

| SUGGESTED COMMUNITY INVOLVEMENT ACTIVITIES |
|---|
| Big Brother, Big Sister Programmes |
| Boys Brigade Leader |
| Dáil na nÓg |
| Environmental Projects (Check with your local County Council) |
| Faith Friend or assisting at your parish church |
| First Aid Course |
| Fundraising campaigns that will last the required number of weeks |
| Girls Brigade Leader |
| Guides Leader |
| Life Saving Course |
| Local Graveyard restoration (Check with local Council or FAS Office) |
| Mentoring Programmes |
| Order of Malta |
| Organizing and operating an Amnesty International club in school/club |
| Promotion campaigns with the Irish Blood Transfusion Services. |
| Re-cycling Programmes/ Green schools etc. |
| Reserve Defence Forces |
| Running a school Credit Union |
| Scouts Leader |
| Singing in a Choir |
| St. John's Ambulance |
| St. Vincent de Paul Society |
| Student Council |
| Tidy Towns |
| Underage coaching/ assistant: all sports |
| Visiting a nursing home for the elderly |
| Visiting an elderly neighbor (not related) |
| Volunteer in a homework club at your local national school |
| Volunteer in an animal shelter |
| Volunteering in School library or in a Community Library |
| Volunteering in the local charity shop |
| Volunteering with a Special Olympics Club |
| Volunteering with children with special needs |
| Walking an elderly neighbor's dog |
| Web design for a sports club or Community group. |
| Young Social Innovators |

| SUGGESTED PERSONAL SKILL ACTIVITIES |
|--|
| Acting/ Musical |
| Arts and Crafts |
| Bridge |
| Calligraphy |
| Chess |
| Computers |
| Cooking/baking |
| Dance Classes |
| Debating team |
| Driving, Learn to. (At Bronze and Silver Award level only) |
| Film Editing (For links contact the IFI) |
| First Aid |
| Foreign Language (must be extra curricular) |
| Knitting |
| Life Saving |
| Literacy |
| Metalwork |
| Musical Instrument (can be ongoing or something brand new) |
| Painting |
| Photography |
| Script Writing |
| Sewing/Cross stitch |
| Sign Language |
| Singing Lessons |
| Web Design |
| Woodcarving |
| Woodturning |
| Woodwork |

| SUGGESTED PHYSICAL RECREATION ACTIVITIES |
|---|
| Aerobics |
| All Martial Arts. |
| Athletics |
| Badminton |
| Boxing |
| Camogie |
| Canoeing |
| Cycling |
| Dancing |
| Fishing |
| Gaelic Football |
| Gym |
| Gymnastics |
| Hockey |
| Horse riding |
| Hurling |
| Kickboxing |
| Pilates |
| Racquet Ball |
| Rugby |
| Running |
| Sailing |
| Soccer |
| Squash |
| Swimming |
| Tennis |
| Walking |
| Weight Lifting |
| Yoga |