



GAISCE  
THE PRESIDENT'S  
AWARD



GAISCE  
GRADAM AN  
UACHTARÁIN

PAL PACK

PAL PACK

PAL PACK

2022-2023

# IN THIS WEE BOOKLET



Making sure you're up and sorted with the new **Gaisce Online (GO)** Platform



Dates for your diary



Key info on the **Gaisce Award Programme** for 2022-2023

The Adventure Journey is back in full swing!

Check out the **PAL Guide**

Look at our **Challenge Partners**

Approved Adventure Journey Providers





**GAISCE ONLINE**

## Have you **activated your GO PAL account?**

**If you're already a PAL, you are **not creating a new PAL account** with Gaisce, don't worry! You just **need to activate your account with the new platform**, which carries forward your information as well as past participants.**

We are excited to introduce you to GO (Gaisce Online)! Gaisce launched GO (Gaisce Online) in Spring this year, with a brand-new look and new features to assist PALs in registering and managing your participants' Gaisce journeys.

The GO system was designed with PALs in mind and your PAL portal has enhanced features such as:

- Raise invoices and receive receipts by email
- Submit a query to get quick support from the Gaisce team
- Register easily to attend Gaisce events and trainings
- Quickly and simply update contact details

Things will look a little different to what you are used to, so we have **created some helpful video tutorials and user guides** to guide you through the new system and show you how to manage your participants.

Make sure you activate your PAL account(s) on the GO system right away!

If you're already up and live on the GO platform,  
then you can skip this section.

## Activate your PAL account(s) today

1



On **April 26th, 2022** the email address you have used as a PAL with Gaisce would have received an 'activation email', asking you to activate your accounts with the GO system.

 If you received multiple emails, the correct emails for your GAP account(s) **arrived after 6pm on April 26th.**

 Scroll back in your email inbox or type 'Welcome to Gaisce online' into your email search bar.

2

**Now you can activate your account(s)!**

If you're a PAL with multiple GAPs (Gaisce Award Partners) you will have **received an email link for each GAP** for separate accounts.

3

**Click the link in the email you received and you will be prompted to create your GO platform password**

Your password has to be at least 8 characters long including both numbers and letters

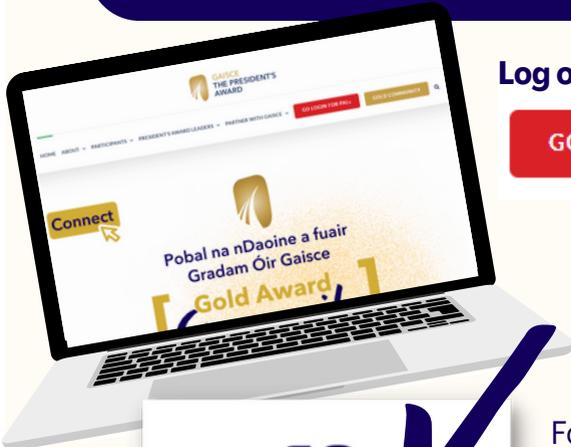




GAISCE ONLINE

So you're up and running with a username and password....

## Now access your GO Account(s)



Log onto [www.gaisce.ie](http://www.gaisce.ie)

GO LOGIN FOR PALS



**GO**  
GAISCE ONLINE

Username

Password

Log In

Remember me

[Forgot Your Password?](#) [Sign Up](#)

Gaisce The Presidents Award employee? Log In

For **each GAP account you have you will have a unique username**, which you'll find in your email from April 26, 2022 after 6pm.

Insert the password you have just created and click **Log in** to proceed!

Having any trouble logging in or finding your activation email?

[info@gaisce.ie](mailto:info@gaisce.ie)  
Or contact your Development Officer

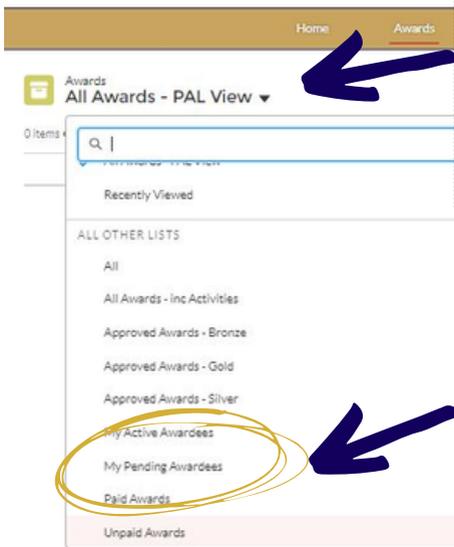
# Activate your Gaisce Participants

Your Gaisce Participants will separately sign up to start their Gaisce - The President's Award journey, and once they do, **their names will start to populate on your GO account!**

