

Duke of Edinburgh Gold award

**Regan Jones**

**My Experience**

# About me

I Am 19 years old.

I live in Merthyr Tydfil, South Wales.

I support Manchester United  and Leeds United 

My favourite football players are Scott Mctominay and Dan James.

My Favorite food is my dads curry and I also like ham and pineapple pizza. 

# My review of my experience

## Highs:

One of favourite parts of my expedition was being with my friends and teachers



Being so close to the seaside because it made me feel calm



Enjoyed having a laugh with my friends.

# My review of my experience

## Lows:

One of hardest parts of my expedition was the longest walks because it was tiring.



Sleeping in a tent because it was cold and uncomfortable.



The weather wet and windy.

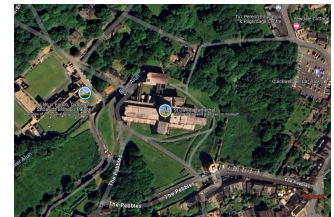
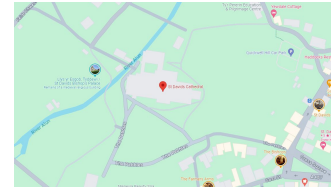
# My goal

My overall goal was to finish the expedition to the end and be the first pupil in my school to gain the duke of edinburgh gold award.

I achieved this by staying motivated and having the support from my peers and teachers.

# My opinions and personal comments:

It was fun because I learnt to cook my own food and set my own tent up and we visit st davids and it was lovely and would go to st davids again .  
I am grateful for the experience.



# Reflection

I have become more confident when socializing with other people who I don't know and making new friends.



I also built my self esteem as I achieved an award no one in my school has ever achieved before and I now believe that I can do anything I put my mind to.



I built my independence by learning life skills such as cooking and cleaning, I will use these skills in the future.

# Our Message To You



YOU ARE  
Unique  
YOU ARE  
Amazing  
YOU ARE  
You