



# DAFYDD DUGGAN

# #iwill



*Dafydd Duggan, 19 years old  
From: Llanbryn-mair, Wales*

## CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Confidence | Communication | Self-discipline | Leadership |  
Resilience, Perseverance & Determination

**#iwill ... focus on increasing participation in youth sport by focusing on engagement and not standard by using the welsh language to communicate welsh.**

My Duke of Edinburgh mentor Gemma Jones first inspired me to start volunteering and from there I haven't stopped looking for more opportunities - I've now completed every Duke of Edinburgh Award! My initial social action was litter picking in local towns. Over six months we covered every street in 2 different towns in Mid Wales. As simple as it sounds, it was very rewarding and the results looked great. I then moved on to sports based volunteering, by attending my local rugby club prior to my own training to help younger children in their sessions.

I also used to volunteer regularly in the local old people's home to talk and socialise with the residents. I've also done fundraising, collecting over £2,500 by walking and

cycling across Wales for many different charities like the Gunjur project in the Gambia, Welsh Air Ambulance and Cancer Research.

I am now an ambassador for the Welsh Rugby Union; Coleg Cymraeg, which promotes doing a degree in university through the medium of Welsh; Cardiff Met RYA; and I am the Welsh Language Officer of my university Cardiff Metropolitan. All of these roles are voluntary and I take pride and pleasure working to ensure progress and positivity in each and every role.

*"I like to think that my social action has made a difference to many people. For the young kids in my local rugby club. To the residents in the old people's home and children out in the Gambia."*

### Organisations I've Participated With:

Duke of Edinburgh Award, Welsh Air Ambulance, Cancer Research, Welsh Rugby Union, Coleg Cymraeg, Cardiff Met RYA, Cardiff Met Uni

