

Wales Expedition

Firstly, I would like to thank you for sending me on the expedition; I enjoyed the whole experience of doing different activities which were way out of my comfort zone! These included climbing up and down mountains and sleeping in a cave – which I wouldn't dream of doing again, but was a big achievement. I'm really proud of the climbing too, because I'm scared of heights and was very nervous, because all I could think of was "I'm going to die!", but with the help and support of others, I had the confidence boost to overcome the fear. In these activities I enjoyed meeting new faces and making new friends and learned that teamwork is very important.

One activity I really enjoyed was when I had to jump into freezing water from the side of a cliff! I was very cocky that I would master it, but ended up slipping into the cold water and making everyone laugh – which I joined in with! I got myself up and finished it off properly and would definitely do that activity again as it was one of my favourites.

On the last day it was kind of sad, because it was home-time and I didn't want to go since I had bonded very well with everyone in the group. I managed to get a couple of contact details of individuals, so I could contact them after the expedition.

I saw a difference in myself after the four days and learned bit about the countryside – which I kind of miss, because if you just want peace, time out or to get away from the city (which I needed at the time) countryside is the best place to go, where you get to leave everything behind and just relax.

I want to thank you again for this experience and I look forward to the next expedition, where I will continue to push myself to the limit, come out of my comfort zone and challenge myself again.

Gabriel Kingston