

AWAY WEEK 2010

We all met up at Dublin port very early in the morning. We were all quite tired yet full of excitement and anticipation of what was to come on the week ahead. I had been a participant on the Summer Project in Clondalkin for the past few years and I really enjoyed it. However I felt it was time to challenge myself even further.

Therefore when I was offered a place on the away week in England, I jumped at the chance! We got the boat from Dublin to Holyhead, and then we drove all the way down to the Calvert Trust Adventure Centre in the Lake District. It was a long journey but we had so much fun chatting and playing games that we didn't find the time pass.

When we arrived, we met our instructors and they split us into two groups for taking part in the activities during the week. They also supplied us with wet gear for the week, which for the first couple of days we badly needed. During the week we had the opportunity to take part in a wide range of activities such as canoeing, kayaking, cycling, horse-riding, abseiling and wall-climbing.

I was really nervous about doing the abseiling as I am very scared of heights so I was really pleased that I did it and I got a great sense of achievement afterwards. As abseiling was the first activity I took part in, it made the week even more enjoyable. My favourite activities were cycling, kayaking and horse-riding. The views we got to take in whilst doing these activities were absolutely spectacular.

The staff at the Calvert Trust were very helpful. They helped us take part in each activity in the best way possible. Without their support I don't think I would have had the confidence to take part in a lot of the activities. They helped me to achieve goals I never even dreamt of achieving.

Overall, I would say it was a great experience. Going on the away week gave me a lot more confidence to try new and challenging things. It was also really nice to go away for a week with my friends and to make some new friends. We never stopped laughing all week. I would recommend the away week to anyone as long as you're prepared to be exhausted after an amazing week!

MARY AYLWARD, LOUTH/MEATH MEMBER, 2010