



**GAISCE**  
**THE PRESIDENT'S**  
**AWARD**



**YOUR WAY: YOUR AWARD**

# What is Gaisce?

Gaisce – The President's Award is a self-development programme that encourages you to get active, find your passion, be part of a team and make a difference in your community while having fun and making new friends! It is a direct challenge from the President of Ireland, Michael D. Higgins to all young people to dream big and realise your potential.



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# What organisations offer the Gaisce Award to young people?

- Schools
- Youth Services
- Youth Clubs
- Disability Services
- Scouts & Guides
- Sports Clubs
- And many more . . .



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# What's Involved?

## 3 Award Levels:

- Bronze
- Silver
- Gold

## Participants choose activities in 3 areas:

1. Personal Skill
2. Physical Recreation
3. Community Involvement

+ Adventure Journey



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Gaisce Awards	Personal Skill	Community Involvement	Physical Recreation	PLUS	Adventure Journey
 <p><b>Bronze Award</b> Participants aged 15+ Registration €15</p>	1 hour per week	1 hour per week	1 hour per week	Additional 13 weeks of activities in one Challenge Area	2 days, 1 night (25km walking or 100km cycling)
<b>13 WEEKS</b>					
 <p><b>Silver Award</b> Participants aged 16+ Registration €20</p>	1 hour per week	1 hour per week	1 hour per week	Participants without a Bronze Award do an additional 26 weeks in one Challenge Area	3 days, 2 nights (50km walking or 190km cycling)
<b>26 WEEKS</b>					
 <p><b>Gold Award*</b> Participants aged 17+ Registration €25</p>	1 hour per week	1 hour per week	1 hour per week	Participants without a Silver Award do an additional 26 weeks in one Challenge Area	4 days, 3 nights (80km walking or 300km cycling)
<b>52 WEEKS</b>					

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## Community Involvement

1 hour per week



## Personal Skill

1 hour per week



## Physical Recreation

1 hour per week



## Adventure Journey

2 days, 1 night (Bronze)

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# Community Involvement

- Visiting nursing home
- Charity Shop
- Tidy Towns / Green flags
- Coaching younger people
- Set up a club / society / committee



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# Personal Skill

- Arts & Crafts
- Cooking / Baking
- Computer / IT
- Learning an Instrument
- Singing
- Learn a language
- Counselling



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# Physical Recreation

- Running – Couch to 5km
- Cycling
- Swimming
- Team sports
- Gym
- Yoga
- Horse riding
- Kayaking



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# Adventure Journey

- Bronze – 2 days, 1 night – 25km
- Silver – 3 days, 2 nights – 50km
- Gold – 4 days, 3 nights – 80km

A 4 night, 5 day Residential Project is also required for Gold Participants.



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Defence Forces Challenge 2019

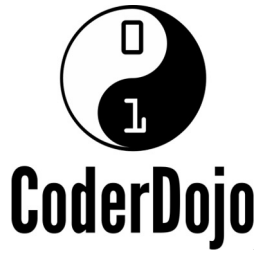


# Key Questions for Participants

- What do you want to do in each challenge area?
- Will it last the required number of weeks?
- Who will vouch for you / sign off?
- Which challenge area will you choose for your additional time?



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SAIL TRAINING IRELAND



Óglaigh na hÉireann DEFENCE FORCES IRELAND



Children's Books Ireland Leabhair Pháistí Éireann







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Follow us by searching @GaisceAward

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