution in Gaza, the storms and floods happening around the world, and any news item that deals with threats to the environment.

Or

To be honest, I hate current affairs.

To me, it's all bad news – wars, famines, dictators, murders, disasters.

If I buy a newspaper, I only read the sports pages. I prefer a crossword puzzle to an editorial.

Besides, I don't have much respect for politicians. In my opinion, they make promises that they don't keep.

I'm not a big TV person either – I'd rather be out in the garden or walking by the sea than be busy on a computer or to junk on a radio show.

I prefer to focus on family or spiritual matters. I would say that I'm a positive, optimistic, and private person.

An ndearna tú rud ar bith spéisiúil nó difriúil i do shaol pearsanta le tamall anuas?

Rinnel Phós mé grá mo chroí. Seirbhís eaglasta a bhí againn agus bhí cóisir iar-bhainise againn in Óstán na gCeithre Shéasúr i gCairlinn. Ceol, craic, comhluadar, ceiliúradh. Chuamar ar mhí na meala chun na Spáinne. Agus, an bhfuil a fhios agat, táimid le chéile go fóill.

Nó

Sea, rinne mé. Cheannaigh mé rothar nua agus téim amach ag rothaíocht le cairde ag an deireadh seachtaine. Bhí fadhbanna sláinte agam bliain ó shin agus nach mise atá sásta a bheith beo agus gníomhach arís. Téann an roth thart – thíos seal, thusa seal.

Nó

D'éirigh mé as mo phost leathbhliain ó shin. Tá mé ar scor agus nach mise atá sona sásta. Bíonn am agam anois rud beag garraíodóireachta nó léitheoireachta a dhéanamh agus tugaim aire do gharpháistí. Chláraigh mé mar bhall den Chumann Siúlóide *Na Fánaíthe* agus tugann muid cuairt ar áiteacha suimiúla. Tá turas thar síle beartaithe againn – An Camino. Téim chuig *Neighbourhood* le haghaidh cupán caifé le mo chomhghleacaithe atá ar scor forsta. Corraíonn muid an pota!

Nó

Sea. Thug mé cuairt ar an Ghaeltacht den chéad uair. Bhí mé rud beag neirbhíseach ag an túis ach bhí muintir na háite an-chineálta. Bhíomar ag stopadh i dTeach Campbell i nGaoth Dobhair. Bhí mé ag cleachtadh mo chuid Gaeilge i rith an ama. Mhothaigh mé go raibh mé níos muiníní nuair a bhí cúpla deoch ólta agam – spreagann lágar líofacht.

Nó

Ar an drochuair, ní dhearna. Easpa airgid, chan easpa tola, ba chúis leis. Bhí orainn an carr a athrú agus árachas tí a foc. Tá an costas maireachtála ag siormhéadú. B'éigean dúinn saoire a chur ar ceal. Ach piocfaidh rudai suas ar ball mar beidh ardú céime agam agus tuarastal níos fearr. Labhair liom arís i gceann sé mhí agus déarfainn go mbeidh freagra níos dearfaí agam duit.

Have you done anything interesting or different in your personal life lately?

I did! I married the love of my life. We had a church service and an after-wedding party at the Four Seasons Hotel in Carlingford. Music, fun, company, celebration. We went on our honeymoon to Spain. And, you know, we're still together.

Or

Yes, I did. I bought a new bike and I go out cycling with friends at the weekends. I had health problems a year ago and I'm happy to be alive and active again. The wheel goes round – up one day and down the next.

Or

I quit my job half a year ago. I'm retired and I'm happy. I now have time to do a little gardening or reading and I look after my grandchildren. I signed up as a member of the *Na Fánaithe* walking club and we visit interesting places. We have an overseas trip planned – The Camino. I go to *Neighbourhood* for a cup of coffee with my retired colleagues. We stir the pot!

Or

Yes. I visited the Gaeltacht for the first time. I was a little nervous at first but the locals were very kind. We stopped at Campbell's House in Gaoth Dobhair. I was practising my Irish the whole time. I felt more confident after a few drinks – lager encourages fluency.

Or

Unfortunately, I didn't. It was a lack of money, not a lack of desire. We had to change the car and pay for house insurance. The cost of living is constantly increasing. We had to cancel a holiday. But things will pick up soon as I'm getting a promotion and a better salary. Talk to me again in six months and I'd say that I'll have a more positive answer.

£3.00



Gaeláras
Mhic Ardghail