

Monday 10<sup>th</sup> October

L0:I can write an autobiographical account about our trip to Colomendy.

When writing about oneself, you have to be honest and exciting. Showing your true self I must tell you is something I had to do climbing through the deep dark slippery caves. If the team wasn't there (my friends) well I couldn't have done it without them! Jumping, ducking, climbing, shouting so many things altogether it was so intense but exciting too. I Don't have to lie about this story it was that good the truth says it all.

Group 45 which I was a member of, all excited went to see our instructor. After that we walked the long steep hill. While we were going up the steep hill we sang a song it was called 'Hi I'm Bob'. Soon we got there we had been geared up with equipment, a helmet and a head torch. When I put mine on I felt like a miner.

As we were in the tree house getting a safety talk I felt as though I was ready for this it was amazing but we had to get tested first they had say what letters we were. Soon as we finished that we had to do another test. We had to crawl through a small hole. Finally we were done with that. It was quiet, my friends looked very pale about the thought of it but I was dying to get in the cave.

Impressively we entered the cave by strolling through, but what I could see was amazing! Minerals and clear darkness were all around me. I could smell adventure in the air and hard working people. It started to get funny all of a sudden so we loudly crawled through the mysterious cave. I could feel fear breathing on my dirty hands from my friends around me, as well as my own breath. As I crawled, ducked and dived we climbed through the many holes in the cave. It was very hard because I had to lift up one of my team mates to help them, so they could climb through the tight hole too. I could see it, I could taste it... FREEDOM!!! I could touch it with the tip of my finger, but it was sadly the end of our final activity, but at least it was the best one!

By Francis Westhead