



# Bear Grylls: Mission Survive Press Pack

February 2015



## Contents

Press Release	1-2
Bear Grylls interview	3-4
Celebrity interviews	5-21



# BEAR MISSION SURVIVE GRYLLS

**\*\*\*THE BELOW INFORMATION AND INTERVIEWS ARE EMBARGOED FOR USE UNTIL 00:01 TUESDAY 10<sup>TH</sup> FEBRUARY 2015\*\*\***

**Bear Grylls** stars in a new adrenalin-fuelled six-part series for ITV in which the adventurer takes eight celebrities into the depths of one of the most unforgiving Central American rainforests, where they will be competing in an epic 12-day survival mission.

In **Bear Grylls: Mission Survive** the celebrity expedition team will be pushed to their physical and emotional limits. Issued daily mission briefings by Bear, they will have to navigate treacherous obstacles and journey through dangerous dense jungle, testing their ability to adapt, improvise and overcome in one of the world's most hostile environments.

Joining Bear are actors **Emilia Fox** and **Laurence Fox**, singer and actor **Max George**, double Olympic champion **Dame Kelly Holmes**, TV presenter and singer **Jamelia**, comedy actor **Tom Rosenthal**, DJ, model and presenter **Vogue Williams** and Former England International Rugby Player **Mike Tindall**.

Testing the celebrities at every turn on the fundamental principles of survival: shelter, water, fire and food, the celebrities have to abseil down ferocious waterfalls, cross perilous rapids, trudge through swamps and negotiate razor-sharp vines - not to mention contending with scorpions, snakes and sand flies.

Bear will guide the celebrities on their punishing assignments, sharing with them his expertise, mindset and skills. He will also be assisted on the ground by his much trusted right-hand colleagues, expedition and survival experts **Megan Hine** and **Scott Heffield**.

Meg and Scott will be Bear's eyes and ears throughout, observing the progress of the famous faces as they advance through the jungle. They will help inform Bear on how the celebrities are coping so he can best decide who should be eliminated and who should continue.

However it's not just survival of the fittest, Bear is looking for unique qualities that aren't always most apparent: the team player who can also work alone, the quick-thinker who can work under extreme pressure and can also plan ahead, the leader who is able to take advice from those around them and the quiet hero who shoulders the burden when times get tough. The winner will have to show a resilience and ability to endure hardships unlike anything they've experienced before.



# **BEAR MISSION SURVIVE GRYLLS**

At the end of every episode Bear will eliminate one person. And at the end of the series, there will be three finalists and ultimately just one Mission Survivor.

Bear Grylls said: "This show is all about empowerment and I am so proud of how the celebrity team who joined me on Mission Survive performed. It was without doubt a tough expedition, but also a very life-enhancing adventure for everyone involved. I would set them daily survival missions and would then regularly back away, leaving them to their own devices, so that they would learn by doing it and making mistakes. That's the source of all genuine growth in a survivor. I was looking for the qualities that a survivor in a real-life scenario most needs: positivity, resourcefulness, courage, determination, and a whole heap of bloody mindedness!"

**Bear Grylls: Mission Survive is a Bear Grylls Ventures/Electus/betty production for ITV.**

## **Press Contact**

**Mark Boustead**  
020 7157 3039  
[Mark.boustead@itv.com](mailto:Mark.boustead@itv.com)



## Bear Grylls interview



**Why did you want to take on this new TV challenge?** So often, I have seen how the wild can change people for the better. We see unlikely heroes emerge and those we might think are invincible often actually crumble!

**Why was Costa Rica the perfect location for this survival challenge?** It is a tough gnarly jungle, there are high volcanoes, big rivers and a dramatic coastline that gave us the perfect variety of terrain over six journeys from up high to down low. Then of course there are snakes, crocodiles and scorpions in abundance in this most unforgiving of Central American jungles.

**Did you have any preconceptions of how the celebrities would fare beforehand?** What I like is that it is impossible to call the winner at the start. Heroes in movies all look heroic but in real life it is not like that. Until the celebrities were squeezed, you don't know who is going to emerge.

