

Approved Temporary Measures from 01.09.20 until further notice

The Adventure Journey often proves to be the most memorable aspect of Gaisce for participants. It is an opportunity to plan, train for and complete an outdoor activity over several days/nights as part of a team. It creates strong bonds between participants as well as the opportunity to develop self-sufficiency and leadership skills. Adventure Journeys can take place on land (hiking, cycling) or water (canoeing, sailing).

Below are some temporary flexibilities Gaisce has introduced during Covid-19 to allow you to plan and undertake an Adventure Journey adhering to the public health guidelines and ensuring the core benefits are met for participants. See section 8 of the PAL Guide for guidance on the Adventure Journey including requirements and outcomes for participants.

PALs can agree with participants one of three Adventure Journey options outlined below:

Award Level	Adventure Journey <u>with Overnight</u>	Adventure Journey <u>without Overnight</u>	Team Challenge (making a difference together for your community)
Bronze	2 Days/1 Night (consecutive)	2 Days (Consecutive days or 2 full days within a 4-week period)*	2 Days (Consecutive days or 2 full days within a 4-week period)*
Example	<p>Complete a hike along a local/accessible marked trail or greenway: 12.5km or 6 hours of purposeful effort journeying per day with overnight accommodation in a campsite or hostel or own premises/grounds.</p> <p>Check out your local County Council listing of tracks and trails or go to Sports Ireland website and search for 'find your trails'.</p>	<p>Complete a hike along a local/accessible marked trail or greenway: 12.5km or 6 hours of purposeful effort journeying per day.</p> <p>The group can start from their pre-agreed base. Participants go home at the end of day one and complete the second day on the pre-agreed date.</p> <p>If you live in an urban/rural area without a recognisable hiking trail, why not plot a safe walking route for your group.</p>	<p>Plan and coordinate a bake sale for a school or community fundraiser.</p> <p>Plan and create a garden or mural for a school or community space.</p> <p>Create a project that will have a positive impact on your local community supporting the UN Sustainable Development Goals.</p> <p>Note: The Team Challenge can also be planned around an overnight</p>

*If the adventure journey/team challenge overnight is not undertaken, PALs should try to assign a "together but separate" group evening activity. PALs and participants can come up with their own ideas here that are suitable and achievable for the full group e.g. everyone bakes something at home, watches a film on solving environmental issues or undertakes 'backyard camping'.

All of the above options also apply to Silver participants in accordance with award level time requirements e.g. 3 days/2 nights. PALs should contact their Development Officer <https://www.gaisce.ie/category/staff/> when planning for the Adventure Journey. Gold participants & PALs with queries should email gold@gaisce.ie when planning the Adventure Journey.

Bearta a Cheadófar ó 01.09.20 nó go bhfógrófar a mhalairt

I measc gnéithe uile Gaisce, is minic is fearr an chuimhne a bhíonn ag rannpháirtithe ar an Turas Eachtraíochta ná ar aon mhír eile. Is deis é chun gníomhaíocht amuigh faoin spéir a phleanáil, ullmhú dó agus é a dhéanamh mar bhall foirne in imeacht roinnt laethanta/oícheanta. Cruthaítear nasc láidir idir na rannpháirtithe agus bíonn deis acu scileanna féindóthaine agus ceannaireachta a shealbhú. Is féidir turais eachtraíochta a dhéanamh ar an talamh (fánaíocht, rothaíocht) nó ar an uisce (canúáil, seoltóireacht). Seo thíos roinnt socruithe solúbtha sealadacha atá tugtha isteach ag Gaisce le linn Covid-19 chun gur féidir leat Turas Eachtraíochta a phleanáil agus a dhéanamh agus cloí ag an am céanna leis na treoirlínte sláinte poiblí ionas go mbainfidh gach rannpháirtí na príomhbhuntaistí as an turas. Féach roinn 8 den Treoir PAL le teoracha a fháil faoin Turas Eachtraíochta lena n-áirítear riachtanais na rannpháirtithe agus na torthaí.

Is féidir le PALanna ceann amháin de thrí rogha Turas Eachtraíochta atá leagtha amach thíos a roghnú:

Leibhéal an Ghradaim	Turas Eachtraíochta agus <u>Oíche as Baile</u>	Turas Eachtraíochta <u>gan Oíche as Baile</u>	Dúshlán Foirne (difríocht a dhéanamh mar ghrúpa i do phobal)
Cré-umha	2 lá/1 oíche (as a chéile)	2 lá (as a chéile nó dhá lá iomlána i dtréimhse 4 seachtaine)*	2 lá (as a chéile nó dhá lá iomlána i dtréimhse 4 seachtaine)*
Sampla	Fánaíocht a dhéanamh feadh cosán nó féarbhealach áitiúil/insroichte marcáilte 12.5km nó 6 uair an chloig d'iarracht dhiongbháilte sa lá agus an oíche a chaitheamh ar láthair champála nó i mbrú nó ina bhfoirgneamh/ar a dtalamh féin. Féach liosta cosán agus rianta do Chomhairle Contae áitiúil nó gabh chuig suíomh gréasáin Spórt Éireann agus cuardaigh 'aimsigh do rianta'.	Fánaíocht a dhéanamh feadh cosán nó féarbhealach áitiúil/insroichte marcáilte 12.5 km nó 6 uair an chloig d'iarracht dhiongbháilte i mbun taistil sa lá. Féadfaidh an grúpa tosú ó bhonn a aontaíodh roimh ré. Téann na rannpháirtithe abhaile ag deireadh an lae agus déanann siad an dara lá ar an dáta réamhaontaithe. Má tá cónaí ort i gceantar uirbeach/tuaithe gan rian fánaíochta aitheanta, smaoinigh ar bhealach siúil a leagan amach ar son do ghrúpa.	Déan díolachán císte a phleanáil agus a chomhordú mar ócáid bailithe airgid scoile nó pobail. Déan gairdín nó pictiúr balla a phleanáil agus a chruthú i spás scoile nó pobail. Cruthaigh tionscadal a mbeidh tionchar dearfach aige ar do phobal áitiúil agus a thacóidh le Spriocanna Forbartha Inbhuanaithé na Náisiún Aontaithe. Nóta: Is féidir an Dúshlán Foirne a phleanáil timpeall ócáid ina gcaitear an oíche as baile.

*Mura ndéantar an turas/dúshlán foirne thar oíche, ba chóir do PALanna iarracht a dhéanamh gníomhaíocht tráthnóna do ghrúpa a eagrú ina mbeidh daoine le chéile ach ar leithligh. Is féidir le PALanna agus rannpháirtithe a smaointe féin a mholadh anseo ach iad a bheith indéanta agus oiriúnach don ghrúpa ar fad m.sh. déanann gach ball den ghrúpa rud éigin a bhácáil sa bhaile, féachann siad ar scannán mar gheall ar conas fadhb chomhshaoil a réiteach nó téann siad ag campáil sa ghairdín cúil.

Baineann gach ceann de na roghanna thuas le rannpháirtithe sa Ghradam Airgid de réir riachtanais ama leibhéal an ghradaim m.sh. 3 lá/2 oíche. Ba chóir do PALanna glao a chur ar a nOifigeach Forbartha. <https://www.gaisce.ie/category/staff/> agus an Turas Eachkayakingtraíochta á phleanáil acu. Ba chóir do rannpháirtithe ar Óir & PALanna a bhfuil ceisteanna acu ríomhphost a chur chuig gold@gaisce.ie agus an Turas Eachtraíochta á phleanáil acu.