



Gaisce the President's Award



Celebrating 25 years in 2010

go Discover
bain Amach é

What is Gaisce?

- National challenge award from President Mary McAleese to all young people between 15 and 25 years
- Non-Competitive
- In 2008 over 16,550 young people enrolled in the Award

3 Awards

- | | <u>Minimum Time</u> |
|--|---------------------|
| • <u>Bronze</u>
<u>Commitment</u>
Start Age 15 | 6 Months |
| • <u>Silver</u>
Start Age 16 | 12 Months |
| • <u>Gold</u>
Start Age 17 | 18 Months |

Achieving an Award

To achieve an Award set yourself a demanding challenge in each of 4 challenge areas with the support of your

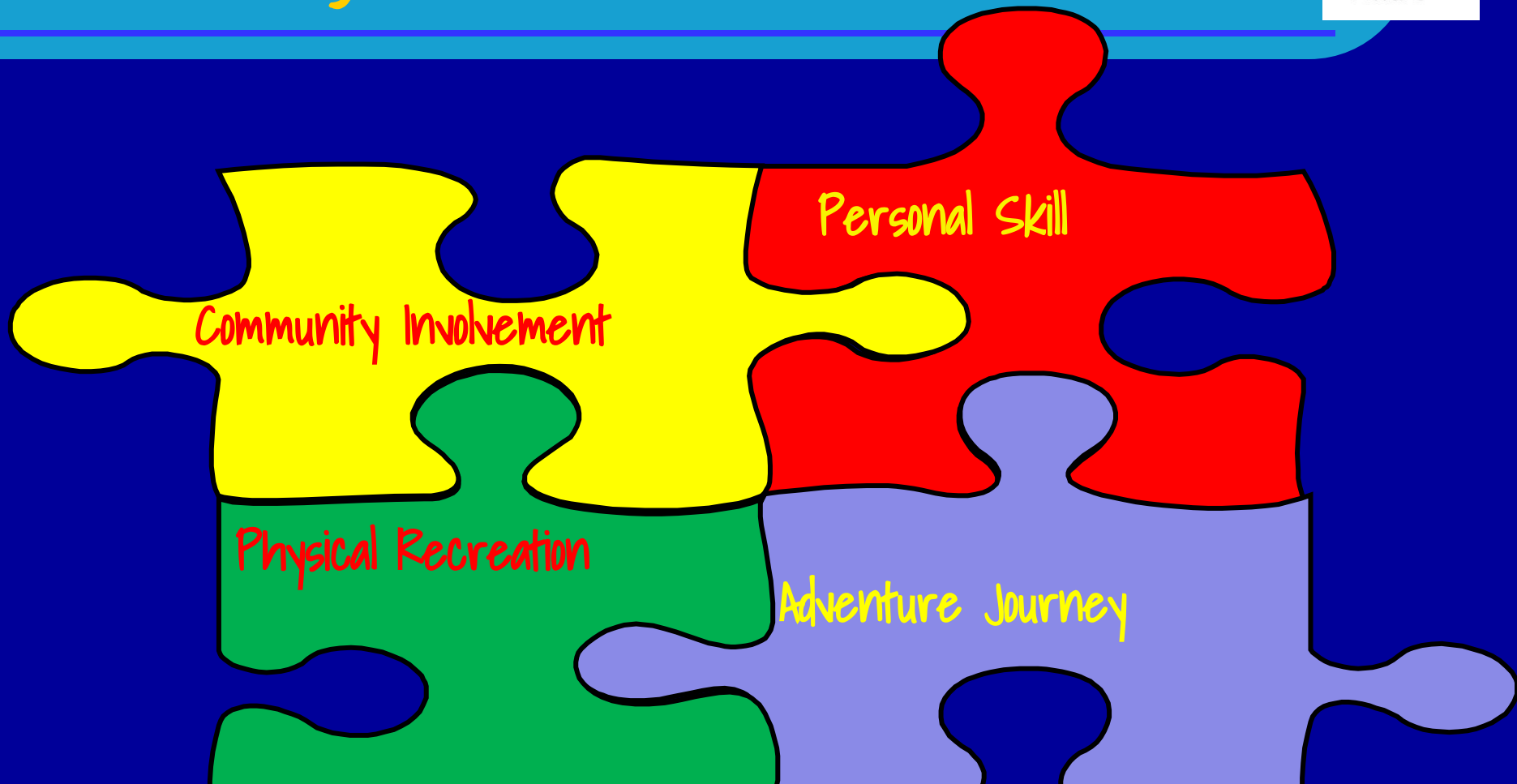
President's

Award

Leader

your PAL

4 Challenge Areas



Complete a challenge in each area
and you earn your award

Bronze Award

A minimum of 1 hour a week in each of the first 3 areas

1. Community Involvement 13 Weeks
2. Personal Skill 13 Weeks
3. Physical Recreation 13 Weeks
- Additional Activity of 13 Weeks

in any section of your choice in consultation with your PAL

4. Adventure Journey 2 days 1 night

Community Involvement

Does anybody here think they
belong to a community?

