

YOUR SPACE

DOLLY readers share their perfect V-Day date, spill on Tay-Momsen and we meet a real explorer!



SARAYA *the explorer*

Saraya D'Ath, 15, travelled to Switzerland to face extreme challenges as part of the Young Explorers Program (YEP). She spills the deets on where her exploring will take her next!

Q What is YEP all about?

"The YEP is run by Mike Horn, a modern-day explorer and adventurer. Basically, young adventurers are recruited from around the world to take part in the Pangaea Project where we do all these extreme outdoor activities. Recently, I went to Switzerland for the YEP training camp and loved every minute of it."

Q What sort of activities did you do on the training camp in Switzerland?

"We packed so much into 10 days it was unbelievable! We would start our day around 6.30am and we'd go for a morning run up one of the many Swiss Alps, then we'd go kayaking or mountain-biking. One day we went crevasse training up a glacier, which was 3000 metres high. We were attached to a harness, then we went 30 metres down the crevasse – it was a bit spooky because it's just solid ice surrounding you. Once you're down it's amazing!"

Q You've been selected for the YEP Russian expedition – congratulations! What will you be doing there?

"We're going to be very limited in daylight hours because it's going to be winter there, so I'm pretty sure we'll do a lot of night activities and they'll definitely be to do with snow and ice. We're going to Kamchatka Peninsula. It's called 'the land of fire and ice' because it's got heaps of active volcanoes and it also snows there. We'll definitely be studying the environment, too."

Q Where do you go exploring when you're home in Queensland?

"My family has a 41-foot sailing boat and we go on lots of sailing adventures. We went to the Great Barrier Reef last year and we also went down to Sydney to watch the new year's eve fireworks from the water. I definitely get my sense of adventure from my parents."

Q What traits do you need to be a good explorer?

"You need to be a good communicator and have a sense of adventure. Teamwork skills are also a must. You have to be brave; you can still get scared, but you can't be so scared that it stops you from achieving things! You definitely need to know your risks, and study and learn about the place before you get there."

