



GAISCE
THE PRESIDENT'S
AWARD

Low Cost Options for Gaisce



Introduction

At Gaisce - The President's Award, we are working to increase access to Gaisce and ensure that every young person in Ireland has the option to participate in Gaisce and realise their potential. It is essential that young people feel that participation in all Gaisce challenge areas is accessible and affordable.

We ensure that the cost of applying for Gaisce is kept to a minimum, however some young people and guardians may see some elements of the Gaisce Award programme as cost prohibitive. We have created this resource to highlight the wealth of low cost options available for Gaisce participants to help PALs in ensuring the Award programme is affordable for all young people in Ireland.

We really appreciate your help in highlighting that Gaisce can cost very little other than young people's time and energy, and the return is worth so much more!

We always welcome feedback or suggestions on how we can improve our resources for PALs. If you would like to share your input, please do not hesitate to contact us at mail@gaisce.ie. or call us at 01 6171999.

Gaisce - The President's Award

Community Involvement

The Community Involvement challenge area encourages participants to connect with their community and make a difference through volunteering with a charity or community group.

We would encourage PALS to highlight the benefits of volunteering in the local community - ensuring that travel costs don't act as a barrier for Community Involvement. Volunteer Ireland's national volunteering database at www.volunteer.ie is a great source of community volunteering opportunities across Ireland. Additionally, if you live in a region with a local Volunteer Centre, encourage participants to contact their local Volunteer Centre to find local volunteering roles.

Some participants choose to take part in a course for their Community Involvement challenge, which may have a cost. For those interested in learning first aid, Order of Malta, Civil Defence and Red Cross all offer low cost courses. In more technical areas, groups such as 121 Digital offer inexpensive digital skills sharing options.

Personal Skill

There are lots of great low cost options available for the Personal Skill challenge area. We have included some suggestions below:

- **Musical instrument:** There are lots of great online video tutorial courses available for learning instruments on Youtube. Does the participant have a friend that could teach them?
- **Cookery:** Participants can cook or bake a new dish every week, liaising with their PAL to ensure that they are progressing and learning. If a number of participants are learning cookery, why not encourage the group to start a weekly cooking club to share recipes and approaches?
- **Arts and Crafts:** Knitting, crochet, card making, jewellery-making can all be very easily learnt through online guides and tutorials. To ensure the learning is structured, encourage participants to document their progress throughout.
- **Learning a new language:** DuoLingo (app) and language courses on Youtube can be great free ways of learning a new language. Perhaps a participant has a friend or relative that would be willing to teach them a new language?
- **Writing:** All it takes is a word processor, or even a pen and paper to develop one of life's most valuable skills. If a participant is interested in writing for media, why not encourage them to contact a local newspaper or school magazine? Participants can document their progress with a journal or folder of work.
- **Blogging:** Writing a series of blogs online on a school website, Wordpress, Blogger, Tumblr or Facebook can be a great way for participants to document progress and sharing thoughts, experiences and stories with their wider community.
- **Computer coding:** Coder Dojo offer free coding workshops across the country for young people. This can be a great, free opportunity to learn an invaluable valuable skill.
- **Debating:** Participating in the All-Ireland Schools Debating competition can be a great way of learning to debate.
- **Sign Language:** There are great videos available online teaching basic phrases in sign language.

Physical Recreation

Becoming more active doesn't necessitate gym memberships or expensive sports equipment, there are lots of great low cost options for taking part in the Physical Recreation challenge area:

- **Walking:** One of the easiest ways to exercise for many and a great way of developing personal fitness.
- **School sports activities:** Joining a school sports team is a great way for participants to become more active with facilities available at school.
- **Team sports:** Joining a local GAA, soccer, rugby or basketball team will usually have at least one training per week - satisfying the criteria for the Physical Recreation challenge area.
- **Running:** Signing up and training for a long distance race can be a great way of getting fit. There are lots of great online guides and smartphone apps available to help with this. The Nike Running app is particularly popular for distance running training plans and can be downloaded free for any smartphones.

Adventure Journey

If you are confident to supervise your own group of participants for the Adventure Journey, there are lots of incredible walks and hikes across Ireland with low cost hostel accommodation throughout the routes. Some examples of routes include:

- Achill Island
- Comeragh Mountains
- Glendalough
- Slieve Bloom Mountains
- The Burren
- The Ring of Kerry
- Wicklow Way

In the coming months, Gaisce will be informing Pals of an exciting new partnership with Scouting Ireland, which will allow PALs use of over 26 Scouting Ireland (SI) camp sites throughout Ireland.

PALs will also have the opportunity to rent tents and camping equipment at a limited number of Scouting Ireland camp sites for a minimal fee. Additionally, PALs will be able to avail of Scouting Ireland's expertise in the areas of outdoor adventure, planning and navigation at a very competitive cost. PALs remain responsible for the overnight supervision of participants on all Gaisce Adventure Journeys. Further details of Gaisce's partnership with Scouting Ireland will be announced soon.

Ratra House
North Road
Phoenix Park
Dublin 8

01 617 1999
mail@gaisce.ie