



GAISCE
THE PRESIDENT'S
AWARD

BORRISOKANE COMMUNITY
COLLEGE

SENIOR CYCLE
OPTIONS EVENING

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 young people to find their passion, get active and make a difference in the community!
- It is an optional programme the TY or 5th Year students can undertake at Borrisokane Community College.

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!

PAL

PRESIDENT'S AWARD LEADER

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

PRESIDENT'S AWARD LEADER
(PAL)

3 Awards

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

To Achieve an Award...

Set yourself a challenge in the **4** sections



COMMUNITY
INVOLVEMENT



PERSONAL
SKILL



PHYSICAL
RECREATION



ADVENTURE
JOURNEY

4 Sections



**Complete an activity in
each section to earn the
award...**

**1 hour per week in 2 areas
for 13 weeks**

and

**1 hour per week in 1 the
other area for 26 weeks**

1. Community Involvement

*“WHAT COULD YOU DO TO HELP
PEOPLE IN THE COMMUNITY?”*



GAISCE
THE PRESIDENT'S
AWARD

1. Community Involvement Ideas

- Working with young or old people
- School mentors
- Cairde
- Tuck shop
- Tidy Towns
- Community library
- Special needs
- RNLI
- Homework clubs
- Green schools
- St. 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
- Homework Club
- Friendship Cafe

2. Personal Skill

*“WHAT SKILLS ARE YOU
CURRENTLY LEARNING
OR
WOULD LIKE TO LEARN?”*



GAISCE
THE PRESIDENT'S
AWARD

2. Personal Skill Ideas

- 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

Remember: sporting skills do not qualify in this section

3. Physical Recreation

*“WHAT CAN YOU DO TO KEEP
FIT?”*



GAISCE
THE PRESIDENT'S
AWARD

3. Physical Recreation Ideas

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



4. Adventure Journey

4. 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 25 KM WALK.



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



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
4.	Adventure Journey	3 days, 2 nights

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
4. Adventure Journey 4 days, 3 nights - Walk: 80km / Cycle: 300km
5. Residential Project, an 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



What do you get?

- Certificate signed by the President
- Medal: Bronze, Silver or Gold
- Lapel Pin (badge) to wear with pride!
- A valuable addition to your CV – it is a sign of motivation, determination and hard work.
- An incredible experience you will always remember- develops confidence, communication and leadership skills.



GAISCE
THE PRESIDENT'S
AWARD

How do students sign up?

Next September...

- Meet Deirdre Kyne, your PAL and agree your 3 challenges.
- Complete the application process online and pay the application fee; €15 for Bronze.
- Start your Gaisce journey by commencing the activities
- I will give you the record sheet, to show the weekly signature of the activity supervisor / coach
- Regularly check in, review progress, plan the Adventure Journey.



**GAISCE
THE PRESIDENT'S
AWARD**

**CHALLENGE YOURSELF
AND
DREAM BIG!**

THANK YOU FOR LISTENING