

Irish Cancer Society's

Relay For Life



Irish Translation Guide

Relay for Life

Celebrate, Remember, Fight Back.

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Irish Cancer Society

What is Relay for Life?

Sealaíocht don Bheatha

Ceiliúradh, Cuimhnigh, Troid ar ais.

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Cumann /Sochaí Ailse na hÉireann

Cad é Sealaíocht don Bheatha?



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Is é Sealaíocht don Bheatha na ceiliúradh pobail, thar oíche, a mhaireann 24 uair. Ócáid speisialta a thugann cumhacht agus dóchas í agus imeacht spraoí fosta. Ag croílár na sealaíochta tá an deis chun ceiliúradh a dheanamh ar mharthanóirí ailse agus cuimhneamh a dheanamh ar an Mhuintir a chaill an cath leis an ghalair.

What is Relay for Life

At Relay For Life hundreds of people gather to embark on a very special 24-hour journey. Relay For Life is an overnight, community celebration and a unique, empowering and fun event. At the heart of Relay is the opportunity to celebrate cancer survivors and to remember those who have left us.

Kindly translated by the Relay For Life Donegal Committee

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Cad a tharlaíonn i rith na hócáide?

Beidh foirne ag deanamh sealaíochta ag siúl ar chúrsa. Toisc ná gcodlaíonn ailse, iarrtar ar ionadaí ó gach foireann a bheith ar an chúrsa i gconaí i rith na ceithre uair is fiche. Dhá cheann de phríomhphointí an imeacht nó - Lap na Marthanoirí agus Searmanais an Choinneail Dóchais. Tá baill foirne saor le sóisialú, éisteacht le ceol agus páirt a ghlacadh i go leor de na himeachtaí spraoi.

Tá cuireadh ag dul amach chuig achan dhuine sa phobal teacht agus an imeacht seo a cheiliúradh agus a chomóradh.

Má tá spéis agat foireann a chuir isteach, dean teagmháil le:

What happens during Relay?

Teams of people will take turns walking around a track. Because cancer never sleeps, each team is asked to have a representative on the track at all times during the 24-hour event. Two of the highlights during the Relay event are the Survivors' Lap and the Candle of Hope Ceremony. Otherwise team members are free to socialise, picnic, play games, dance and participate in lots of fun activities!

However, everybody in the community is invited to come along and experience this inspiring event of celebration and commemoration.

If interested, contact:

