

So! You are interested in taking on the challenge and going for your Gaisce Bronze President's Award. Well done!

You're about to embark on a fulfilling journey of self-discovery. Participation in Gaisce is a great way of making new friends, growing your confidence and developing new skills and hobbies. It is a superb way to meet new people, experience new things and help discover your passion in life!

Gaisce is also a great addition to your CV- employers see Gaisce as a sign of motivation and commitment, that you have the ability to set your goals and work to achieve them.

There are four sections within each level of the Award, designed to provide a balanced programme of personal development.

- **Community Involvement** is all about making a difference to other people's lives and developing social skills. Everyone is unique and has something they can contribute to make their community a better place. **(At least 1 hour per week for 13 weeks)**

- **Personal Skill** is all about developing practical skills and interests. Developing a particular skill boosts self-esteem, enhances skill sets, and is good fun too. **(At least 1 hour per week for 13 weeks)**

- **Physical Recreation** is about becoming physically stronger and improving your physical fitness. Getting out and moving is a sure way to improve health, encourage positive thinking, and live longer. **(At least 1 hour per week for 13 weeks)**

- **Plus** All participants must do an extra 13 weeks in one of Community Involvement, Physical Recreation, or Personal Skill.

(you can only log an hour for each segment each week. You can't bunch up a few hours into a weekend or log two hours a week. The whole point is to commit to something over time.)

- **Adventure Journey** takes participants out of their regular setting and encourages them to explore the wider world with a team of their peers. **(2 days and 1 night)**

The first three are individual challenges. The fourth (Adventure Journey) is still very much your challenge but is organised as a group challenge through the school. It takes place over 2 days in May.

The greatest part of this award is the feeling of achievement. For this you will have to take responsibility for completing all the tasks in time and for putting yourself **outside** of your comfort zone.

Go! Find out what you can achieve when you put your mind to it!

Useful information and how to register.

(you must register online before beginning to log any activities. Your online register date is considered your start Date. Nothing done before that date can be counted towards award.)

Step 1 how to register online

1. Go to www.gaisce.ie
2. On the front page select 'register as Participant'
3. Read the all the information on the page and choose how you'd like to be contacted.
4. On the next page, select '**I do not have an award**'.
5. Make sure you are registering for the correct award (**BRONZE**)
6. Follow the registration detail steps from there.

At this point you will need:

- **Name of county: Dublin 1 (NOT Dublin)**
- **Name of school:** Belvedere College S.J.
- **Name of PAL :** Simon Murphy (**NOT** Simon O'Donnell)
- **Knowledge of what activities you have planned for each of the three individual challenges.**
(There is a scroll down menu for these with lots of different options. Don't worry if what you put in isn't quite right, these can be changed easily afterwards)
- **A parent present with a Credit/Debit Card to pay €15 registration fee.**
- If there is an issue with the payment, **you can pay over the phone with Gaisce Head Office** during business hours at **(01) 617 1999**. The money cannot be processed by the school.

Step 2 Info sheet and parental consent form

Fill in the parent consent form and information form attached to this document and return them to **small black post box** in Syntax corridor beside new music rooms or to Mr. Murphy in TY office.

Step 3 begin your challenges:

Use the **record sheet** attached to this document to get signed off by your coach/tutor/supervisor/activity coordinator for each activity. This is very important.

You must be registered online before you begin to get signatures on your record sheet. Any dates pre-registration, are not recognised.

And most of all, enjoy the experience!

List of Examples to help if you're unsure what to do.

Examples of Community Involvement

The starting point should be looking directly at the participant's locality or community. Examples of activities that can be considered include:

- Working with people in the community: visiting people in need; voluntary work in hospitals; prisons or detention centres; helping with a local community radio or newspaper.
- Sports & leadership: doing a first aid course and providing first aid support; coaching your local junior team; refereeing at local matches.
- Youth work: acting in a leadership role in a youth club, school or uniformed youth organisation
- Charity work: fundraising for a charity; producing a newsletter or website for a charity; or helping with a charity clothing store.