Once you have checked all the registered participant names and you know you have parental/guardian approval for the participant to continue with their Gaisce Award, **you now activate them.**

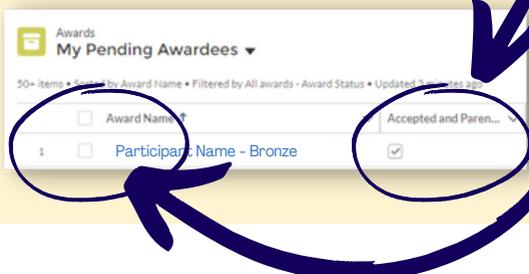


You will find all your participants under the **Awards** tab.



If you click the **All Awards - PAL View** dropdown menu, you will see lots of helpful viewing options that break down where your participants are at.

Click **My Pending Awardees** to bring up the list of the young people who need to be activated by you (acknowledging that they have parental approval to start)



You can individually check off your participants as accepted with parental consent by **double clicking** each check box

Or you can click and indicate acceptance and parental consent for all your pending Awardee names by checking the top box!

# Sorting out **Payment and Invoices**

- When your Gaisce participants are signing up, they are given the option to pay for themselves directly.
- **If you as a PAL are managing payments for your group of participants**, then you will need to create an invoice. You have control over who is paid for and when.

## **PLEASE NOTE**

It is only when participant fees have been fully paid that Gaisce's public liability insurance covers participant activities (as a contingency to your GAP insurance)

Home

Awards

Invoices

Adventure Journey

My Account

Query

Diary Entries

Any invoices you have already created will be listed and saved here for your records.

To generate an invoice, **click the Invoices tab** in your Gaisce Online account.

Fill in the details here, and add a Purchase Order number if required by your Accounts / organisation's secretary. They'll issue that to you - it just helps them track the payments.

Generate Invoice

SAMPLE

\* FAO

School Secretary

\* Invoice Date

11-Aug-2022

Purchase Order Number

123456

Next

Click **Next**, and then you can choose what participants (or all) are to be added/covered by this particular invoice.

Click **Finish**, and your invoice has been created!

Finally, you can sort out payment right away by proceeding to the **Pay Now** option.

**Please pay within 30 days**



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Thank you.

You will be redirected to Global Pay to complete your payment.

Pay Now



GAISCE ONLINE

Our team will be running through the system and answering any questions or queries you have.

Join our **GO Drop-In Sessions**

Tuesday 13th September



6.30-7.15pm

Thursday 15th September

10.30 – 11.15am



Tuesday 20th September



6.30-7.15pm

Wednesday 21st September

6.30 – 7.15pm



**Click the links  
to register!**





- ✓ Introduction for PALs
- ✓ How to Create an Invoice and Pay for Participants
- ✓ How to Activate New Participants
- ✓ How to create an Adventure Journey Survey and Approve Participants for their Award



# MAKE SURE YOUR PARTICIPANTS ARE **GETTING THEIR EMAILS**



Many schools and organisations have **important safety controls on email** traffic to young people.



If your participants have signed up with their school email address, their Unique Gaisce ID and confirmation email *could* have bounced!

If **your school or organisation has its own email address** make sure Gaisce emails get through!



Contact your school secretary or IT Department if you have one!

**TO-DO**

Ask for **gaisce.ie** emails to be **whitelisted**, 'accepted' or 'made safe'





