In April 2017 I travelled to The Gambia with Cheshire Girl Guiding to volunteer with The Gunjur Project, part of the cost of the trip was funded by Kingsmead Parish Council.

The Gunjur Project was set up by a mother and daughter from England and aims to support the local Gambian community in lots of different ways.

During my time there we held a "camp" for local Gambian guides, but actually ended up with over 100 guides as the word had spread around the local area, and the people are so keen to learn. We taught the guides basic first aid skills such as how to deal with burns, bleeds and choking. We also taught them CPR and about the dangers of electricity.

Lessons were also held for the guides in Chemistry,Physics and Biology, I was given the task of teaching Biology. The topics I taught them about were organs of the human body, bones, DNA and senses.

At another session with the guides we taught them about how to wash their hands properly and about oral hygiene (having taken with us hundreds of donated toothbrushes and toothpaste). This information could be taken back into the local communities by the guides.

Once the guide "camp" had ended our next task was to teach at a local pre-nursing and medicine college (equivalent to a foundation course at university). It was strange to think that I, at 15, was teaching college students up the age of around 20 about medical issues and sexual health as most of the students wanted a career in medicine.

Whilst I was in The Gambia I was also given the opportunity to visit a local fishing village, a market and a womens garden (where local women are given land to grow crops on and then sell them).

I had such a wonderful experience during my time in The Gambia that I have already secured my place to go on the next trip there in April 2019, just before my A-levels and before I hopefully start a degree in Medicine.

Painted boats at the fishing village

Gambian guide leaders in their homemade uniforms

'What to do when someone is choking' at the pre-nursing college