

INFORMATION SHEET FOR GOLD AWARD PARTICIPANTS AND THEIR LEADERS

The Gold Gaisce Award is the highest Award available in Ireland. Because of this it is of the utmost importance that the standards for the Award are adhered to. Hence we recommend you read this summary. If you are in any doubt as to the suitability of an activity please contact us for clarification.

- 1 **Entry for Gold.** As with all Awards, each participant **must** enter for the Award **before** any activity begins by agreeing the activities for the challenge, in writing, with a President's Award Leader (PAL) and submitting an application form together with the appropriate fee.
- 2 **Age.** All participants must have reached their **17th** birthday prior to entering for the Gold Award.
- 3 **Requirements in each section:**
(These are also listed in the goDiscover information leaflet and on our website: www.gaisce.ie)
Please note that the weekly time requirement cannot be condensed into a shorter time period.

The minimum requirements at Gold Award level are:		
Activity	Hours Direct Entry	Hours for holders of a Silver Award (Merit System)
Community Involvement	52	52
Personal Skill	52	52
Physical Recreation	52	52
	+26*	none
* Additional hours to be added to either the Community Involvement, Personal Skill or Physical Recreation section - at the discretion of the participant with the support of the PAL.		

ADVENTUREJOURNEY: Plan, prepare and undertake a 4 day, 3 night journey in a group covering a minimum total distance of:

Walking: 80 – 110 km or **Cycling:** 300 – 350 km over 4 consecutive days.

Alternative types of Adventure Journeys can be undertaken by people with disabilities – for further information please make contact with us.

RESIDENTIAL PROJECT: Undertake a shared activity with a group in a residential setting for 5 days and 4 nights.

We strive to keep the standard for gold high so please check that the activities you have chosen for your challenge are suitable - for example; a sporting activity can only be used in the Physical Recreation section of the Award. Learning to drive cannot be used in the Personal Skill Section – this activity is only permitted at Bronze and Silver Award level. You are most welcome to telephone us if you need clarification.

Please ensure that your PAL is fully aware of your activities by agreeing everything first, in writing, with him/her and by staying in regular contact with him/her. If you are unsure about something - contact our office by telephone: 01 6171999, e-mail: mail@gaisce.ie or call in to see us. The office is open to visitors Monday to Friday 9:00 - 12:30 or 14:00 - 16:30. You can also check out our web site: www.gaisce.ie

- 4 **President's Award Leader (PAL):** The PAL **must** be registered with Gaisce and have completed a **PAL Commitment Form** and **Garda Vetting Form** and **must not be related** to the participant.
- 5 **Completion:** On completion of all the agreed activities each participant should forward to the Award Office the **record book** appropriately filled in and signed by the supervisors/trainers of the agreed activities and by the PAL together with a **portfolio/project** describing what was done for each of the five sections – guidelines are available for this. The PAL must also fill in, sign and return a **completion sheet**. Gold Awards are presented annually by our Patron, The President of Ireland.

The Gold Award is the utmost challenge for a young person and it does require dedication and effort to earn the Award. **Having completed all the requirements you will truly deserve this Award.**

The very best of luck.

GAISCE – THE PRESIDENT'S AWARD

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