



Gaisce the  
President's  
Award

# What is Gaisce????

It is a National Challenge Award from the President of Ireland to young people between 15 & 25 years of age.



# What do you need to do in order to earn the award??

Awards are given to young people who agree to complete a personal challenge with the support of a PAL( President's Award Leader) in four activities;

1. Community Involvement.
2. Personal Skill.
3. Physical Recreation.
4. Adventure Journey.

# Bronze Award

In TY you get the opportunity to do the Bronze Award. Students who complete the Bronze may go on to do the Silver & Gold Award.

## Bronze Award;

1. Community involvement for 13 weeks, one hour per week for 13 weeks.
2. Personal skill for 13 weeks, one hour per week for 13 weeks.
3. Physical recreation one hour per week for 13 weeks.
4. You are required to do an additional 13 weeks in any of the three above.
5. Adventure journey; two days & one night.

# Community Involvement

You must undertake practical service in your community that adds value to that community.

Examples include;

- Helping the elderly.
- Homework club.
- Choirs.
- Coaching
- Environmental work, cleaning up the community ie school, park, beach.
- Tidy towns

If you think or are doing something already that you believe you could use for your community involvement just ask me.

# Personal Skill

This must be of a non sporting nature reflecting elements of creativity & practical skill.

It may be a skill that you already have & wish to develop or a new skill you wish to learn;

- Playing a musical instrument.
- Coder-Dojo.
- First Aid.
- Referee
- Web-design
- Life-saving
- Acting
- Dancing



Again if you think of anything yourself let me know.

# Physical Recreation

This encourages you to get involved in physical recreation.

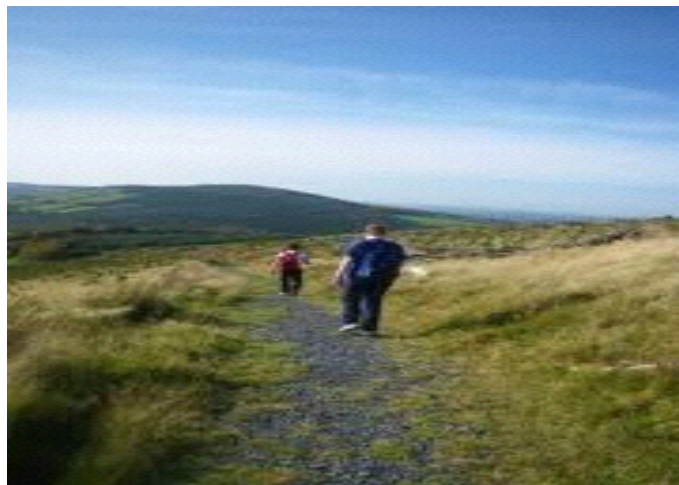
It can be a sport or physical activity that you are already involved in, it must be extra curricular in order for it to count.



# Adventure Journey

This is done at the end of the year when students have completed the rest of the Gaisce requirements.

It involves going to Mount Mellery in May for one night & two days. During that time the students will complete a 25 km hike.





# Remember

You design your own programme, you decide what you would like to do.



You are not in competition with anyone else, this is something you do for yourself.

# Why do Gaisce??

- It builds self-confidence, maturity & independence.
- It gives you an opportunity to develop new skills.
- It provides you with the opportunity to develop life long interests.
- It's really good fun.
- Employers really like people who have done the Gaisce, it will give you a great advantage.