

Merit System for Gaisce Award Holders

Bronze Award

There will be no change in the bronze Award. It will take a minimum of six months to complete.

Requirements

A minimum of 1 hour a week is required in each of the first 3 areas

1. **Community Involvement** 13 Weeks
 2. **Personal Skill** 13 Weeks
 3. **Physical Recreation** 13 Weeks
- Additional activity of with the PAL 13 Weeks in any area of your choice in consultation
4. **Adventure Journey** Plan, prepare and undertake a 2 day, 1 night adventure journey in a group covering a minimum total distance of: Walking 25 – 35 km or Cycling 100 – 130 km over 2 consecutive days and one night.

Silver Award

The Silver Award takes a minimum of twelve months to complete.

Requirements

A minimum of 1 hour a week is required in each of the first 3 areas

1. **Community Involvement** 26 Weeks
 2. **Personal Skill** 26 Weeks
 3. **Physical Recreation** 26 Weeks
- Additional activity of with the PAL 26 Weeks in any area of your choice in consultation
4. **Adventure Journey** Plan, prepare and undertake a 3 day, 2 night adventure journey in a group covering a minimum total distance of: Walking 50 – 79 km or Cycling 190 – 220 km over 3 consecutive days.

Merit System

If a participant holds a Bronze Award they may complete the Silver Award in six months as follows:

A minimum of 1 hour a week is required in each of the first 3 areas

1. **Community Involvement** 26 Weeks
 2. **Personal Skill** 26 Weeks
 3. **Physical Recreation** 26 Weeks
4. **Adventure Journey** Plan, prepare and undertake a 3 day, 2 night adventure journey in a group covering a minimum total distance of: Walking 50 – 79 km or Cycling 190 – 220 km over 3 consecutive days.

Gold Award

The Gold Award takes a minimum of eighteen months to complete.

A minimum of 1 hour a week is required in each of the first 3 areas

- 1. Community Involvement** 52 Weeks
 - 2. Personal Skill** 52 Weeks
 - 3. Physical Recreation** 52 Weeks
- Additional activity of 26 Weeks in any area of your choice in consultation with the PAL
- 4. Adventure Journey** Plan, prepare and undertake a 4 day, 3 night adventure journey in a group covering a minimum total distance of: Walking 80 – 110 km **or** Cycling 300 – 350 km over 4 consecutive days.
 - 5. Residential Project** A shared activity with a group in a residential setting for 5 days and 4 nights

Merit System

If a participant holds a Silver Award they may complete the Gold Award in twelve months as follows:

A minimum of 1 hour a week is required in each of the first 3 areas

- 1. Community Involvement** 52 Weeks
 - 2. Personal Skill** 52 Weeks
 - 3. Physical Recreation** 52 Weeks
- 4. Adventure Journey** Plan, prepare and undertake a 4 day, 3 night adventure journey in a group covering a minimum total distance of: Walking 80 – 110 km **or** Cycling 300 – 350 km over 4 consecutive days.
 - 5. Residential Project** A shared activity with a group in a residential setting for 5 days and 4 nights