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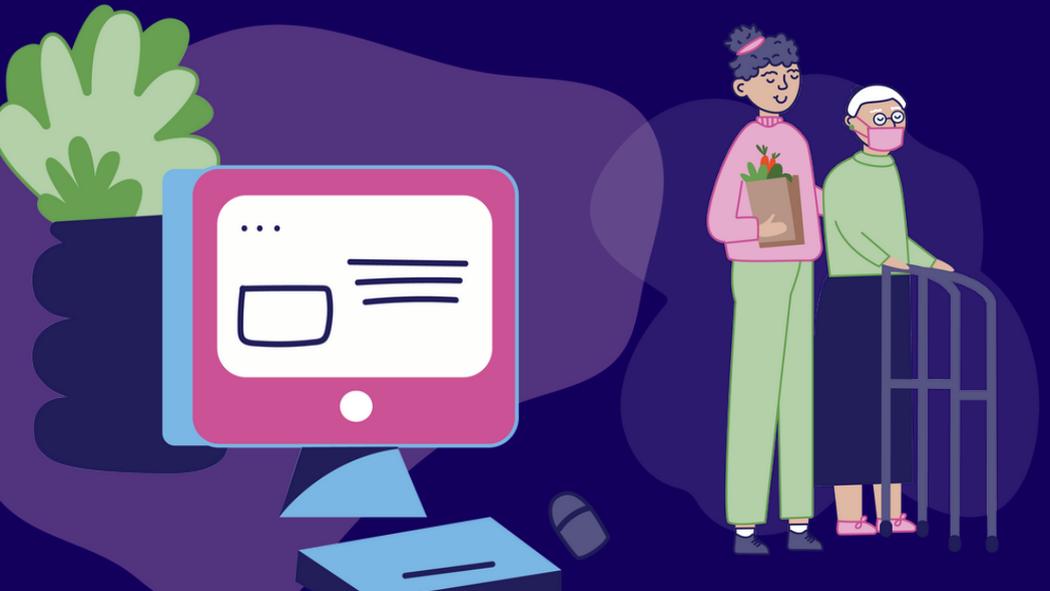


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# KEY DATES

# KEY DATES

# KEY DATES



# PAL CATCH UPS

Coming this October

Meet up with other PALs, connect with Development Officers, and share best practice and ideas!

13th October



Thursday 7-8pm

19th October



Wednesday 7-8pm

25th October



Tuesday 7-8pm

**Click a link above  
to register!**

# GOLD AWARD PORTFOLIO

**Deadline: October 1st**



Check out the  
Gold Portfolio  
FAQs on our  
website

If your Participant wants to be considered **for the next Gaisce - The President's Award Gold Award ceremony**, please ensure that their Gold Award portfolio has been approved by you and sent to Gaisce before October 1st, 2022.

**Make sure you have approved all of your Gold Participants** before they submit their Gold Award portfolio to Gaisce.

Gold Award Portfolios can be **submitted either as a digital copy attachment to [gold@gaisce.ie](mailto:gold@gaisce.ie), or sent via post** to our address:

*Gaisce - The President's Award, Ratra House, North Road,  
Phoenix Park, Dublin 8, Ireland, D08 YD62*

# GOING FOR GOLD

November 2nd, 6pm

Info and support for Gaisce participants and PALs engaged in or about to start a Gaisce Gold Award journey!

**Attendance at a Going for Gold workshop (via Zoom) is mandatory for Gaisce Gold participants**

**Eventbrite**

**SIGN UP NOW**





# LEARN ABOUT GLOBAL CITIZENSHIP EDUCATION.

**+ SUPPORT YOUR PARTICIPANTS WITH THEIR 13 WEEK COMMUNITY INVOLVEMENT CHALLENGE FOR THE BRONZE GAISCE AWARD**



Indicate your interest today in taking part in a bespoke Gaisce-led training in Global Citizenship Education



A group of PALs will be chosen to take part in the virtual training



You will be supported to deliver a 13-week 'Gaisce Glas' Global Citizenship Project to your group of Gaisce participants



**Gaisce  
Glas** GLOBAL CITIZENSHIP PROJECT

This project has been made possible by Irish Aid.



**Irish Aid**

An Roinn Gnóthai Eachtracha agus Trádála  
Department of Foreign Affairs and Trade

The Global Citizenship Education training course will be **4 x two-hour sessions** and will take place on the following dates:



**TUESDAY SEPTEMBER 27TH**  
**TUESDAY OCTOBER 4TH**  
**TUESDAY NOVEMBER 22ND**  
**TUESDAY NOVEMBER 29TH**



Places are **limited** and will be allocated on a first come, first served basis.  
*Training is free.*