Examples of Personal Skill

The list of possible activities is almost limitless, and some possible choices include:

- Music: learning to play a musical instrument; singing; management of a music event; DJ-ing.
- Arts & crafts: woodwork; calligraphy; restoration work; design; painting; pottery.
- IT: participating in the Young Scientist of the Year Competition or another recognised competition or event; learning to code at a Coder Dojo; achieving an ECDL.
- Communications & enterprise projects: film and video making; film studies; sign language; Braille; foreign languages; newsletter and magazine production; reading; writing; presentation skills; public speaking and debating; setting up a mini business or commercial venture.

Note: these cannot be curricular subjects i.e. an hour of French homework or maths homework etc.....

Examples of Physical Recreation

The list of possible activities is almost unlimited **but participants should be careful not to pick activities that are considered, in Award terms, to be a Personal Skill or a Community Involvement activity.**

Some possible choices include:

- Ball sports: football, rugby, soccer, Gaelic, volleyball, basketball, netball, handball, cricket.
- Athletics & Fitness: running, aerobics, cycling, gymnastics skipping, walking, weight training, dancing.
- Water sports: canoeing, kayaking, swimming, water polo, sailing, surfing, windsurfing, kiteboarding, water skiing, diving, synchronised swimming, rowing, canoe polo.
- Bike sports: cycling, BMX.
- Martial arts: karate, aikido, judo, kickboxing, boxing, tae kwon do, kung fu, fencing, kendo.
- Adventure sports: rock climbing, mountaineering, parachuting, caving and pot holing, hang-gliding.

N.B. We always recommend you try something new, but you can of course continue to do activities that you already take part in. (if you already take piano lessons, you can log your piano lessons) However you should then aim to use the award to progress to the next level in that activity.

Gaisce Bronze Student Information Sheet

This is to be returned to Mr. Murphy (take photo of filled-in sheet and send via teams chat message)

Name	
Form	
Form Tutor	

Identify which activities you plan to do:

(Indicate with a tick which 2 you will do for 13 weeks and which one you will do for 26 weeks)

<u>Community involvement</u>	duration: 13 weeks 26 weeks
–	
<u>Personal Skill</u> cannot be a subject you already do in school i.e. french/maths	duration: 13 weeks 26 weeks
–	
<u>Physical Recreation</u>	duration: 13 weeks 26 weeks
–	



Gaisce Participant Consent Form

(For participants aged 17 years and younger)

Please use BLOCK CAPITALS

Gaisce – The President's Award is the National Challenge Award from the president of Ireland to young people between the ages of 15-25. In order to achieve a Gaisce Award, a participant must engage in four separate activities; a community involvement, a personal skill, a physical recreation and an adventure journey. Please visit our website for more information on all activities

To (*name of organisation*)

I am the parent/legal guardian of

Student's/Child's Date of Birth

Name of President's Award Leader (PAL)

Student's Special Medical Needs (if any)

Name of GP

GP's Telephone Number

Emergency Contact number

Authorised to Treat Minor

In the event that I cannot be reached in an emergency, I hereby permit the concerned authorities to call 999 and/or to contact a medical facility or physician selected by the school to provide proper treatment to (*student's name*) _____ and that I will be responsible for all expenses arising in the association with such treatment.

Prescription or Over-the-counter Medication

I certify that I have in my file in the school office, a current profile enlisting necessary medication that _____ must take.

I hereby acknowledge that I have been notified whether or not the activities involved in this field trip are considered to be of 'high risk' to the participants

I grant my permission for my child named above to participate in Gaisce – The President's Award

Signed _____

Date _____



GAISCE
THE PRESIDENT'S
AWARD

*This sheet is for recording activities only.
Please retain until Award completion is authorised by
Gaisce - The President's Award.*



Participant Name _____

PAL Name _____

COMMUNITY INVOLVEMENT

WEEK	DATE	TIME	SUPERVISOR SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

PERSONAL SKILL

WEEK	DATE	TIME	SUPERVISOR SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			



TELL/SHOW US WHAT YOU'RE UP TO: TAG @GAISCEAWARD

PHYSICAL RECREATION

WEEK	DATE	TIME	SUPERVISOR SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

ADDITIONAL WEEKS OF 1 CHALLENGE AREA

WEEK	DATE	TIME	SUPERVISOR SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

ADVENTURE JOURNEY

DATE FROM	DATE TO	VENUE AND ACTIVITIES UNDERTAKEN	SUPERVISOR SIGNATURE



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GAISCE
THE PRESIDENT'S
AWARD