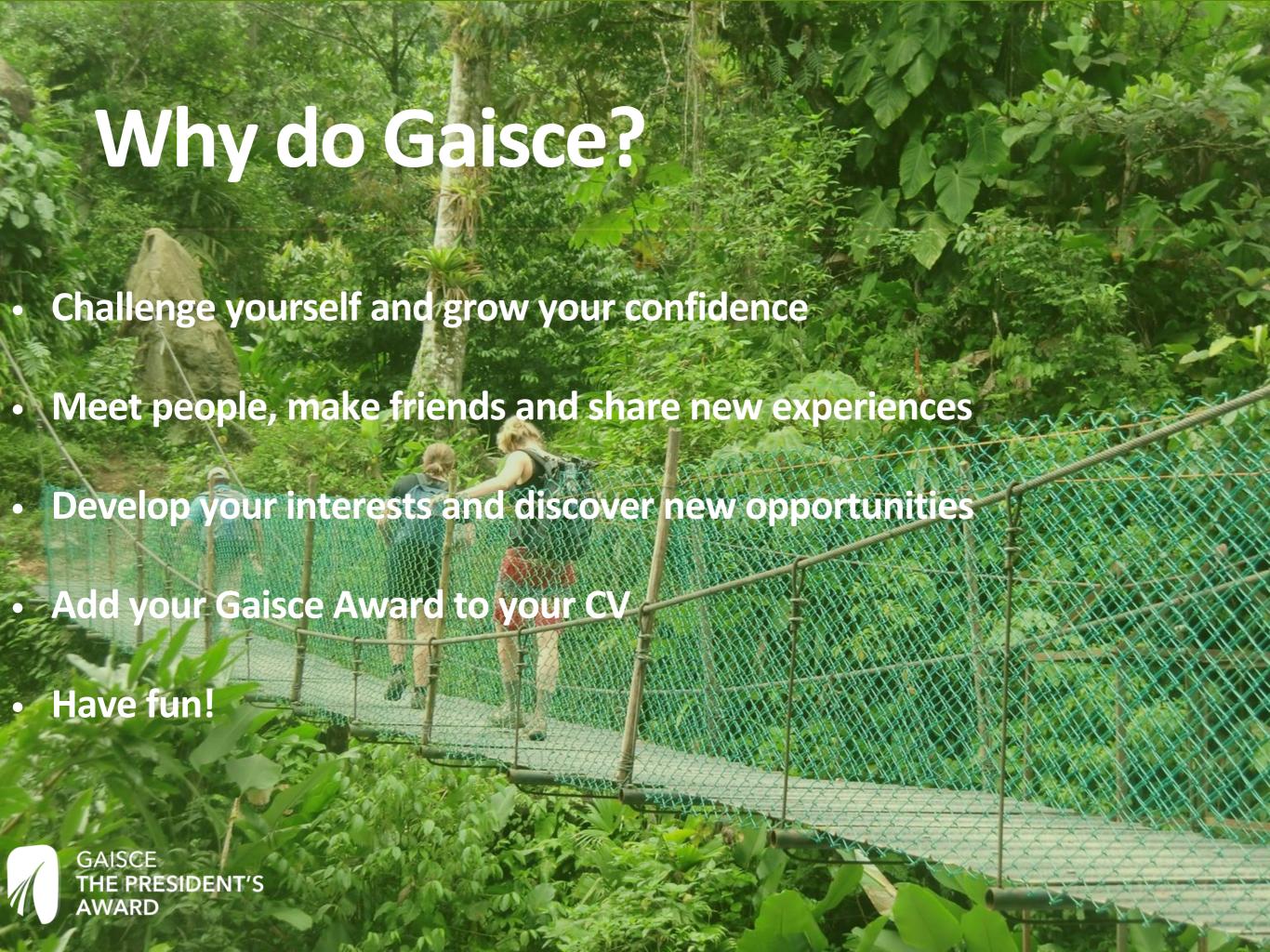


What is Gaisce?

- 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.





PAL PRESIDENT'S AWARD LEADER

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

PRESIDENT'S AWARD LEADER (PAL)