This can tie into 'One World Week' Nov 19-26



**Gaisce**  
**Glas** GLOBAL CITIZENSHIP PROJECT



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# PROGRAMME

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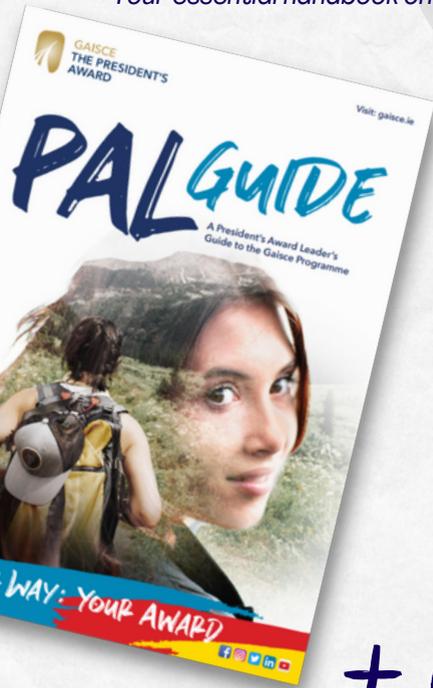
# PROGRAMME

**If you have any  
questions or  
need support,  
contact your  
Development  
Officer**



# MAKE SURE TO CHECK OUT THE PAL GUIDE

Your essential handbook on all things Gaisce Award Programme



The PAL Guide provides President Award Leaders (PALs) and their organisation, the Gaisce Award Partner (GAP), with information to support and guide young people on their Gaisce journey at all award levels - Bronze, Silver and Gold. This Guide details the essential responsibilities and programme delivery requirements for PALs and GAPs to ensure that young people undertaking an award have a safe, high quality and truly brilliant Gaisce experience.

## + CHECK OUT THE PAL TOOLKIT

- Record Sheets
- Fact sheets on the different Award level requirements across Challenge areas
- Safety and Child Safeguarding information
- Useful hints, tips and tricks

[CLICK HERE](#)





## CHALLENGE AREAS:



PERSONAL SKILL  
PHYSICAL RECREATION  
COMMUNITY INVOLVEMENT



ADVENTURE JOURNEY

Pick an activity for each challenge area and do 1 hour of each for **13** weeks

Continue 1 challenge area activity

**13** weeks

**2** days  
1 night

**BRONZE AWARD**  
Age 14+  
€15

Make sure to check out the PAL guide on our website!

Pick an activity for each challenge area and do 1 hour of each for **26** weeks

Continue 1 challenge area activity

**26** weeks

**3** days  
2 nights

**SILVER AWARD**  
Age 15+  
€20

You can begin your Gaisce Award journey at any stage before your 26th birthday.

Pick an activity for each challenge area and do 1 hour of each for **52** weeks

Continue 1 challenge area activity

**26** weeks

**4** days  
3 nights

**GOLD AWARD**  
Age 17+  
€25

RESIDENTIAL PROJECT

**5** days  
**4** nights

PORTFOLIO

If you have completed your Bronze and Silver Award(s), you can begin your Gold Award journey at age 16.

# CHALLENGE AREAS

To achieve a Gaisce Award, participants need to complete activities for **at least one hour a week** in each of the three challenge areas which include Personal Skill, Physical Recreation and Community Involvement.



**PERSONAL SKILL**



**PHYSICAL RECREATION**



**COMMUNITY INVOLVEMENT**



**ADVENTURE JOURNEY**



**RESIDENTIAL PROJECT**

 GOLD AWARD ONLY





# PERSONAL SKILL



Personal Skill is a chance for Gaisce participants to **develop an existing skill or try something brand new**. This is an opportunity for participants to explore an activity that interests them, and to develop skills that they may have previously thought beyond their reach.

A participant may undertake Personal Skill activities without PAL supervision, however as the PAL is the default signature on the record sheet, **the participant will need to provide evidence of the activity they carried out**. This can be done through a third-party supervisor (e.g. music teacher), use of the online diary to note the activity, a screen shot of a login for an online activity (YouTube art class), or another means of evidence gathering - approved by you, the PAL!

MUSIC

GAMES

LIFE  
SKILLS

PERFORMANCE ARTS

ANIMALS/OUTDOOR



CREATIVE ARTS



SCIENCE AND  
TECHNOLOGY



# PHYSICAL RECREATION



Physical recreation is great for both body and mind, as well as being essential for a person's well-being. In this Challenge Area, participants can **either seek to improve their ability in a physical activity they already do or can try out a new sport or exercise.** Physical recreation should be set at an **appropriate level for each individual's capability.** Activities can be undertaken on an **individual basis, or as part of a team.** In the case of a team sport, it is the individual effort and commitment that counts.

