ADVENTURE CHALLENGE ISLAND S1

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TRANSCRIPT TITLE

ACAU1\_AC008\_SD003\_SANDRA\_MIV

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EPISODE:

TRANSCRIBER: JOHAN

NOTES:

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CLIP: ACAU1\_AC008\_SD003\_SANDRA\_MIV

[13:24:09.09] CLIP STARTS

[13:24:31.12] PRODUCER:

Introduce yourself.

[13:24:42.68] SANDRA:

Hi, I'm Sandra. I'm from Chicago and I work as a personal trainer. I've always loved a good challenge, and when I heard about Adventure Challenge Island, I knew I had to apply. I'm excited to test my limits and see what I'm capable of.

[13:25:02.15] PRODUCER:

What made you decide to apply for Adventure Challenge Island?

[13:25:06.88] SANDRA:

I love pushing myself and trying new things, and this show seemed like the ultimate test of my abilities. I've always been into fitness and outdoor activities, so I knew I had the physical strength and endurance to compete. But I also wanted to challenge myself mentally and strategically, and this show will definitely do that.

[13:25:28.43] PRODUCER:

What do you think will be your biggest challenge on the island?

[13:25:32.91] SANDRA:

I think the biggest challenge for me will be the mental game. Being stranded on a deserted island with a group of strangers is already a tough situation, but then having to compete against them adds another level of stress. I know I'll have to stay focused and keep a clear head if I want to succeed.

[13:25:51.32] PRODUCER:

Do you have any strategies going into the competition?

[13:25:55.68] SANDRA:

My strategy is to stay low-key at first and observe my competition. I want to see who the strongest players are and who I can potentially form an alliance with. But ultimately, I know I'll have to rely on my own skills and instincts to make it through each challenge.

[13:26:14.17] PRODUCER:

And how do you plan to handle the physical challenges?

[13:26:18.42] SANDRA:

I'm confident in my physical abilities, but I know the challenges will be intense. I plan to pace myself and not go all-out in the beginning, so I have enough energy to finish strong. And of course, I'll be fueling my body with nutritious food and staying hydrated to keep my energy levels up.

[13:26:38.91] PRODUCER:

What do you hope to gain from this experience?

[13:26:43.43] SANDRA:

I hope to gain a sense of accomplishment and pride in myself for pushing through tough challenges. I also hope to make some lifelong connections with my fellow contestants and maybe even learn a thing or two from them. And of course, winning the prize money would be a huge bonus.

[13:27:15.68] PRODUCER:

Tell me more about what motivates you to push yourself in challenges like this.

[13:27:20.71] SANDRA:

I've always had a competitive spirit and love the feeling of accomplishing something that I didn't think was possible. I also think that challenging myself helps me grow as a person and gives me a sense of confidence that I can take with me into other areas of my life.

[13:27:39.15] PRODUCER:

How do you think you'll do in this competition? Do you have any doubts or concerns?

[13:27:43.88] SANDRA:

I'm feeling pretty confident, but I know that anything can happen in a competition like this. I'm a bit concerned about the mental aspect of it and how I'll handle the stress and pressure. But I'm just going to take it one challenge at a time and give it my all.

[13:28:03.34] PRODUCER:

Is there anything that you're afraid of on the island? Any animals or situations that you're nervous about?

[13:28:08.66] SANDRA:

I'm definitely not looking forward to encountering any snakes or spiders. And I'm a little nervous about the potential for storms or other extreme weather conditions. But I'm also excited to experience the beauty of the island and all the unique challenges it has to offer.

[13:28:27.66] PRODUCER:

How do your friends and family feel about you competing in Adventure Challenge Island?

[13:28:32.48] SANDRA:

They're all really excited for me and supportive of my decision. My friends know how much I love a good challenge and are cheering me on. And my family is proud of me for stepping outside of my comfort zone and taking on something like this.

[13:28:51.23] PRODUCER:

What do you hope to take away from this experience?

[13:28:55.45] SANDRA:

I hope to come away from this experience with a better understanding of my own abilities and strengths. I also hope to make some lasting friendships and have some great memories. And of course, I would love to win the prize money and use it to invest in my personal training business.

[13:29:14.68] PRODUCER:

What's the most extreme physical challenge you've ever done before?

[13:29:19.55] SANDRA:

I've run a few marathons and done some intense obstacle course races, but I think the most extreme physical challenge I've done was a 100-mile bike ride through the mountains. It was a grueling experience, but I felt so accomplished when I finished it.

[13:29:41.07] PRODUCER:

What's the most important lesson you've learned from your personal training career that you think will help you in this competition?