**Were you pleased with how diverse the line-up was?** It was great to pull in such high calibre guests but I guess this journey is unique in the sense that it was a genuine expedition like no other. So few people get the chance to do this for real as well as testing themselves and learning skills that will stay with them for years. I am really proud of those that were standing at the end and the journey that they personally had gone through.

**How hard and tough is it living out in the jungle?** If these guys didn't cotton on to what I was saying about kindness and hard work being key to surviving then the jungle would teach them the lesson the hard way.

**So how did the celebrities do?** All of them were impressive in the sense that they all genuinely gave it their all. Nobody held back and everyone went through the pain and fears that are so inherent to unforgiving wildernesses. But the four or so that made it to the end really did show me that they had heart and courage beyond the norm. They showed that they were true team players as well as tough lone operators if pushed. That's a rare quality and to see those traits of determination, resourcefulness and positivity grow so fast in them was inspiring to be with. By the end they were genuine feral warriors!

**How did you enjoy making this show? What did you enjoy most?** I was nervous at the start, as there was so much on the line in the sense of risk when you start out on a long journey with rookies. But as the group got smaller and tighter, I could trust them with more. By the end, the joy for me was seeing strength and courage in people who at the start almost doubted they had it in them.

**What were your personal highlights?** Picking the final winner as in my mind it was so deserved. I also loved the last night in the jungle sat around a fire with the remaining celebrities. Everyone had hardened to the environment and they finished stronger. That's always a cool feeling in a team.

**Do you think any of the celebrities found it particularly tough?** Without doubt they all found it hard at times, myself included. They were all tired, adrenalinised-out, hungry and hurting. It is just the nature of the jungle - it doesn't care who we are or how tough we think we are, it still beats you up! That's why this type of expedition is the ultimate leveller.

**Can you talk us through the criteria for how you chose which celebrity should go? Can you explain why it was not just about the expeditions and how well they did on those?** I was looking for the celebrity that showed the heart of a survivor. I was not just looking for physical strength but I was also looking for character, determination, courage, positivity, resourcefulness and cheerfulness in adversity, which is a key trait in a survivor and one of the Royal Marines Commandos' core values. It is so pertinent in the extremes.

**How difficult was it to pick out faults in individuals that were working as a team to survive?** The wild showed me everything I needed to know to make my decision – I knew the journeys would reveal the cracks. When a group is under pressure and they are tired, cold, hungry, and thirsty, the sand flies and

mosquitoes are devouring them, you see who the heroes are pretty quickly.

**Is learning survival techniques difficult or is a lot of it common sense?** 99% is common sense but thinking laterally and logically is always hard when you are a bit beaten up and it is lashing wind and rain! But that is how you grow. Necessity truly is the mother of all invention.

**Tell us more about the expeditions you picked for the celebrities. Which expedition do you think challenged them the most?** All the journeys had their challenges to them dictated entirely by the terrain, from mud and mosquitoes to raging rapids and huge gorges and cliffs. From sand flies and crocodile infested rivers to torrential rain, no food and no equipment by the end. These celebrities had to learn fast or the journeys would beat them.

**On your own trips, have you done these very same challenges?** Every single thing they faced, I have faced and worse, many times. It is why I could be alongside them and speak with experience. I assured them that the pain would not last forever. The simple qualities of hard work, resourcefulness and positivity would sustain them. They needed to listen and learn fast, and lead with their brain rather than muscles.

**Eating a live scorpion is one thing that has really stuck in the celebrities' minds! Do you like eating this kind of food? What's your favourite meal you've ever tucked into?** No I don't like that stuff but I have learnt over the years to just get on with it and do it, despite the eerrr factor! To survive you

need energy and for that you need food. The faster you leave your prejudices behind, the easier the process will be. But however much you get your head around it, eating dung is not fun!

**You are known for your amazing spirit and go getting approach. Have you always been like this?** I am like that because I know that the alternative leads nobody anywhere good and it never gets anything worthwhile done. Enthusiasm and commitment changes our situation like nothing else. I have learnt this by experience and also from my late dad who was such a gentle but determined man who used to say 'be the most enthusiastic person you can be and you won't go far wrong'.

**We don't want to name the winner but in your mind, why were they worthy of the title?** One hundred per cent, they earned it through blood sweat and tears and by using their brain to think smart.