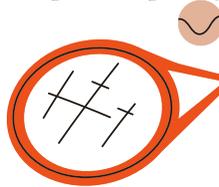
A participant may undertake Physical Recreation activities without PAL supervision, however as the PAL is the default signature on the record sheet, the participant will need to provide evidence of the activity they carried out. This can be done through a third-party supervisor (e.g. coach or gym staff) or they use of apps such as Fitbit, couch to 5km apps, Strava and MapMyRide, taking a screen shot of each session stats for their PAL. **Encourage participants to reach for their own personal best.** *The above suggestions could be replaced/adapted to suit individual fitness levels or physical needs.*



## DANCE

## MARTIAL ARTS

## INDIVIDUAL



## WATER SPORTS

## TEAM SPORTS





# COMMUNITY INVOLVEMENT



Community Involvement is an **opportunity for participants to volunteer with community groups and charities, helping people, animals or the environment**, either on their own or through communal activities, **without getting paid**.

Gaisce is often a young person's first experience of volunteering and active citizenship.

Participants may undertake Community Involvement activities without PAL supervision, however as the PAL is the default signature on the record sheet, participants will need to provide evidence of the activity they carried out. This can be done through a third-party supervisor (e.g. committee leader) or another means of evidence gathering approved by the PAL.

HELPING  
PEOPLE

COMMUNITY  
ACTION

ENVIRONMENT

PAL Toolkit →

ANIMALS

RAISING  
AWARENESS

COACHING /  
MENTORING

CHARITY



# The ADVENTURE JOURNEY is fully back

**Make sure to  
check out the  
most up to date  
guidelines**



Flexibilities introduced  
over Covid-19 are no  
longer valid from  
September 1st, 2022

The Adventure Journey is a unique, challenging and memorable experience that creates strong bonds between participants as well as the opportunity to develop self-sufficiency and leadership skills.

The Adventure Journey can take place on land or water e.g., walking, hiking, biking, kayaking, sailing, canoeing in the form of an expedition or exploration

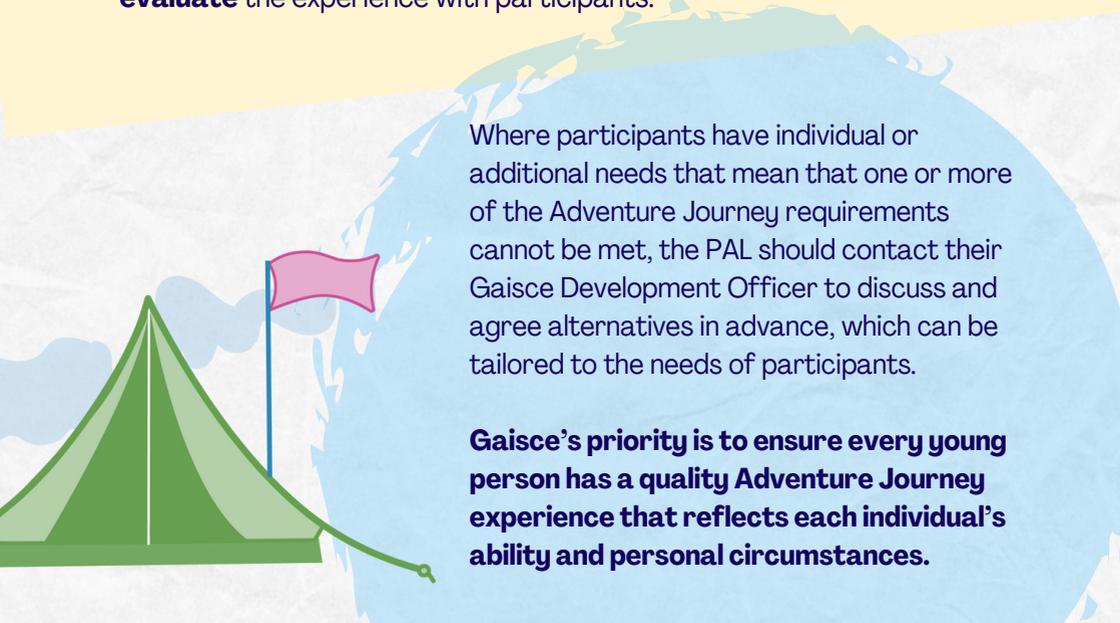
UPDATE

# Gaisce Award Adventure Journey Requirements

There are **14 key requirements** for a Gaisce – The President’s Award Adventure Journey. Make sure you’re familiar with these before you start planning!