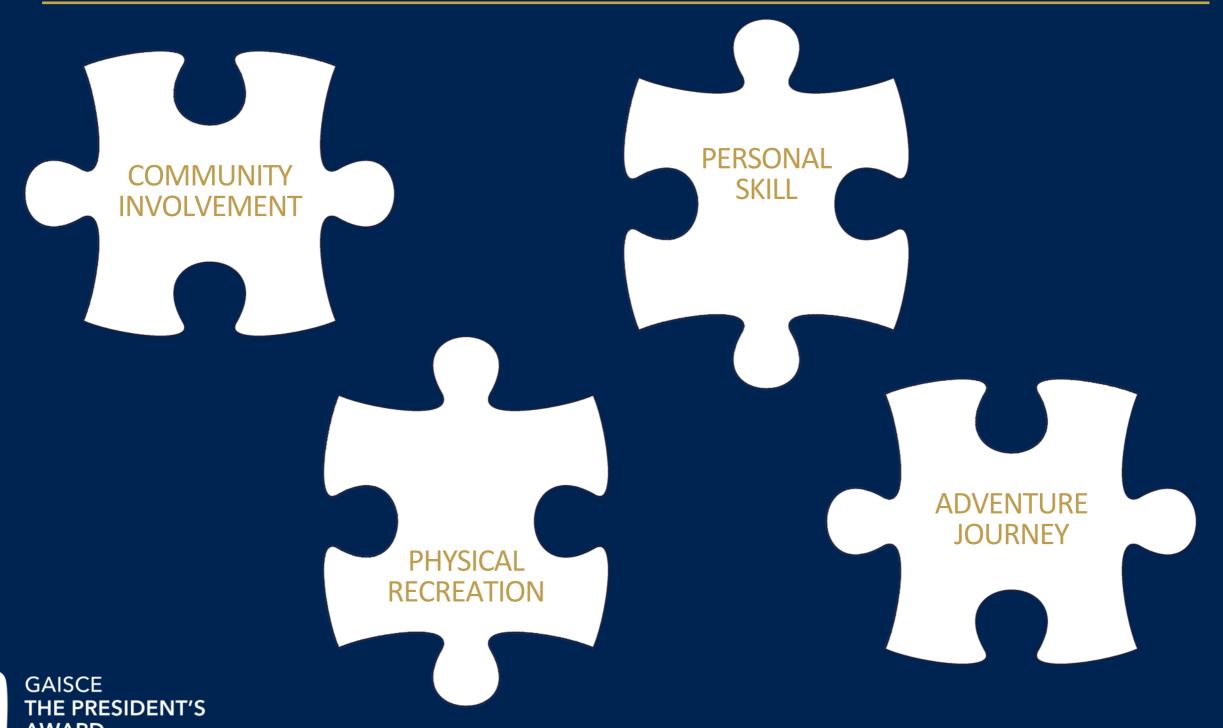
3 Awards

	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



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



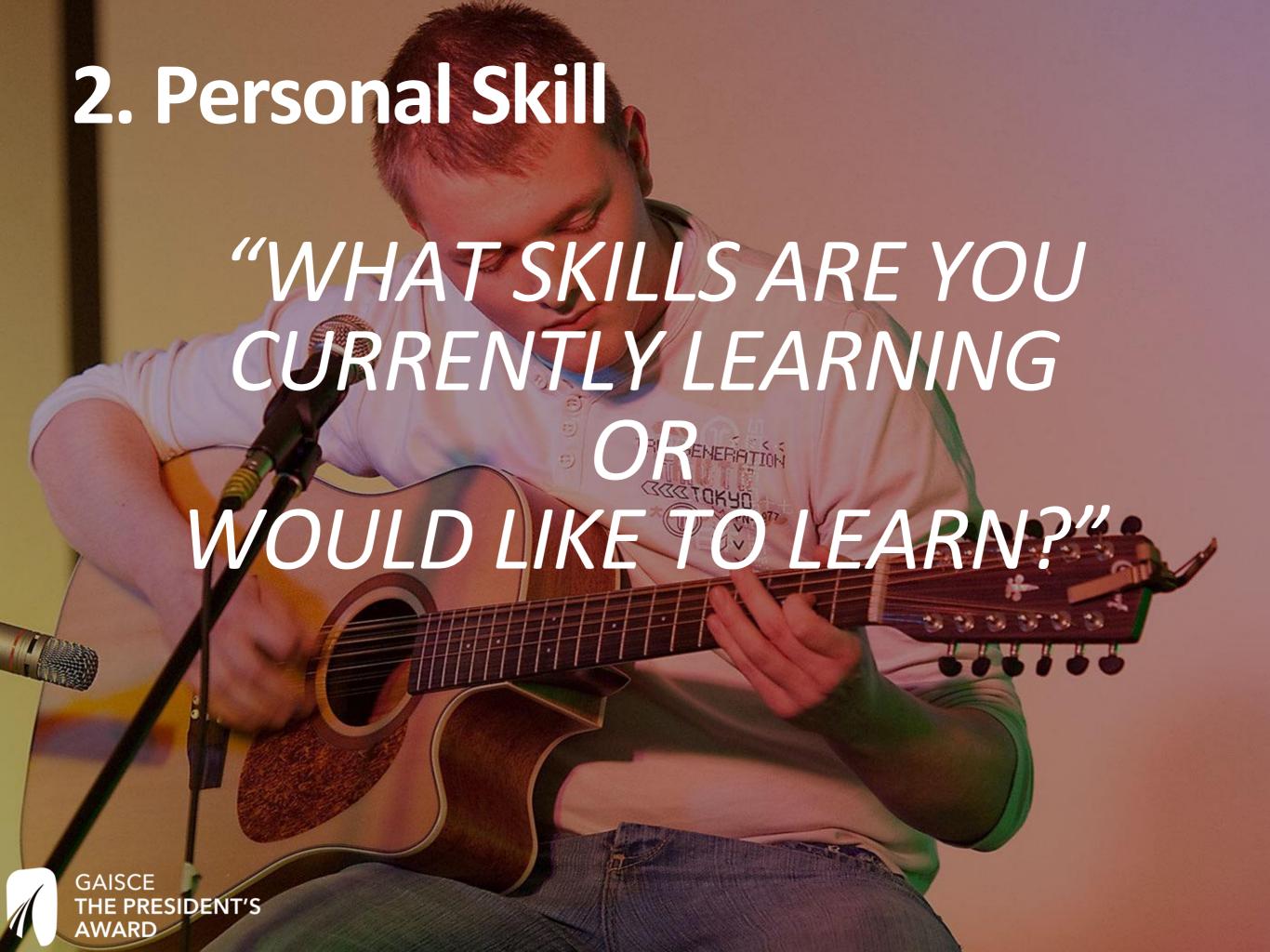


1. Community Involvement Ideas

- 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 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 Ideas

- Athletics
- Basketball
- Canoeing
- Rugby
- Gym
- Badminton
- Walking Club
- Squash
- Martial arts

- Golf
- Cycling
- GAA
- Football
- Swimming
- Yoga
- Surfing
- Dancing





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

L. Community Involvement 26 Weeks

2. Personal Skill 26 Weeks

. 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.





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.