**Would you like to make another series?** In a heartbeat. It is the show I am most proud of ever making as it builds people. That is always exciting to witness.

**You've had the most incredible career. Is there anything else you would still love to conquer?** My bucket list grows every year! That is the fun part.

**Are you proud of what you have achieved?** I am more proud of what we stand for. Family, friendships, fun, faith and following dreams.

**Did you ever think you would become one of the world's best survival experts?** I don't think I am. But I work hard and never give up.



# Emilia Fox, Actress



**Phobias:** Spiders and snakes

**Previous experience of outdoors camping:** Yes but never in such extreme conditions

**Missed most:** My daughter

**Best survival tips you learnt:** How important making a fire, shelter, knowledge of knots and good communication are

**Why did you decide to do this show?** I love any opportunity to try something new and thought this would be a once in a lifetime chance where I would get the chance to learn about another country, another environment and about survival from someone as experienced in this area as Bear Grylls.

**What appealed to you most?**

Going to the Costa Rican jungle where I'd never been to before but had heard was stunning and is such an incredibly rich and diverse natural habitat for so many plants and animals.

**What were you most looking forward to?** Seeing the plants and animals and getting to know my cousin Laurence better.

**What phobias did you have beforehand?** I thought it was a good idea to conquer my phobia of spiders

and snakes before embarking on a survival mission so I handled large tarantulas, pythons and boa constrictors at Hounslow Urban Farm, and through this understood what beautiful and wondrous creatures they are.

**What were you most scared of before you arrived?** My own inexperience, whether I'd done enough research, whether I'd be physically fit enough and that, if I wasn't, I might hold up the progress of the team or let them down.

**So how was it?** Sometimes lovely, especially in the hammocks once we had mastered putting them up, and sometimes horrendous, like the night where we were on the ground in sleeping bags in torrential rain.

**What did you enjoy most?** Being with Kelly, Mike, Laurence, Vogue, Max, Tom and Jamelia.

**How did you find living outside?**

Both challenging and rewarding. I enjoyed the simplicity of knowing the major tasks of each day were making a shelter, a fire, getting food and all the camaraderie in trying to attain those things. There was a great sense of achievement when we did.

**And the eating?** When we were given food we were extremely grateful. Being starved of food on the amount of physical exercise we were doing was hard, particularly for the boys I think. Eating live scorpions, live meal worms and tarantulas didn't bother me. Cooked meal worms with sugar were actually delicious.

**Which tasks did you enjoy?** I most enjoyed the daily manual tasks of relighting the fire in the morning, chopping wood, tackling walking through the jungle, putting up hammocks and looking after camp. I enjoyed the euphoria of jumping out of a helicopter, experiencing rapids for the first time, cutting saw grass, fishing and making the camp that turned out to be a disaster.

## Emilia Fox continued...

# BEAR MISSION SURVIVE GRYLDS

### **Any you found tough that involved any phobias?**

As mentioned before I conquered my phobias in preparation for the trip but I probably wouldn't choose to go back to a cave for pleasure now and I learnt that bastard trees are a pain to handle, literally.

**Everyone was incredibly impressed by the fact you really got stuck in and carried huge heavy bags around?** I am used to carrying heavy bags and I was carrying spares of everything, which came in handy particularly when Jamelia's bag got lost down the rapids and I was able to give her a spare set of clothes.

**Was this way tougher than you ever envisaged?** I hadn't considered that the bag would be submerged in water every day and would therefore be much heavier. It was a total pain to keep unpacking and repacking and I don't miss it at all!

**Did you overcome your fears?**  
No, I didn't overcome any fears.

**What did you learn about yourself?** I learnt that I can physically endure more than I thought I could and I got to know my cousin better.

**How did you get on with other celebs?** I absolutely loved the other participants and feel like I got on with everyone. I admired each person's reasons for being there and felt everyone looked out for each other's welfare. Getting to know each and every one of them was a privilege. I can't think of a more lovely group to have survived with.