- The Adventure Journey must be **planned as either an expedition or an exploration**, both require **journeying**.
- All Adventure Journeys should be **undertaken in small teams** of peers between 4-10 people at Bronze, Silver, and Gold Award level. For larger groups break up into smaller teams and start the journey at intervals.
- All journeys **must be by the participants own physical effort** – foot cycle, wheelchair, sail, kayak etc., without motorised, or outside assistance. The Adventure Journey can take place on land or water.
- All Adventure Journeys **should be supervised by the PAL** (and appropriate supervision ratios), particularly where the participants are under the age of 18 or are vulnerable adults. Where a PAL is not in a position to supervise the Adventure Journey another adult from the Gaisce Award Partner who has been vetted/screened and is familiar with the Adventure Journey planning and requirements can cover.
- All **participants must be involved in the planning and preparation** of their Adventure Journey.
- All participants **must be properly equipped and prepared** for their Adventure Journey.
- The participants **must stay in a self-catering hostel, camping or in another suitable form of similar accommodation**.

- **Participants must be encouraged to understand suitable meal preparation and nutritional requirements** when undertaking an adventure journey and where possible help to plan, make and/or organise shared meals. PALs and participants should plan meal options appropriate to the adventure journey setting and where possible self-cater.
- The Adventure Journey **should be undertaken with a suitably trained or qualified person** with experience appropriate to the adventure journey activity.
- Participants **must source and transport all gear and equipment** that they will require with them on the Adventure Journey.
- The Adventure Journey **should be challenging but within the capabilities and fitness level** of the participants.
- The travel days of the Adventure Journey must be **consecutive**.
- The **route of the journey should go from point A to point B to point C** etc. **(with the exception of the Bronze Award where looped walks are accepted)**
- On Completion of the Adventure Journey **PALs should review and evaluate** the experience with participants.



Where participants have individual or additional needs that mean that one or more of the Adventure Journey requirements cannot be met, the PAL should contact their Gaisce Development Officer to discuss and agree alternatives in advance, which can be tailored to the needs of participants.

**Gaisce's priority is to ensure every young person has a quality Adventure Journey experience that reflects each individual's ability and personal circumstances.**



## APPROVED ADVENTURE JOURNEY PROVIDER



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2022

## What is an Approved Adventure Journey Provider?

A recognised national network of centres to build on excellence in the sector by highlighting and signposting Approved Adventure Journey Providers more clearly to Gaisce Award Partners, President's Award Leaders and Gaisce participants. It aims to ensure consistency, quality, and safety across Adventure Journey experiences for all.

It will also create strong connection and supports between the Approved Adventure Journey Providers and the Gaisce Development Officer team to ensure accessibility of the Adventure Journey for different types of groups.

**PALs are still responsible for signing off on the Adventure Journey and can choose a journey that suits their needs.** The Approved Adventure Journey Providers offer the support of centres that work directly with Gaisce and can give up to date advice.

**CLICK**  
**HERE**

# Gaisce is now available to students in **2nd year**.



## Benefits of Gaisce in 2nd year as identified by PALs who piloted the programme include:

- Adding Gaisce to the Junior Cycle Profile of Achievement is particularly beneficial to students
- PALs are unanimous in the belief that participating in Gaisce in 2nd Year develops students' Sense of Achievement, Confidence and Motivation, often resulting in a renewed engagement in school during what can be a tricky year.
- Being able to progress to Silver and even Gold Awards during a young person's time in second level education was found to be a real positive - and a useful goal pathway from junior through to the end of senior cycle.
- Students enjoyed the opportunity to become more involved in their school/local communities. It also helped them by having something to add to their CV for TY Work Experience applications
- Participation in Gaisce cultivates personal growth and maturity and compliments the **Junior Cycle Wellbeing Guidelines**.



**Contact your Development Officer to find out more!**



## What is a Gaisce Challenge Partner?

Gaisce Challenge Partners are organisations that can support you to participate in one, or more Gaisce Challenge Areas.

Challenge Partners offer participants the opportunity to participate in suitable activities. They also act as activity supervisors by signing off on your weekly activities.

Gaisce is committed to making the programme as accessible as possible, therefore our Challenge Partners are either charities, non-profit or free of charge.

