

**Who:** Dawn Archibald  
**Where:** Snowdonia National Park  
**Lives:** Wrexham

### What has been your best experience in a National Park?



“ There are so many things that it is difficult to think of one experience. I’m from South America so mountains are not new to me but I’ve never had the experience to visit a farm first hand.

The most amazing thing for me to see was a sheep dog in action. I had the opportunity to stand and look at one dog controlling 50 or 60 sheep. Seeing that one dog controlling so many sheep made me think, as one person, you can also do many things.

**“...the most amazing thing was to see a sheepdog in action”**

I knew that wool came from sheep but I didn’t know there are so many different types of wool from different sheep. But looking at the bales of wool and getting the chance to touch and feel them – I could see that there are a great variety of wools.

Going to the sheep farm made me think about how much we take for granted without thinking about how and where things come from.”

### How has visiting National Parks has improved your health or attitude to life?

“I’ve conquered other fears since getting involved in Mosaic. I have a fear of water and I can’t swim. But at the group leaders’ visit I was offered the chance to go kayaking and I thought if I’m going to be a Community Champion then I should do things that are going to challenge me. So I went out into the middle of the wide lake and made myself stop

In early 2014 we interviewed nine Community Champions with the Mosaic Project to find out more about the impact National Parks have had on them. Our Case Studies series documents these interviews. To find out more about Mosaic in Wales, please visit [www.cnp.org.uk/mosaic](http://www.cnp.org.uk/mosaic)

thinking about that I was going to capsize and what would happen. I've since started taking swimming lessons so that I can swim in the future.

**“I've since started taking swimming lessons.”**

That and going rock climbing despite my fear of heights has made me realise that there is nothing that you can't conquer if you put your mind to it. Having conquered those two things then nothing is as bad as you think.”

### **What other green spaces have you visited since learning more about National Parks?**

“Before I joined Mosaic I did a lot of walking in parks and other green spaces but it has given me more motivation to carry on walking in parks in my community. It's given me the motivation to continue to go for longer walks in the National Park too.”

### **Would you say that you and your family have adopted a more healthy lifestyle since getting more involved in Mosaic and National Parks?**



“Certainly there are people that have never gone to the National Park and when I joined Mosaic I understood that a key objective of my volunteering would be to get groups of people into the National Park.

I've mainly been working with groups of people from my church and a young people's group at which I volunteer. I've shared photos and told people about the activities I've done in the National Park and that's got them interested. We are going to do a day of planning and fundraising with the young

people's group to see if we can get both groups of young people into the Park. We think that they would be interested in kayaking and canoeing.”

### **Why should people care about National Parks?**

“When friends of people from my church say to me that spending time in the National Park is not their kind of thing, I've actually said to them that they don't know what they are missing. The main attraction in the National Park is the nature and it is just amazing. It's awesome. If you just stop and look, and think, and take time to look around you.”