**Who did you bond with?** I think we all bonded with each other. Kelly and I had lovely times getting to know each other in the early mornings whilst relighting the fires before everyone was up; Mike was so supportive and gentlemanly at all times and in all situations; I admired Jamelia's courage in the face of things she hadn't done before and loved being her backing dancers with

Kelly when she was singing! Max's enthusiasm for the tasks, the unknown and the wild and his willingness was an inspiration; Tom is the sweetest and funniest man ever and kept our spirits up even when things were tough; Vogue is glorious in every way - a warrior - strong, brave, uncomplaining, loyal, generous and fun. And my cousin Laurence I got to know better than ever before and it made me feel so, so lucky to be related to such an absolutely wonderfully good, strong and brave man in every single way.

**Did you push yourself to try and win?** It's not in my nature to be competitive so I never had any desire to go in there and try to win.

## Laurence Fox, Actor



**Phobias:** Confined spaces.

**Previous experience of outdoors camping:** Sleeping in various store rooms in Kenya.

**Missed most:** My wife and children... and cigarettes.

**Found the experience:** We were blessed with the most amazing team and we all kept each other's spirits up.

**Why did you decide to sign up to this challenge?** As a relatively private person, it's not something that I would ordinarily do. Whilst having lunch with my cousin Emilia last year, I asked her what she was up to next. She mentioned Mission Survive. I won't say she forced, but let's say she gave me almost no option but to accompany her on the

trip as she was having butterflies. A phone call was made, and here we are.

**Have you any outdoor adventure experiences?** I can fish, I'm a good fisherman. That much I am confident to say. I'm not confident about much else, but I can catch a fish. My outdoor skills involve getting lost on walks. I'm very good at long walks if there's a pub at the end of them as well.

I went to work in Africa when I left school, as a safari driver. It was in Kenya, and I said to the company that I applied to work for, that because my mum was born and raised in Africa, I knew all the local wildlife. Which I didn't. So I turned up to work

for this safari company, and they quite quickly realised that I didn't know any of the wildlife. I went from driving tourists to driving tourists' luggage. I spent some interesting nights in store rooms that hadn't seen human habitation ever, in my understanding. But Tusker, the great Kenyan beer, was a great friend in sending one off to sleep. That was needed when you were going to get bitten by what I was bitten by!

**Any phobias?** I definitely don't like the Tube or lifts particularly, so I'm not great in confined spaces. I went potholing when I was a kid and someone got stuck, but he had to get out before I could get out. It wasn't pleasant, I didn't enjoy it. I still remember it so it's obviously stuck in my head somewhere. I'm full of phobias, lots of them, but confined spaces is a particular one.

**Are you a team player?** I think yeah, probably. I have a family, and I think as a family man you have to be a team player. I think the team achieves more than the individual, usually. I don't know whether I'm a leader or a follower. I like to tell people if I feel strongly about something, but I don't think I'd ram it down their neck. In terms of confrontation, I walk away, I walk away until the blood begins to boil less and then I walk back and I try and say 'this is how I feel', like grown-ups do.

**How competitive are you?** I'm quite competitive, not massively though. But I think if you're going to do something, if you want to play a game of tennis or play a game of anything against someone, you want to do well. You don't want to fail, but I'm not 'I've got to beat you' particularly.

**How fit were you before you set off for the show?** I was not fit, I mean, ridiculously not fit. I went to the gym before I left, for the first time in probably a year, and I did something called a box jump and it was very, very painful and I think I actually got locked

Laurence Fox continued...

# BEAR MISSION SURVIVE GRYLLS

in this position. I do practice yoga now though. It's actually really good. I do this one that's really fast so it's a bit more of a work out.

**What do you think your greatest strength is?** That's a really difficult question. I don't know what my greatest strength is. Well I love my family, I adore my family, so my strength is probably that I try and love well.

**And weaknesses?** I'm weak at almost everything really. I'm impatient...it's a very long list.

**Are you quite good rustling up some food?** I can make Shepherd's pie, anything with beef in it I can do. I can cook mange tout, I can do petit pois, I do a potato waffle, I can do a cooked breakfast, tomato soup. That's it, I can't do anything else, I'm useless. Fortunately my wife makes much nicer food. I'd pay for her food, I wouldn't pay for mine, ever!

**Were you a fan of Bear before you set off?** I have a huge man crush. I mean who doesn't have a man crush on Bear? I watched him get stung by a bee between his eyes, wandering around, talking. Basically a Bear groupie is what you've got here. I love Bear, he's great.

