



GAISCE  
THE PRESIDENT'S  
AWARD



YOUR WAY: YOUR AWARD



## Why do Gaisce?

- Challenge yourself and grow your confidence
- Meet people, make friends and share new experiences
- Develop your interests and discover new opportunities
- Add your Gaisce Award to your CV
- Have fun!

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# What is Gaisce?

- Gaisce is a direct challenge from the President of Ireland to all young people between 15 and 25 years
- Gaisce is an opportunity for you to find your passion, get active and make a difference in your community!
- In 2014 over 20,000 young people took part in Gaisce

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# PAL

When you participate in the Gaisce Award programme you will be supported by your:

PRESIDENT'S AWARD LEADER  
(PAL)

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## 3 Awards

	Minimum Age	Minimum Time Commitment
Bronze	15 years	26 Weeks
Silver	16 years	52 weeks
Gold	17 years	78 weeks

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# Achieving an Award

Set yourself a challenge in

4

sections

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## 4 Sections

1. COMMUNITY INVOLVEMENT
2. PHYSICAL RECREATION
3. PERSONAL SKILL
4. ADVENTURE JOURNEY

Complete an activity in each section to earn an award

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# Community Involvement

*"WHAT COULD I DO  
TO HELP PEOPLE  
IN MY COMMUNITY?"*

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# Community Involvement

- Working with young or old people
- School mentors
- Big brother / big sister
- Tuck shop
- Tidy Towns
- Community library
- Special needs
- RNLI
- Homework clubs
- Green schools
- Vincent de Paul
- Youth for Justice
- Charity shop
- Help to train a team
- Help to run a youth club
- Local church activities
- Special Olympics
- CoderDojo

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## Personal Skill

*WHAT SKILLS AM I CURRENTLY  
LEARNING  
OR WOULD I LIKE TO LEARN?"*



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# Personal Skill

- Computers / ECDL
- School web site
- Musical instrument
- Speech & drama
- Set design
- Arts, crafts, painting
- Knitting, rug making, pottery
- Circus skills, juggling etc.
- Woodwork
- Mini Co.
- Young Social Innovators
- First Aid
- Sign Language

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# Physical Recreation

*"WHAT CAN I DO TO KEEP FIT?"*



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# Physical Recreation

- Athletics
- Basketball
- Canoeing
- Rugby
- Gym
- Badminton
- Walking Club
- Squash
- Martial arts
- Golf
- Cycling
- Football
- Swimming
- Yoga
- Surfing
- Dancing

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# Adventure Journey

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# Adventure Journey

For the **Bronze Award**, you must  
plan, prepare, and undertake  
a 2 day, 1 night Adventure Journey in a group  
covering a minimum distance of  
25km walk / 100km cycle

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# Bronze Award

A minimum of 1 hour a week is required in each of the first three areas

1. Community Involvement 13 weeks
  2. Personal Skill 13 weeks
  3. Physical Recreation 13 weeks
- + extend your favourite activity to 26 weeks (13 + extra 13)
4. Adventure Journey 2 days, 1 night

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## Silver Award

A minimum of 1 hour a week is required in each of the first three areas

- |    |                       |          |
|----|-----------------------|----------|
| 1. | Community Involvement | 26 Weeks |
| 2. | Personal Skill        | 26 Weeks |
| 3. | Physical Recreation   | 26 Weeks |

26) *If you do not hold a Bronze Award: extend your favourite activity to 52 weeks (26 + extra*

- |    |                   |                  |
|----|-------------------|------------------|
| 4. | Adventure Journey | 3 days, 2 nights |
|----|-------------------|------------------|

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## Gold Award

A minimum of 1 hour a week is required in each of the first three areas

- |                          |          |
|--------------------------|----------|
| 1. Community Involvement | 52 Weeks |
| 2. Personal Skill        | 52 Weeks |
| 3. Physical Recreation   | 52 Weeks |

*If you do not hold a Silver Award: extend your favourite activity to 78 weeks (52 + extra 26)*

- |                      |                  |
|----------------------|------------------|
| 4. Adventure Journey | 4 days, 3 nights |
|----------------------|------------------|

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## Gold Award

### Adventure Journey

Plan, prepare and undertake a

4 day, 3 night

Adventure Journey in a group covering a  
minimum total distance of

Walk: 80km / Cycle: 300km

### Residential Project

A shared activity with a group in a residential  
setting for

5 days and 4 nights

*Examples include:*

Volunteer at a Summer camp

Visit Lourdes as a helper

Volunteer at an international camp

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## Application Fees

Bronze:	€15
Silver:	€20
Gold:	€25

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## What do I get?

- Certificate signed by the President
- Medal: Bronze, Silver or Gold
- Lapel Pin (badge) wear it with pride!
- A valuable addition to your CV
- An incredible experience you will always remember

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[gaisce.ie](http://gaisce.ie)





## What do I do next?

- Go to the Gaisce website: [www.gaisce.ie](http://www.gaisce.ie) for more information and to complete the online application process
- Meet your PAL and agree your challenges
- Start your Gaisce journey by commencing activities
- Download and Complete record sheet – showing weekly signature of the activity supervisor / coach

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# Learn more and be inspired!



[facebook.com/GaisceAward](https://facebook.com/GaisceAward)



[@GaisceAward](https://twitter.com/GaisceAward)



[youtube.com/Gaisce1985](https://youtube.com/Gaisce1985)



[instagram.com/GaisceAward](https://instagram.com/GaisceAward)

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# STAY IN TOUCH



Follow us by searching @GaisceAward

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