

### **Beth Rushby joined the Borneo 2007 expedition.**

For the first part of the expedition we had to trek around the jungle for eight days. Normally if you go for a walk, you can just find a shorter route home, whereas by here, you either liked it or you didn't but you had to put up with it! I made some great friends, and they helped to keep me going, we all pushed each other to make it a worthwhile experience.

On my third part of the expedition we had to finish off a kindergarten in time for the opening ceremony. This was a tough challenge as there were and many times I kept messing up the ply board that we used on the walls - I kept re-cutting it and starting again!

I personally gained self-confidence and a better outlook on what I wanted to do in life. It also, made me think of how other people live without the luxuries we have at home and how they cope. It sometimes makes me want to go outside and set up a hammock in my garden!

Before I went out, I was a bit shy, but now I believe I can go out there and be myself, and show others my attributes. I gained a lot of confidence to tell others what I had done, people always say it must have been amazing to go and yes it was! I believe that I am able to tolerate others in a more mature way, and think that when things get tough, there is always someone out there who has it tougher than me.

I've learnt so much about myself and others, that it made me really think that I may pursue a career in helping disabled people with outdoor education activities.