**What did you miss most?** My wife, my kids and ciggies.

**What did your wife think of you doing the show?** She thought I was absolutely insane on every level. And I have a mate, Tim, who was so jealous. He was so angry and jealous about it. He was like 'Mate what, why, this is so unfair.' So I'm like 'Wahey!' So that's what matters the most, the fact that I went on Tim's dream trip!

**Were you nervous about the experience?** I was really nervous. The more I thought about it the more nervous I got. Terrified would be an appropriate term to use. I wasn't particularly dreading anything. I was just scared of... everyone is scared of stuff they don't know. But I was excited as well.

**Is there anything you said you wouldn't do?** I said I wouldn't humiliate myself and I wouldn't lose my dignity. But I wanted to do something for the good of myself and push some personal boundaries.

**How do you and your cousin Emilia get on?** We get on pretty well, I mean obviously we hadn't been in a situation together such as this before. We're not joined at the hip but it was nice to know

that she was going to be there. And we both have quite busy lives so it was nice to hang out, even if it did involve hanging out soaking wet.

**Did you have a survival strategy in place before you set off?** I had no survival strategy at all, other than to try and do my best every day and try not to lose my s\*\*t with people as much as possible. Also to try and keep anger and conflict out of things. If you're going to get through something try and get through it not shouting.

**Do I think it's important to keep a sense of humour?** I think it's probably the most important thing in life to keep a sense of humour. I always try and keep a sense of humour no matter what I'm going through. I've gone through all the things that everybody else goes through in life - becoming a husband, a dad and all these sorts of things - but I hadn't really had myself prodded. It's like 'This bacon sandwich is cold' disaster, it's not the end of the world. So it thought it would be nice to know what I was able to achieve.

## Max George, Singer, Actor



**Phobias:** No. I don't fear anything.

**Previous experience of outdoors camping:** A little bit of camping with my mates and fishing by the river.

**Toughest challenge:** I loved all the challenges.

**Missed most:** What I miss now are all the wonderful crew and jungle buddies!

**Best survival tips you learnt:** Don't over think.

**Why did you want to sign up for this?** I thought it would be a lot of fun – especially all the outdoor activities. I have always been a Bear Grylls fan. For me, doing this was an absolute no brainer. I really do respect Bear, I watch his show, I've watched his DVDs and I love what he does. I find him entertaining and I wanted to have a go.

**How did you find the physical activities?** I wanted to go out there and have a good time. I don't have any fear of anything. I don't fear heights. I wanted to give everything a go.

**Had you had much camping experience beforehand?** I have done a little bit of camping with my mates in a tent and a bit of fishing by the river. I was not a massive outdoor sleeper before I went on this trip. I have never been on any excursions or a holiday where I spent time in a forest.

**Did you enjoy sleeping outdoors?** I loved every minute of it. How often do you get to sleep under the stars and hear the thousand different birds flying over you? It was really fun.

**What did you enjoy most?** Waking up in the morning to find you are in the jungle. I loved doing the physical tasks. They did focus on things like tying knots, which wasn't my strongest point. The show was about who could build up their character and become stronger throughout the experience.

**Which activity did you like best?** When we first got there, we jumped out of a helicopter and into a big swamp. That was really cool. It felt like a real Bear Grylls experience! I really enjoyed that.

**What was the most difficult thing?** I'd probably say there were a lot of ropes. It was also quite difficult concentrating on doing one thing in the camp. There were eight people chipping in at once. A lot of the time, I sat back as there were the natural leaders already there – the loud ones. I let them get on with it but I did chip in if I wanted to. There were quite a lot of cooks sometimes too.

**Who did you bond with?** Vogue was an absolute sweetheart. She was really lovely. I'd really love to keep in touch with her and Laurence. I got on with them so well. It was a great experience.

**Would you like to take on another adventure now?** I am so glad I jumped out of that helicopter and slept out in the jungle. I've always wanted to do something like this and I hope I can do it again with my mates.

## Jamelia, Singer, Presenter



**Phobias:** Spiders, birds, heights, water, horseriding

**Previous experience of sleeping outdoors:**

None, hated the thought of it, I love my bed too much

**Toughest challenge:** Dealing with other people

**Missed most:** My beautiful daughters

**Best survival tips you learnt:** Trust in your ability to survive, and you will

**Why did you decide to do this show?** It was such an amazing opportunity to do a show with Bear Grylls. I am such a

home girl and thought this would be a wicked adventure. I wanted to prove myself and show my girls what I can do!

