

?? HOW DO TOP-UPS WORK?



Award Top-Ups are given in recognition of the extra activities that young people are already involved in. Top-Ups will go towards the total number of hours an individual has to complete. *The following are the list of accepted top-ups for parish / social activities hours which the Diocese of Waterford & Lismore recognises.*

Please note: A 2, 3 or 4 hour activity on one day does not count as 2, 3 or 4 hours on your record card. Record as one hour. Only when an activity goes over 5 hours can it be recorded as a top-up.

ACTIVITY	GOLD	SILVER	BRONZE
Full Day activity (duration: 5 hours or more) e.g. day retreat / Diocesan Event	2.5 hours	2 hours	1.5 hours
Full Weekend Activity (duration: 2-3 days) e.g. weekend retreat	4 hours	3 hours	2 hours
Week-long activity (duration: 5 days or more) e.g. a pilgrimage abroad / faith camp	6 hours	4.5 hours	3 hours

Please note: You can only top-up to a MAXIMUM of 6 hours (gold), 4.5 hours (silver) and 3 hours (bronze) in both Parish and Social Hours.

RECOGNISED PARISH TOP-UPS

- Ascend JP2 Days
- National JP2 Day in Knock - one day
- St Declan's Way (Camino) - one day
- Full-Day School Retreat / Ritual Day to Catholic Site e.g. to Mount Melleray / Glendalough
- Alpha Holy Spirit Day (in or out of school)
- Youth 2000 Weekend Retreat
- Week-long Pilgrimage (e.g. Lourdes / Medjugorje)
- Attend or volunteer at a Catholic Faith Camp

RECOGNISED SOCIAL TOP-UPS

- Referee / coach at GAA blitz (full day activity of min. of 5 hours)
- Bag-packing fundraiser (full day activity of min. 5 hours)
- Full Day Fundraiser (min. of 5 hours)
- School Immersion Programmes (5 days or more)
- Youth Parliament / Student Council trips (2-3 days or 5 or more days consecutively)

HAVE YOU ANOTHER SUGGESTION FOR A TOP-UP?

If you have completed an activity you feel is deserving up top-up hours please ask your Award Leader to clarify this first with the Diocesan Pope John Paul II Award Coordinator / Committee. When filling out record card, note top-up(s) at bottom of sheet and get signed by relevant facilitator. Hours can only be assigned once level of award is known at end of year, since top-ups have different values at bronze, silver and gold level. If you're unsure, discuss with Award Leader who can clarify with Diocesan Committee!

REMEMBER TO FOLLOW ASCEND YOUTH MINISTRY ON INSTAGRAM FOR IDEAS FOR TOP UPS!

 @ascendwaterfordlismore.ym

Diocese of Waterford & Lismore

