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## Camping, anyone?

By NAOMI OOI

"No way, I'd rather sleep in my own bedroom!"..."Yucks, all the creepies at camps! "Well, many people will give me that kind of answer when I asked them whether they want to join me for camp.

I recently joined an adventure camp, Camp Mayday, in Bukit Cahaya Agricultural Park in Selangor.

I have done my National Service stint, and participated in other adventure camps.

Actually, I have done most of the activities like Flying Fox, archery, kayaking before this. However, in this camp, it was the first time that I tried abseiling.



Naomi tried abseiling for the first time during the camp.

Seriously, we may say that we are not scared of heights. But when it was my turn to lean back to abseil down, I must admit that I was a bit scared that I couldn't hold on and abseil down to the ground.

This type of adventure camp is basically about developing self-confidence and trust. Honestly, do you dare to be alone in the dark in the jungle for a whole hour? It was at first scary for me to be left alone in the jungle in the dark, but then I started to focus and reflect back my life.

We sometimes have no time for ourselves. But when you are alone in the jungle, you can just sleep and admire the star and think!

During Camp Mayday we slept in chalet.

"Wow, chalet!" But it is actually a small wooden hut with a window, and we have to walk quite a distance to the bathroom. Although the living conditions were not comfortable, we didn't mind because it taught us to appreciate what we have back home.

The highlight of Camp Mayday for me was when I went kayaking.

Although kayaking is not a big deal to some people, I learnt a lot.

I have done kayaking before but I stood up in a kayak in the middle of the lake for the first time in my life.

We also purposely overturned our kayak, and then tried to get onto the

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kayak from the water. It looks easy but it is actually rather hard to get onto the kayak.

One of my friends had to hold on to the kayak for so long to stabilise it that we thought she had fainted as we did not hear from her for so long.

In the end, we decided to drag the kayak and swim back to the shore. All of us have something to take home from Camp Mayday.

Adventure camps are not just for fun; there is a lot for us to learn.

Abseiling and flying fox are not just about learning to overcome our phobia of heights but it also to let us know that a one-man show is not possible. We must put our trust in others to be able to go the distance.

We may have done all the preparation and set our goals but we still need cooperation from others. Many things that we see as impossible is actually possible.

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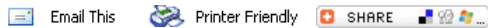
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