



Bronze Gaisce Award for 2nd Years



PHYSICAL RECREATION.

In the Physical Recreation Challenge Area, you have the chance to enhance your proficiency in a physical activity you already enjoy or explore a new sport or exercise. Engaging in physical activity is not only beneficial for your body but also vital for your overall well-being. It's important to choose activities that match your current capabilities. Whether you undertake these activities individually or as part of a team, your dedication and commitment as an individual are what truly matter, even in the context of team sports.

Examples of Physical Recreation:

Badminton, Basketball, Boxing, Cycling, Dancing, Football, GAA, Gym Activities, Hiking, Kayaking, Online Exercise Classes, Physiotherapy, Rugby, Running, Skateboarding, Tennis, Walking, Yoga.

COMMUNITY INVOLVEMENT.

In the Community Involvement Challenge Area, you have the chance to volunteer with diverse community groups and charities, dedicating your time to support people, animals, or communal activities. Gaisce often serves as a young person's initial introduction to volunteering and active citizenship. Volunteering offers an excellent avenue for you to connect with your community, boost your self-assurance, forge new friendships and expand your network, all while acquiring fresh skills. Engaging with your community empowers you to voice your ideas and actively contribute to meaningful changes in your surroundings.

Examples of Community Involvement:

Animal Welfare Volunteer, Charity Volunteer, Community Garden, Community Mural, Community Tidy, Environmental Awareness Activities, Lifeguarding, Local History Project, Neighbour Support, Sports Coach/Referee, Youth Club Volunteer.

PERSONAL SKILL.

In the Personal Skill Challenge Area, you have a chance to develop an existing skill or try something brand new. This is an opportunity for you to explore an activity that interests you and to develop skills you may have previously thought were beyond your reach.

Examples of Personal Skills:

Art, Baking, Coding, Cooking, Creative Writing, DIY, Drawing, First Aid, Gardening, Knitting, Language Learning, Musical Instrument, Online Courses, Painting, Photography, Singing, Videography.

ADVENTURE JOURNEY.

[Interested? Click Here!](#)

Gaisce Awards	 Personal Skill	 Community Involvement	 Physical Recreation	+	 Adventure Journey	 Residential Project	 Portfolio	 AWARD	
Bronze Award Participants aged 15+ Registration €15	1 hour per week	1 hour per week	1 hour per week	+	Additional 13 weeks of activities in any one of the Challenge Areas	2 days, 1 night (Expedition or Exploration)	X	X	
▶ 13 WEEKS		+ 13 WEEKS +			2 DAYS, 1 NIGHT		=		BRONZE AWARD