[gaisce.ie / challenge-partners/](https://gaisce.ie/challenge-partners/)



# WHO'S NEXT?

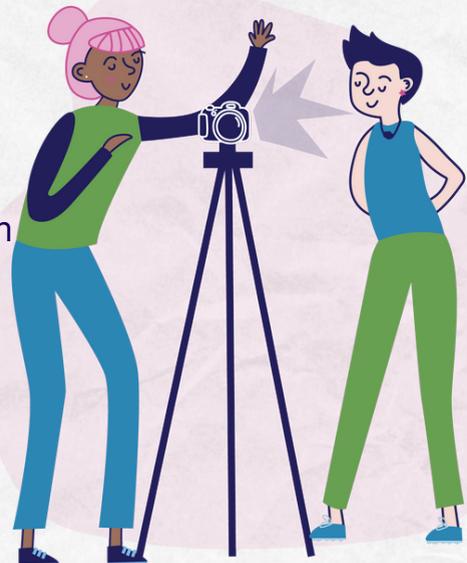
## TRAINING FOR NEW PALS

It is highly recommended that every Gaisce Award partner delivering the Gaisce Award has a PAL team. **We want you to consider who else in your organisation or School can support you in your important work as a President's Award Leader!** With more than one PAL, you can support each other and share the responsibilities involved.

[gaisce.ie/presidents-award-leaders/how-to-become-a-pal/](https://gaisce.ie/presidents-award-leaders/how-to-become-a-pal/)

### NEXT PAL TRAINING DATES:

- September 7th 6pm to 9pm
- September 22nd 9.30am to 1pm
- October 6th 6pm to 9pm
- October 20th 9.30am to 1pm
- November 16th 6pm to 9pm
- December 8th 9.30am to 1pm





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CONTACT US  
CONTACT US  
CONTACT US





**Ger**

Pronouns: She/Her

[ger@gaisce.ie](mailto:ger@gaisce.ie)

087 1646661

D2, D4, D6/D6w D8, D10, D12, D14, D16,  
D18, D22, D24, South County Dublin, and  
Kildare



**Mary**

Pronouns: She/Her

[mary@gaisce.ie](mailto:mary@gaisce.ie)

087 2426293

Cavan, Laois, Leitrim, Longford, Louth,  
Meath, Monaghan, Offaly, Roscommon,  
Westmeath



**Kate**

Pronouns: She/Her

[kkelly@gaisce.ie](mailto:kkelly@gaisce.ie)

087 0941466

Clare, Kerry, Limerick and Tipperary



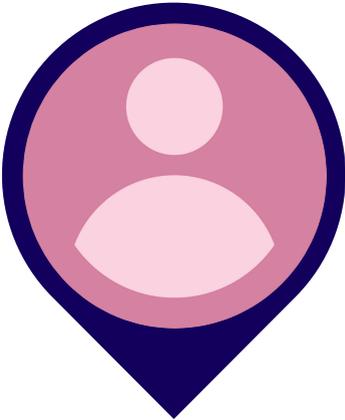
# Paul

Pronouns: He/Him

[paul@gaisce.ie](mailto:paul@gaisce.ie)

087 6194868

Carlow, Cork, Kilkenny,  
Waterford, Wexford



# Siobhan

Pronouns: She/Her

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086 4403974

Donegal, Galway, Mayo, Sligo



# Susie

Pronouns: She/Her

Wavelength Project Manager

[wavelength@gaisce.ie](mailto:wavelength@gaisce.ie)

[Wavelength Project PALs: Supporting  
young people seeking asylum or who  
have refugee status](#)



# Karen

Pronouns: She/Her

[karen@gaisce.ie](mailto:karen@gaisce.ie)

087 1207597

- Garda Youth Diversion Projects (GYDP)
- Intervention
- Probation



# Karol

Pronouns: He/Him

Learning +Evaluation Programme  
Manager

[karol@gaisce.ie](mailto:karol@gaisce.ie)

087 3393301



# Marion

Pronouns: She/Her

[marion@gaisce.ie](mailto:marion@gaisce.ie)