Community Involvement

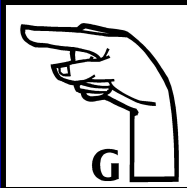
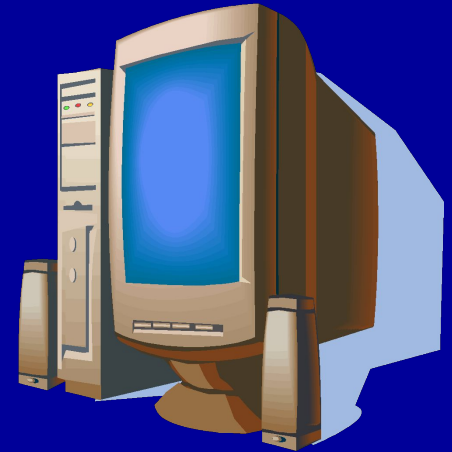
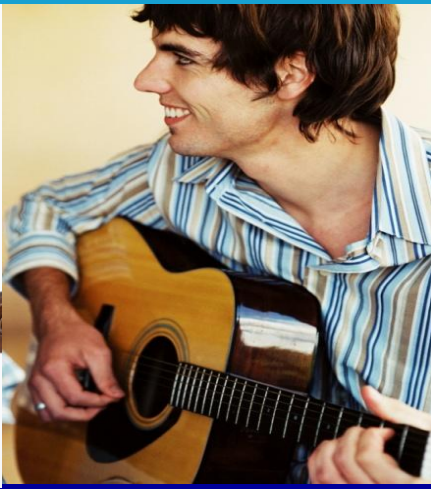


Personal Skill

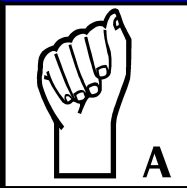
Does anybody here think they have a personal skill?

What skills are you learning at the moment?

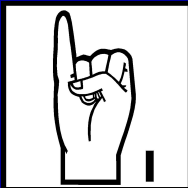
Personal Skill



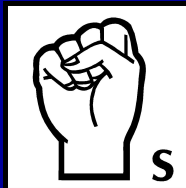
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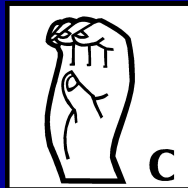
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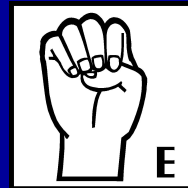
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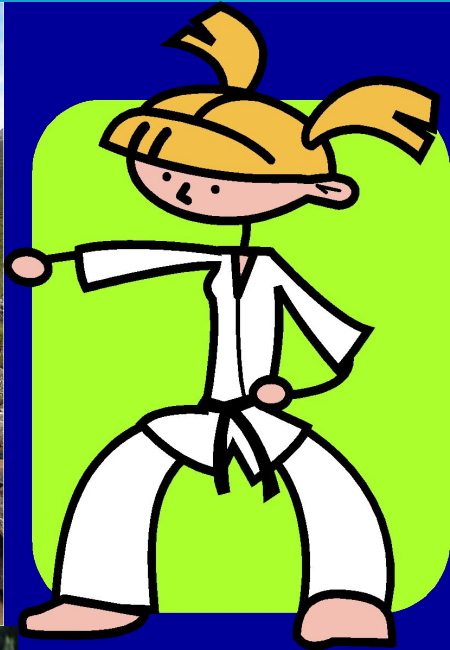
Remember Sporting skills
DO NOT qualify in this section



Physical Recreation

Are you involved in any physical exercise?

Physical Recreation



Adventure Journey

- Adventure Journey:
"A journey with a purpose."
on foot, cycle or canoe
- Exploration: involving research or surveying.
"A purpose with a journey."



Adventure Journey continued....



Bronze

Plan Prepare and
undertake a

2 Day 1 night

Adventure Journey in a
group covering a minimum
distance of

Walk 25 km

Cycle 100km

Bronze Award

A minimum of 1 hour a week in each of the first 3 areas

1. Community Involvement 13 Weeks
2. Personal Skill 13 Weeks
3. Physical Recreation 13 Weeks
- Additional Activity of 13 Weeks

in any section of your choice in consultation with your PAL

4. Adventure Journey 2 days 1 night

What do I do next?

- Meet you PAL and agree your challenges
- Complete the application process
- Commence and log all activities
- Complete log book - signed off by
Supervisor / Coach and PAL

What do I get?

- Certificate signed by the President
- Medal: Bronze, Silver or Gold
- Lapel Pin (Badge) wear it with pride!

Remember

Always include your achievement
on your C.V.

What do I get?



What Next ?

Challenge yourself
Go Discover the Next level
Bain Amach é

Silver Award

*"A minimum of 1 hour a week is required
in each of the first 3 areas"*

*Silver Award
Direct Entry*

*Bronze Award
Holder*

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

*Additional Activity of 26 Weeks
In any section of your choice
in consultation with your PAL.*

*No Additional
Activity Required*

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

Gold Award

*"A minimum of 1 hour a week is required
in each of the first 3 areas"*

Silver Award

Bronze Award

Direct Entry

Holder

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

*Additional Activity of 26 Weeks
in any section of your choice
in consultation with your PAL.*

*No Additional
Activity Required*

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

Gold Award continued...

Adventure Journey

Plan Prepare and
undertake a

4 day, 3 night

adventure journey in a
group covering a minimum

total distance of:

Walk	80	Km+
Cycle	300	Km+

Residential Project

A shared activity with
a group in a residential
setting for

5 days and 4 nights

International Camp
Lourdes as a helper
Share Respite



Gaisce the
President's
Award



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