

**COMPETENCY: Wilderness Engagement
Reviewer Feedback**

Student Name: Jean Seriniyom

GCD Reviewer Name:

Green: You did this well! | **Red:** Needs to change | **Yellow:** Almost there | **Grey:** Optional improvement but will surely make your post better!

Competency	Wilderness Engagement
What Does this Element Mean?	A global citizen shows evidence of developing a skill or understanding through interaction with our natural environment . •
What Do You Need To Do?	Engage in a wilderness experience , and describe any skills you have learned and/or how your attitudes or thinking with regard to wilderness may have changed . •
Will Your Reflection Be Approved?	You provide evidence of significant wilderness engagement and reflect on the skills you learned or how the experience has changed your thinking . •
Metacognition	Developing new understanding - Overall, how did this experience develop new understandings/change you as a global citizen? How your attitudes or thinking may have changed with regard to the wilderness? •
Guiding Questions	<ul style="list-style-type: none"> • Describe an experience where you engaged with the wilderness? • What skills did you learn from this engagement? • How did your attitude or thinking change with regard to the wilderness?
How Could The Post Be Further Improved Or Strengthened?	•
Coach Approval Date	DD/MM/YYYY
GCD Review Status	Approved / Revise / Rewrite
Reviewer's Personal Comment	
Link to final blog post	<i>(paste here)</i>

Post title: 2018 Camp

Compose entry below (storyboard, images, link, text, script, etc.)

Growing up in the city, I was always used to the sight of tall buildings, the constant buzz of cars, the comfortable feeling of being in an air-conditioned room, and the availability of everything at my fingertips. I didn't really know what it was like to be out in the wilderness without the comfort of all the things I had at home. It was something that I never looked forward to during the years I have been at NIST. Ever since year 4, we started to have annual camps that took place during the first semester of every year. It started off with just one night then slowly progressed to 4 or 5. Last year during December, I, along with everyone else in the year went to camp in Chiangmai. My memories from previous camps weren't so great. I remembered the long, muddy and exhausting hikes, the multitude of bugs and the scorching heat. I am also someone who

doesn't usually enjoy being outdoors and getting all my clothes dirty so the idea of 'camp' had very negative connotations in my mind.



I thought that this year was just going to be the same as others; that I would not enjoy camp. However, I was wrong. Once we arrived at the train station, I was nervous; I've heard stories from previous years that the trains were very old, unpleasant and it was infested with bugs, which I was terrified of so the moment I stepped onto the train, I was extremely relieved at how clean and new the train was. I thought to myself that maybe this wasn't going to be as bad as I thought it would be after all. My first night on the train was quite uncomfortable, as the lights did not turn off so it was difficult to get to sleep, little did I know that that night was going to be the most comfortable night out of the entire trip.



When we reached the campsite we started off by doing some activities which were entertaining but as the day ended, it meant that it was time to shower. I had very mixed emotions about the showers at camp. On one hand, I desperately needed to shower because I felt disgusting but on the other hand, the shower itself was disgusting. This made me appreciate my showers at home a lot more, as before I took it for granted, however, now, I believe that I am lucky to have such nice and clean things at home. During the camp, I also learnt how to put up tents, which was a new skill that I have never thought about learning before. I learnt how to first connect the poles then attach them to different parts of the tent and finally set up the sleeping mats inside. Sleeping in the tents was very different from what I had experienced before, as everything was very cramped, however, not to the point where it was uncomfortable, just cozy. During the second night, it was also a challenge not to slide to one side of the tent, as my tent partner, Pink, and I had set it in an area where it was slightly inclined. We thought that it would be fine because the slope didn't look too angled, however, we were wrong. During different points of the night, I found myself sliding to the very edge of the tent, which made me very nervous because I was scared that the tent was just going to flip over, however, we managed to get through the night somewhat peacefully. Setting up the tent and taking them down every day was not a difficult process, however, it could sometimes be tedious, as we were not very

experienced with them yet. It allowed me to also appreciate my bedroom at home, as it was much more comfortable and convenient and I am privileged to have it.



The next day was the big hike. I am not a particularly athletic person so the hike was very tiring for me, however, having my friends with me really helped me to get through it. It was very tiring and I struggled to keep on going. I kept thinking to myself that there was no way I was going to make it through with bag I had to carry and how long I had to walk for. I think that physically, I was able to do it, as there were breaks along the way that allowed us to pace ourselves and not get too tired at once, however, it was much more of a challenge for me mentally, as it was such a diversion from what I usually do day-to-day. I had to keep persevering and reminding myself how happy I would be once I finished the hike and finally got back to the campsite. It was a struggle since all I wanted to do was stop hiking, but I knew that if I did that, I would be weighing my group down and make them have to endure being in the forest for a lot longer, so I had to keep going. My group also motivated me a lot to keep on going, as they all trekked very fast and I didn't want to be the one person who held them back. Everybody was determined to get out of the forest as fast as they could and I wanted to do that too, as the longer I was in the forest, the more I was suffering. However, since I had my friends with me who made the journey a lot more enjoyable and when I think back to the hike, I think of the more positive memories of when we laughed and smiled rather than the tiring parts. I felt as though it was exhausting, it was also very rewarding in a way to know that I am able to do things that are so far out of my comfort zone.



On the last day, I was surprised that some part of me wanted to stay a little bit longer and not go home just yet. Although there were difficult moments during the camp, there were equally as many enjoyable moments. I learnt how to collaborate with my friends during difficult tasks, as well as to persevere and keep on going even though I was tired, which are important skills that I will be able to apply to many other things in

life in order to be able to succeed. I learnt to be open-minded and adapt to many different situations, as I am someone who usually likes to stick to plans and schedules and not really allow myself to divert from that, during this experience, I was able to divert from that mindset. I also now greatly appreciate the things back at home that I used to take for granted and understand how privileged I am to have all the things that I need. this camp really changed my outlook on camps and I think that a part of me will look forward to next year's camp.