二零二四年八月十七日 星期五 晴

在这五天露营期间，我享受了山上森林的宁静，也体验了很多户外活动。这些活动特别好玩，给我留下快乐的回忆。

第一天下午，我和组里的人一起去攀岩。 本来，我看到很多人爬得又快又稳， 觉得不太高。但是到我爬时，我怕到手脚发抖，因为真太高了！虽然我觉得很高也很怕，但是我最后爬到了顶峰。在晚上，我们进行了寻宝游戏。我和朋友在森林里走到很深处，因为我们拿著火炬，所以让气氛更神秘。

第二天早上，我和组里的人骑了一个多小时的登山車。骑在不平坦的路上，我近距离看到一家五口----五只袋鼠，十分可爱又活泼！在晚上我们玩了“飞狐”。我站在一个很高的地方，系上安全带，然后就跳，沿着钢丝索道滑行，一路飞，飞过了一条大河。我们每个人都玩了有四五次。因为天色太黑了，所以根本看不清楚这里的景色，但是这让现场玩的过程更惊悚，更刺激。

第三和第四天，虽然两天都走上山和下山路，特别困难和辛苦，但是和朋友们一起爬完之后感到非常爽、痛快和兴奋。在寒冷的晚上，我们聚集在炭火周圍，烤棉花糖，煮晚饭还喝热巧克力。我们还学了怎么去搭起帐篷，而且在帐篷里睡了一晚。我以前没有在森林里过过夜，所以觉得特别有新鲜感。

经过这五天露营后，我的独立性和社交能力增强了，还认识了几个新朋友。住了这么久，让我多了一个奇妙的机会去欣赏了我们地球的自然景观。呼吸着清澈的空气，还听这些树叶被风吹过时，感到很放松，心旷神怡！

Friday August 17, 2024 Sunny

During the five days of camping, I enjoyed the tranquility of the mountain forest and experienced many outdoor activities. These activities were very fun and left me with happy memories.

In the afternoon of the first day, I went rock climbing with my group. Originally, I saw many people climbing fast and steady, but I thought it was not too high. But when I climbed up, I was so afraid that my hands and feet were shaking because it was so high! Although I felt very high and scared, I finally climbed to the top. In the evening we had a scavenger hunt. My friend and I walked very deep into the forest, which made the atmosphere even more mysterious because we had torches.

The next morning, my group and I rode mountain bikes for more than an hour. Riding on an uneven road, I saw a family of five at close range - five kangaroos, very cute and lively! In the evening we played "Flying Fox". I stood on a very high place, put on my safety belt, then jumped, slid along the wire ropeway, and flew all the way across a big river. We each played four or five times. Because it was too dark, I couldn't see the scenery clearly at all, but this made the process of playing on the spot more terrifying and exciting.

On the third and fourth days, although it was particularly difficult and tiring to walk up and down the mountain on both days, I felt very refreshed, happy and excited after climbing with my friends. On cold evenings we gathered around the fire, roasted marshmallows, cooked dinner and drank hot chocolate. We also learned how to set up a tent and slept in the tent one night. I have never spent a night in the forest before, so it felt very fresh.

After these five days of camping, my independence and social skills increased, and I made several new friends. Living there for so long has given me a wonderful opportunity to appreciate the natural landscape of our earth. Breathing the clear air and listening to the leaves blowing in the wind, I feel very relaxed and happy!