[13:29:47.13] SANDRA:

One of the most important lessons I've learned is the importance of mental toughness. I've seen so many clients who have physically capable bodies, but struggle to push themselves because of mental barriers. I think that lesson will definitely come in handy on the island when the challenges get tough.

[13:30:07.22] PRODUCER:

What's one thing that most people don't know about you?

[13:30:12.20] SANDRA:

Hmm, let me think. Well, I'm actually a trained opera singer. I used to sing in choirs and performed in a few local productions growing up. It's not something I do much of anymore, but it's definitely a fun fact about me.

[13:30:34.23] PRODUCER:

If you could have any superpower, what would it be and why?

[13:30:39.09] SANDRA:

I think I would want the power of teleportation. It would make traveling so much easier and would definitely come in handy in a competition like this. Plus, I could visit my family and friends whenever I wanted without having to deal with airports or long car rides.

[13:30:59.54] PRODUCER:

What's the best piece of advice you've ever received?

[13:31:03.83] SANDRA:

The best piece of advice I've received is to always believe in myself and my abilities. It sounds simple, but it's so important to have confidence in yourself and not let self-doubt hold you back. I try to remind myself of that every day.

[13:31:20.03] PRODUCER:

Tell me about a time when you had to overcome a difficult challenge in your life.

[13:31:24.85] SANDRA:

Well, when I was younger, my family went through some financial struggles. We had to move around a lot and didn't always have a stable living situation. It was tough, but it taught me to be resilient and resourceful. I learned how to make the most of what I had and to keep pushing forward despite the obstacles.

[13:31:50.91] PRODUCER:

What inspired you to become a personal trainer?

[13:31:55.14] SANDRA:

I've always been passionate about fitness and helping others. When I was in college, I started working as a group fitness instructor and loved the experience of teaching and motivating others to push themselves. I decided to pursue personal training as a career because it allowed me to have a more one-on-one impact with clients and help them achieve their goals.

[13:32:21.63] PRODUCER:

If you could have dinner with any historical figure, who would it be and why?

[13:32:27.05] SANDRA:

That's a tough one. I think I would want to have dinner with Harriet Tubman. She was such an incredible woman who overcame so much adversity and fought for what she believed in. I would love to hear her stories and learn from her bravery and determination.

[13:32:50.47] PRODUCER:

What do you think sets you apart from the other contestants on Adventure Challenge Island?

[13:32:55.08] SANDRA:

I think my combination of physical strength and mental toughness sets me apart. I have a lot of experience with fitness and outdoor activities, but I also know how to push through tough mental barriers. I'm also a good communicator and team player, which I think will come in handy when working with the other contestants.

[13:33:20.33] PRODUCER:

What do you want to be remembered for?

[13:33:24.93] SANDRA:

I want to be remembered as someone who made a positive impact on others' lives. Whether that's through my work as a personal trainer, my interactions with friends and family, or my participation in something like this show. I want to inspire others to push themselves and achieve their goals, just like I strive to do every day.

[13:33:44.12] PRODUCER:

What is the main reason you want to win Adventure Challenge Island?

[13:33:49.07] SANDRA:

The main reason I want to win is for the financial security it would provide. I have a lot of goals and dreams for my future, and winning this competition would give me the resources to achieve them. But I also want to prove to myself that I have what it takes to come out on top in a competition like this.

[13:34:12.18] PRODUCER:

What are you willing to do to win? Are there any lines you won't cross?

[13:34:16.75] SANDRA:

I'm willing to give it my all and push myself to my limits to win. But I also believe in playing fair and respecting my fellow competitors. I won't cheat or sabotage others to get ahead. I want to win based on my own skills and abilities, not by bringing others down.

[13:34:39.20] PRODUCER:

Great. Finally, can you introduce yourself to the camera and tell us why viewers should root for you?

[13:34:45.33] SANDRA:

Sure. Hi, my name is Sandra and I'm a personal trainer from Chicago. I'm a strong, determined, and competitive person who loves a good challenge. I'm here to prove that I have what it takes to win Adventure Challenge Island and push myself to my limits. I'm hoping viewers will root for me because I'm a hard worker who never gives up and is always looking for ways to grow and improve.

[13:35:14.23] PRODUCER:

That was great, Sandra. Can you repeat that last part for us?

[13:35:19.36] SANDRA:

Sure. I'm hoping viewers will root for me because I'm a hard worker who never gives up and is always looking for ways to grow and improve. I want to inspire others to push themselves and chase their own dreams, and I believe this competition is a great way to do that.