**What appealed to you most?** I think the adventure of it all, the fact that I get a completely unique experience. It's something I would never do it normally.

**What were you most looking forward to?**

I was most looking forward to surviving! And although I had never done anything like this before I was looking forward to all the adventures and activities.

**And what were you dreading?** I was dreading being away from my beautiful daughters, dealing with other humans over such a long period of time and sleeping outside.

**What phobias did you have beforehand?** I'm scared of spiders, birds, all animals really. And heights, water and horse riding, they freak me out!

**How did you find sleeping out in the wild?** It was surprisingly okay, I found it amazing how your survival instincts kick in and you seem to adapt to your surroundings quite quickly.

**What kind of things did you do?** We did horse riding, river walking, we jumped out of a plane, swam through a bog, and learned loads of survival techniques. It was great to learn all these great skills.

**What did you enjoy most?** I loved being outdoors, I loved feeling at one with nature, I learned so much about myself, and the way I deal with fear completely changed. It was also a big achievement for me to be away from home for so long.

**What did you hate?** Honestly, my biggest challenge was dealing with other people. Not everyone has that 'get on with it' attitude, not everyone has common sense and some people had a high dependency on others, which grated on me while I was there. I discovered I'm a bit of a Lone Ranger. So that was the most challenging thing funnily enough.

**How did you find living outside?** There was one day that I found particularly difficult, as we ended up

Jamelia continued...

# BEAR MISSION SURVIVE GRYLLS

sleeping in the rain, which was the result of a situation that didn't need to happen. But apart from that night, I had a great time, I loved the sounds of nature, I loved the smell. It was beautiful actually.

**What was the toughest thing?** The hardest thing was definitely working as part of a team, and having to pander to people's insecurities. I found that very difficult.

**Was it much tougher than you ever envisaged?** Yes, it challenged me physically and mentally, but a great experience and I loved nearly every minute of it.

**What did you learn about yourself?**

I learnt that I am stronger than I thought and I can do things that I never thought I could do. Also, I learned that there is the most amazing greatness on the other side of your fears. I will definitely take that with me for the rest of my life.

