



GAISCE  
THE PRESIDENT'S  
AWARD



**SILVER AWARD**  
**INFORMATION PACK**

# YOUR SILVER AWARD

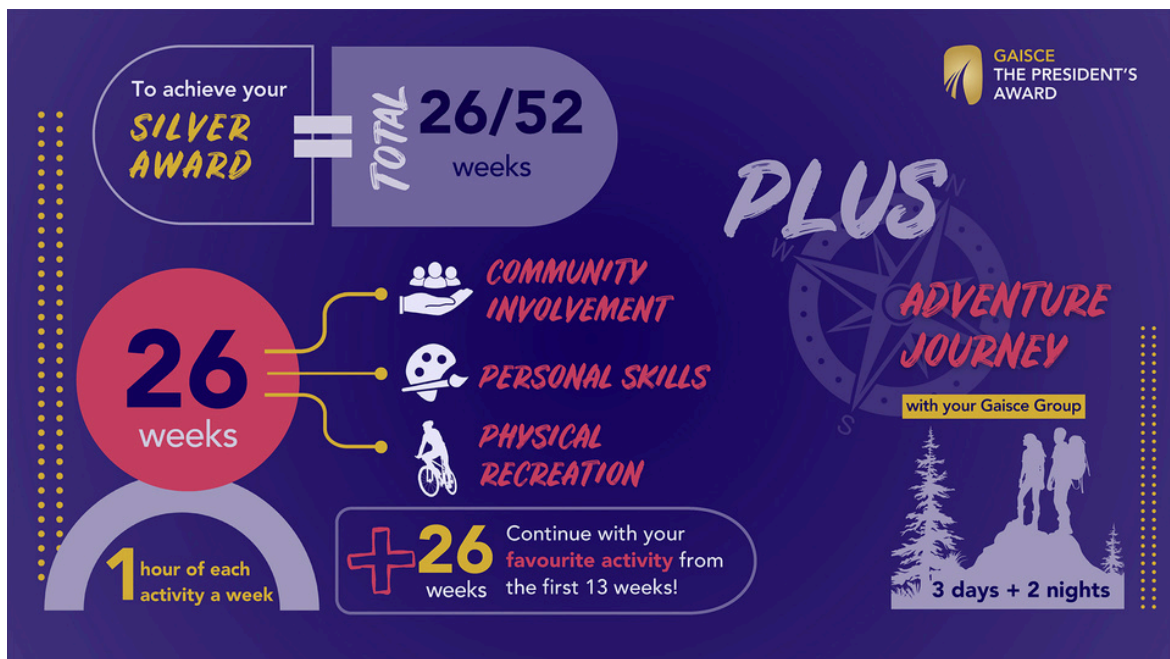
This information pack is designed to provide all the information you may need to undertake the Gaisce Silver Award.

If you have already completed your Bronze award, congratulations! It is a massive achievement to have made it this far. The Gaisce Team would like to wish you the best of luck on your Gaisce Silver Journey.

**Remember:** your PAL is your main point of contact. However, if you are over 18 and need further assistance from the relevant regional Development Officer, please follow this link to get in contact with your [Development Officer](#)

## THE SILVER AWARD INVOLVES:

- 1 hour per week in each of the challenge areas below, for a total of 26 weeks.
- If you have not already completed a Bronze Award you will be required to do an additional 26 weeks of one of these activities.
- The **Adventure Journey** which takes place over 3 days and 2 nights, an expedition or exploration.



## DECIDING YOUR CHALLENGE AREAS

As with the Bronze award, your PAL can support you to decide on what activities you would like to take on for each of your challenge areas.

Your PAL must approve your challenge area choices and ensure that they meet the criteria.

You can continue with the same activities you did for your Bronze award or chose new activities.

When choosing what activity you are doing for your award, make sure to consider the following:



- Will it last for the required 26 weeks?
- Who will sign off on my activities?
- If you don't have a Bronze award, what activity will you do for your additional 26 weeks?

Below are some ideas for each challenge area. See also a list of our Challenge Partners here: [Gaisce Challenge Partner - Gaisce](#)

### IDEAS AND SUGGESTIONS FOR CHALLENGE AREAS:



**Personal Skill  
Ideas**

[Click to download](#) >



**Community  
Involvement  
Ideas**

[Click to download](#) >



**Physical  
Recreation  
Ideas**

[Click to download](#) >

## THE ADVENTURE JOURNEY

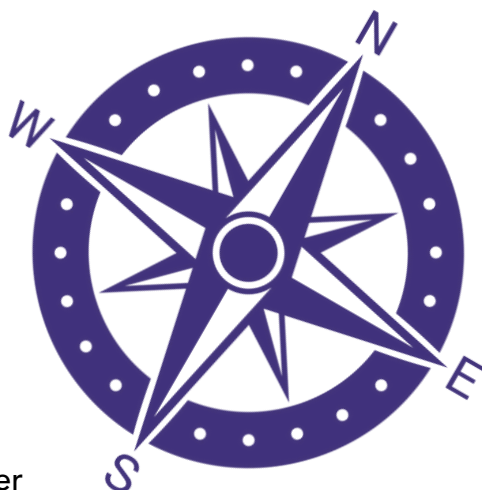
The Adventure Journey is often one of the highlights of Gaisce for participants, and an experience you will remember long after you've completed your award.

The Silver Adventure Journey usually takes place over **3 days and 2 nights**.

If you are under 18 or a vulnerable adult, your PAL will work with you to coordinate your Silver adventure journey. You should play an active part in planning and preparing your adventure journey.

If you are over 18, you can take the lead in planning and undertaking your adventure journey. Ensure that you agree with your PAL how you will undertake and evidence your adventure journey, and how it will fulfil the requirements.

You should make yourself familiar with the Adventure Journey requirements before you go.



## REQUIREMENTS FOR THE SILVER AWARD ADVENTURE JOURNEY

- The Adventure Journey, with an agreed purpose, 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 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, another adult from the Gaisce Award Partner who has been vetted/screened and is familiar with the Adventure Journey planning and requirements can cover for them.

## REQUIREMENTS FOR SILVER AWARD ADVENTURE JOURNEY

- 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 involved in the planning and preparation of at least one substantial meal over the course of each day of the Adventure Journey.
- The Adventure Journey should be undertaken with a suitably trained or qualified person where appropriate e.g. horse riding, water activities.
- 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 of the participants.
- The travel days of the Adventure Journey must be consecutive.
- With the exception of the Bronze Award, where looped routes are acceptable, the route of the journey should go from point A to point B to point C etc.
- On completion of the Adventure Journey, PALs should review and evaluate the experience with participants



## KEEPING TRACK OF YOUR AWARD

Make sure to speak to your PAL about keeping track of your award. Your PAL is the person who is responsible for approving your Silver award.

You can use the record sheets to track your progress and get your activities signed off by supervisors.

Click to download your Silver Award Record Sheet

[Silver Award Record Sheet](#)



Many Gaisce participants also keep track of their Award using photographs, journals, apps, etc.

**Handy tip:** Take weekly photos of your record sheets, in case you lose them along the way – this way you will still have the evidence of your activities to show your PAL.

## COMPLETING YOUR AWARD

When you have completed all the requirements of your Silver award, you should check in with your PAL and provide your completed record sheets (and/or other evidence) and your PAL will let you know if your award has been approved.

Your PAL approves your award via their online PAL portal and your award and certificate are sent directly to the PAL.

Your PAL will advise when you should receive your award, for example at a special award ceremony.

When you have completed your Silver, why not think about Going for Gold! Gaisce run webinars for participants who are just starting or thinking of starting their Gold award journey. More information [here](#)