

# NADINE THOMAS

Name: Nadine Thomas

Age: 18

Where I Live: Rhondda Cynon Taf



*“Achieving my Gold Duke of Edinburgh’s Award was a mountain-top moment for me, and from this I wanted to give something back to the Duke of Edinburgh’s Award and to young people.”*

## MY SOCIAL ACTION JOURNEY

For most people completing the Duke of Edinburgh’s Award, it is an end in itself, but for me it was only the beginning. Once I’d completed my Gold Award I decided that I wanted to help others who were trying to complete the same challenge. Through Girlguiding I was able to train as a Young Leader for the Duke of Edinburgh’s Award, and I could start helping others!

I’ve always thought of myself as a ‘doer’ and Girlguiding and the Duke of Edinburgh’s Award

helped me achieve my goals. I volunteer four hours a week during school time, but in the summer holidays I get to go away for weekends and for longer trips. I love volunteering and I love inspiring others to do the same. Thanks to Girlguiding and the Duke of Edinburgh’s Award I can do just that!

## KEY CHARACTER QUALITIES AND VIRTUES

**Teamwork** | **Leadership**

## The adults who have most inspired me to get involved in social action are ...

My mother, and Stephanie Price who opened up avenues and encouraged me to do the Duke of Edinburgh’s Young Leader qualification.

## MY SOCIAL ACTION PLEDGE

**#iwill** encourage young people to participate in the Duke of Edinburgh’s Award scheme and support them to achieve their Award.