

Aaron Henshaw was referred on the India 2007 expedition from his local youth club, the Village Youth Project.

On the adventure challenge I was trekking through Kerala, cycling and kayaking. I enjoyed the challenge of the whole phase, I really learnt a lot about myself and my limits, both physical and mental.

I really enjoyed all the work we did on the environmental project because it is really worthwhile work. I found the compound buildings a challenge because I don't like to be kept inside a confined space. I have learnt to deal with the challenge of being in a confined space.

I have enjoyed the whole community phase, both the work and being in a community. I have learnt a lot of things about local culture and a lot of Kannada words (the local language of Karnataka)

My highlights from expedition include: completing the trekking, seeing the animals on safari during the environmental phase and playing Kabadi (an Indian team game) with the local people in the community, plus the parties at changeover.

I have learnt about my physical and mental limits and I have learnt so much about different cultures. In fact, too much to write down here!