087 6290788

Project Manager

- Prisons
- Youth Detention
- Uniformed Organisations
- Dual Award programmes



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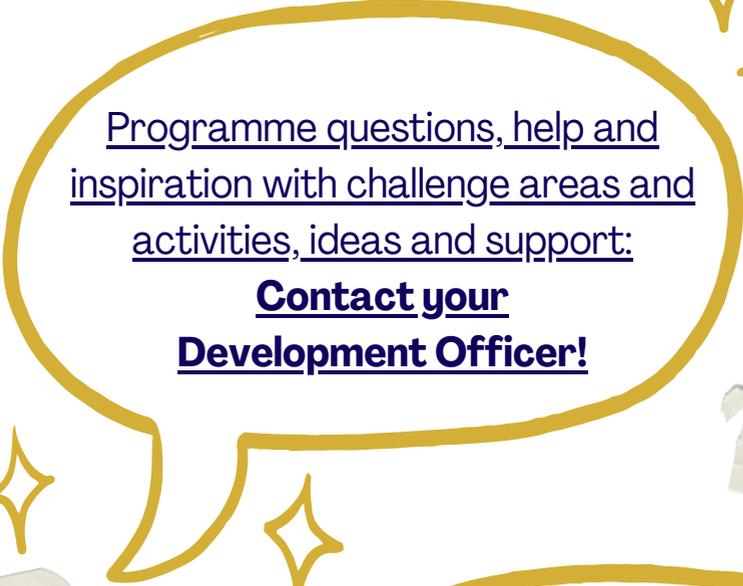
[ops@gaisce.ie](mailto:ops@gaisce.ie)

Development Officer for D1, D3,  
D5, D7, D9, D11, D13, D15, D17, D20  
and North County Dublin, Wicklow

We are in the process of filling this role.

Your support won't be interrupted!

The Development Team are working hard to cover this region in the interim. Contact [ops@gaisce.ie](mailto:ops@gaisce.ie) with your query/request and it will be picked up by a Development Officer.

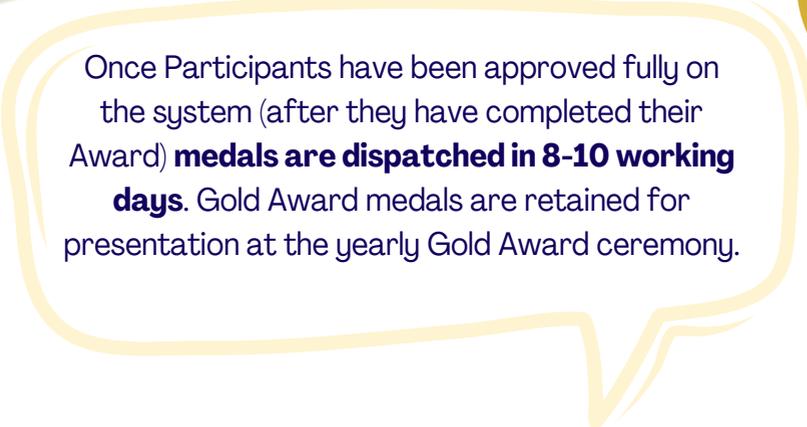


Programme questions, help and inspiration with challenge areas and activities, ideas and support:

**Contact your Development Officer!**



For Gaisce Online access questions, system queries, payment information and also medal dispatch:  
**info@gaisce.ie**



Once Participants have been approved fully on the system (after they have completed their Award) **medals are dispatched in 8-10 working days**. Gold Award medals are retained for presentation at the yearly Gold Award ceremony.

Have you a  
**Gold**  
Award?

Have you supported  
Gold Awardees in the  
past?



Pobal na nDaoine a fuair  
Gradam Óir Gaisce

# [Gold Award Community]



Gaisce - The President's Award  
need to hear from you in advance  
of our 40th Anniversary, as we  
create a living archive of the  
Award through the decades

[GOLD COMMUNITY](#)



Current members of Gaisce  
Council can be viewed below:

[CLICK HERE](#)

Gaisce - Gradam an Uachtaráin, The President's Award is a company limited by guarantee (CRO 251020) and with a CHY and RCN number (8482 and 20020903 respectively). Our registered address is Ratra House, Phoenix Park, Dublin D08YD62



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Ratra House,  
Phoenix Park,  
Dublin D08YD62.



@GaisceAward



@GaisceAward



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[www.gaisce.ie](http://www.gaisce.ie)



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Irish language version and  
additional printed copies of this  
material can be issued to you by  
contacting [comms@gaisce.ie](mailto:comms@gaisce.ie)



Please connect with us online!  
Tag **@GaisceAward** on  
Instagram and Twitter for any  
activities or events you are  
undertaking with your group, and  
encourage them to tell their  
stories!