

# HOW DO TOP-UPS WORK?

- Top-Ups are faith-based activities that are more than 5 hours in duration.
- They can go towards the total number of hours you have to complete for parish or social hours.
- They recognise activity over the course of full day, a weekend or a full week.
- They must be approved by the Diocesan Award Committee.

ACTIVITY	GOLD	SILVER	BRONZE
<b>Full Day</b> (5+ hours) e.g. Day Retreat / Diocesan Event / Parish Full Day Event (in your own time)	2.5 hours	2 hours	1.5 hours
<b>Full Weekend Activity</b> (duration: 2-3 days) e.g. weekend retreat	4 hours	3 hours	2 hours
<b>Week-long activity</b> (duration: 5+ days) e.g. a pilgrimage abroad (Lourdes / Medjugorje) / faith camp	6 hours	4.5 hours	3 hours

- A top-up is for a faith-based activity but can be used to top-up hours lacking on either parish or social side.
- Please note: You can only top-up to a MAXIMUM of 6 hours (gold), 4.5 hours (silver) and 3 hours (bronze).
- **A 2, 3 or 4 hour activity on one day does not count as 2, 3 or 4 hours on your record card. Record only as 1 hour.**
- ONLY WHEN AN ACTIVITY GOES OVER 5 HOURS CAN IT BE RECORDED AS A TOP-UP.



## THESE ARE THE APPROVED TOP-UPS IN THE DIOCESE OF WATERFORD & LISMORE

- Diocesan REvive Day
- National JP2 Award Day
- #LiveLife Day in Knock (Donal Walsh)
- St Declan's Way (Camino)
- Youth 2000 Weekend (or day) Retreat
- Alpha Holy Spirit Day
- Week-long Pilgrimage (e.g. Lourdes / Medjugorje)
- Volunteer at (or participate in) a Catholic Faith Camp



## HAVE YOU ANOTHER POSSIBLE IDEA FOR A TOP-UP?



If you have completed an activity you feel is deserving of top-up hours please ask your Award Leader to clarify this first with the Diocesan Pope John Paul II Award Coordinator / Committee.

## HOW TO RECORD A TOP-UP

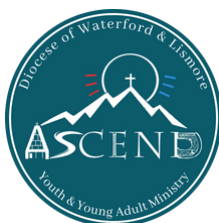
- When filling out record card, note top-up(s) at bottom of sheet and get signed by relevant facilitator.
- Record duration as well as activity.
- Actual hours can only be assigned once level of award is known at end of year, since top-ups have different values at bronze, silver and gold level.
- If you're unsure, discuss with Award Leader who can clarify with Diocesan Committee!

## Award Top-Ups



Date	Activity	Duration	Facilitator Signature
2/2/26	Full Day Retreat at Glendalough (9am - 4pm)	7 hours	Ms C Farrell
Apr 16 <sup>th</sup> - 25 <sup>th</sup> 2026	JP2 Award Pilgrimage to Medjugorje	7 days	N Lillis

Keep an eye on your own parish newsletter for upcoming events you could volunteer at!



REMEMBER TO FOLLOW ASCEND YOUTH MINISTRY ON INSTAGRAM FOR TOP UP & PARISH IDEAS!



@ascendwaterfordlismore.ym

