

TAKE THE PLUNGE

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Kirsty Beavis had always wanted to work with dolphins - and finally turned her dream into reality earlier this year after being made redundant.

Deciding to take an extended break from the workplace, the adventurous 30-year-old (pictured) raised almost £4,000 in sponsorship to join an environmental project organised by Conservation Africa, which saw her spending two glorious months in Mauritius.

Her time was spent working alongside marine biologists, contributing to the development of conservation legislation, carrying out projects and talking to tourists and locals about how the marine wildlife can best be preserved.

"I went out on a boat every single day and got the chance to swim near whales, which you are no longer allowed to do," she says. "People would pay a small fortune for those kinds of experiences but I was doing it every day."

Her return to England in March also saw plenty of changes. Not only did she swap



Buckinghamshire for Cornwall to be nearer the sea, she immediately began training to be a fitness and aerobics instructor.

"The trip changed my attitude to life," adds Beavis. "I knew I was only going to be out there for two months, so really made the most of every single day - and I have really tried to carry on that approach to life since I've come back."