

Building in Borneo - Paul Boylin

Last year I was lucky enough to join "Raleigh International" in Borneo, Malaysia, as part of a 120 strong team there to undertake international youth development work. The charity takes volunteers to new and challenging environments, where they are expected to work as a team, with the local community, to complete various charitable projects. I worked on the building of a new Community Hall, which would help unite the locals and act as a literal platform for better standards of health care. Aside to the practicalities of building, we became involved with the locals, teaching the children English and discovered just how bad we were at playing sport on muddy and potholed "pitches"!

I went to Imbak Canyon, a conservation area of primary rainforest. Here the work was trailblazing and constructing new facilities, and intersected by other activities, like making papier mache elephants for an art project. To end my trip I trekked across the "Crocker Range", repairing the trails as we went, completed a diving conservation scheme and climbed Mount Kinabalu – the highest summit in South East Asia. This amazing adventure was made easier by wearing items from Páramo's Trek and Travel range, which helped me conquer the extreme heat of the rainforest, while being both easy to wash and pack, and light to carry.