



CHALLENGE AREAS:



PERSONAL SKILL



PHYSICAL RECREATION



COMMUNITY INVOLVEMENT



ADVENTURE JOURNEY

BRONZE AWARD

Age 14+
€15

Pick an activity for each challenge area and do



1 hour of each

for



weeks

Continue 1 challenge area activity



weeks

2 days

1 night



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

SILVER AWARD

Age 15+
€20

Pick an activity for each challenge area and do



1 hour of each

for



weeks

Continue 1 challenge area activity



weeks

3 days

2 nights



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

GOLD AWARD

Age 17+
€25

Pick an activity for each challenge area and do



1 hour of each

for



weeks

Continue 1 challenge area activity



weeks

4 days

3 nights



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.