

William Gidman was studying civil engineering at Nottingham University in the UK before joining the 5 week expedition in Costa Rica in 2007.

On the community project in La Rosa, the aim was to build a “comedor” (canteen) for the local school, allowing pupils to receive a free meal at school, encouraging attendance. We worked with the local community to move materials to the site and aid the foreman with the build. We stayed in a traditional hatched house, which one family kindly let us stay in. Living in the close community of La Rosa, made me feel very privileged and extremely proud to have helped to change the lives of the local children. Meeting some of the most incredibly inspirational leaders and participants.

The adventure challenge involved four very hard days of trekking with huge hills and stunning scenery. Which was followed by various survival challenges on the unspoilt tropical island of San Lucas which was incredibly enjoyable. A highlight was jumping off the pier after a long hard trek.

I have learnt that you don't have to rush through life at 100mph. If you make the effort, everyone can work as a team.

Raleigh