



GAISCE
THE PRESIDENT'S
AWARD

Eureka Secondary School

Presentation By Mary Yore



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
- Universities & Colleges
- Youth Clubs/Services
- Disability Services
- Youthreach/CTC
- Sports organisations
- And many more . . .



YOUR WAY: YOUR AWARD



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

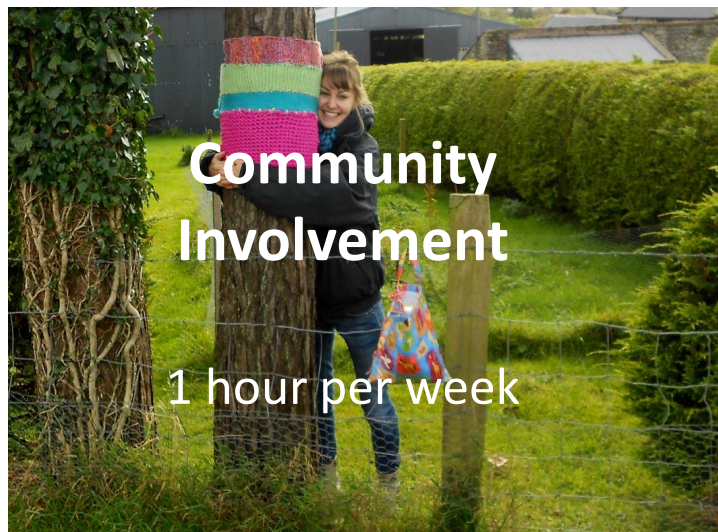


YOUR WAY: YOUR AWARD



Gaisce Awards	Personal Skill	Community Involvement	Physical Recreation	PLUS	Adventure Journey
 Bronze Award Participants aged 15+ Registration €15	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)
◀ 13 WEEKS ▶					
 Silver Award Participants aged 16+ Registration €20	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)
◀ 26 WEEKS ▶					
 Gold Award* Participants aged 17+ Registration €25	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)
◀ 52 WEEKS ▶					

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Community Involvement

- Youth Club/Scouts/Girl Guides
- GAA Future Leaders
- Tidy Towns/Green Schools
- Drama /Dance club member
- Choir
- Coaching Sport or Club member
- Charity Shop





Personal Skill

- Arts & Crafts
- Cooking / Baking
- Computer / IT/ Media
- Learning an Instrument
- Singing/Drama
- Languages/Sign
- Creative writing/Photography/ online courses
- Art/Drawing



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Physical Recreation

- Running – Couch to 5km
- Cycling
- Online Classes, Yoga, Joe Wicks etc
- 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.





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?
- Now you're ready to apply online at www.Gaisce.ie



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SAIL TRAINING
IRELAND



Óglaigh
na hÉireann
DEFENCE FORCES IRELAND



Children's Books Ireland
Leabhair Pháistí Éireann



Dublin Youth Orchestras
Ceolfhoirne na nÓg Átha Cliath





BULBS *for* BEES
A SPECIAL GAISCE CHALLENGE

We need to work together to **save** Ireland's bees



Grab your pollinator friendly bulb

As part of this campaign, we are recommending Crocus Tommasinianus Barr's Purple, Allium Moly, and Muscari Armeniacum!



Get it in the ground

Get tips on what this plant likes on www.gaisce.ie/BulbsForBees



Talk about it + spread the word

We want everyone in Ireland, regardless of age, location or size of back garden, balcony or planter to take part.



Register for your certificate!

Register for your certificate of participation! Visit www.gaisce.ie/BulbsForBees and sign up now!



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STAY IN TOUCH



Follow us by searching @GaisceAward

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