**Did you overcome your fears** Yes, big time, it was a great. I overcame a lot.

**What was Bear like?** He was lovely and really caring. Kind but tough. He's an inspiration and I really admire him.

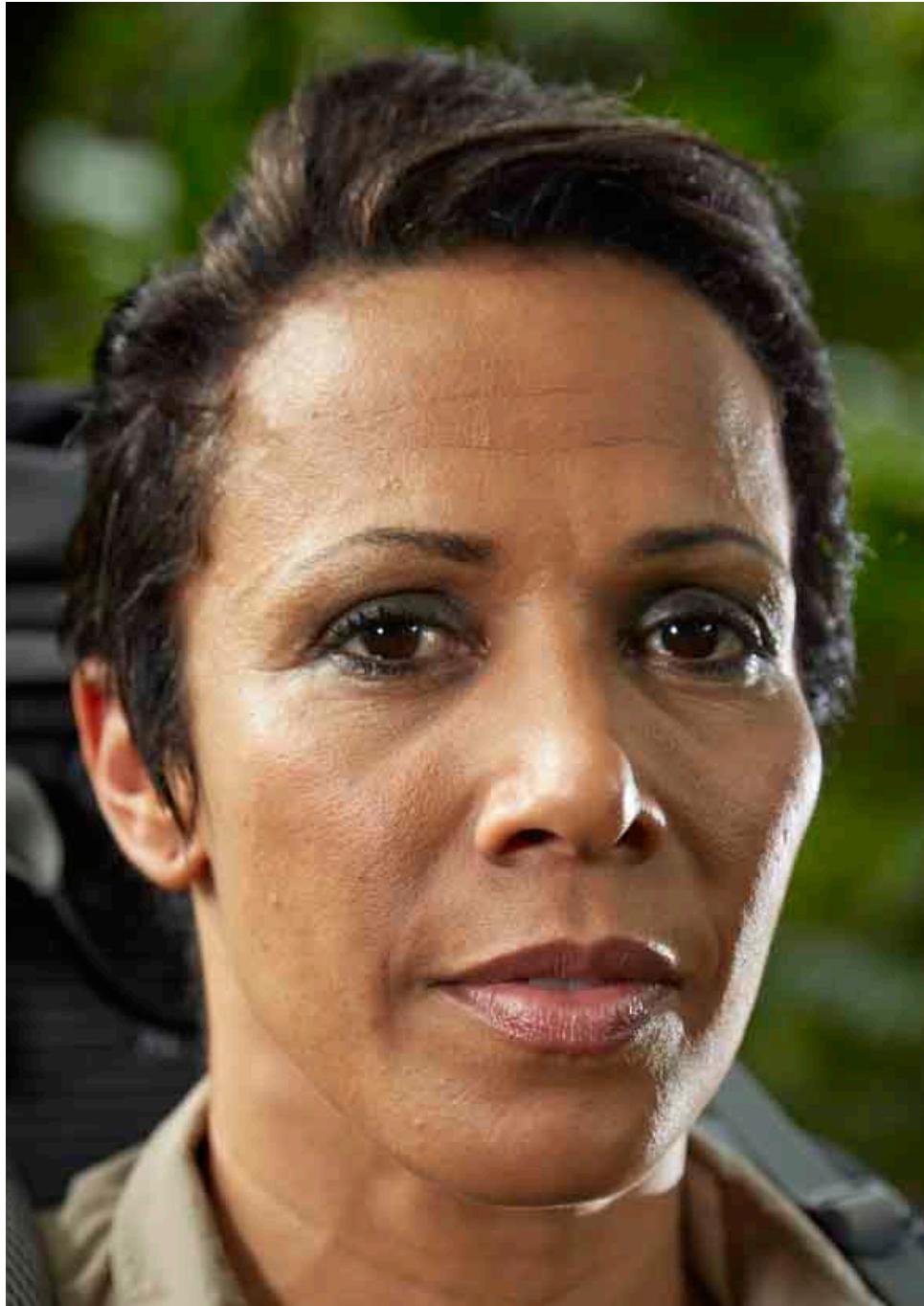
**Is there anything you miss about being there?** I miss the camp atmosphere, and getting down and dirty. I'd love to do more stuff like that. I'm actually arranging something to do with my girls this year.

**How did you get on with other celebrities?** I made some life long friends, and there are some I don't mind never seeing again.

**Has it given you a lot more self-confidence?** Yes, I feel prepared for so many other things now.

**Has it made you more adventurous?** Of course. It has challenged me and made me do things I never thought I would do, it's made me a stronger person and I am really happy that I did the show.

## Dame Kelly Holmes, double Olympic champion



**Phobias:** Water

**Previous experience of outdoors**

**camping:** Camping with my parents and the military

**Toughest challenge:** Abseiling down a waterfall

**Missed most:** Nothing. This was a once in a lifetime opportunity and I wanted to make sure I enjoyed every minute

**Best survival tips you learnt:** Rope knots and how to light a fire

**Why did you sign up to take part in this programme?** I have done so many.

great things since I retired but nothing where there was a physical element and I was really taken out of my comfort zone. I wanted to test myself.

**Why have you got such a big fear of water?** When I was a kid, I used to dream of falling from a mountain and waking up in just water. I had a big thing about drowning. I didn't swim properly until I was in the military. You had to swim 25 metres to join the army and so that is when I learned how to swim. But I had

some really bad experiences. On one occasion, we were canoeing and the raft capsized. I hit rocks and I was dragged under. It was really scary. And so when I took part in this show, the first thing we had to do was jump into water. There was so much water!

**Were you scared?** Very, and within the first 30 minutes of going in the jungle, we were told to jump out of a helicopter into water. I can remember Bear going 'Jump'. All I did was scream.

**What sort of journey did you go on in the jungle?** I absolutely loved it. I really wanted to enjoy the experience. It is an opportunity of a lifetime and we were the first ones to do the new show. It was so much fun. Everyone came from different backgrounds and we all had different fears. We were all there to support each other and we had such a laugh.

**Did it feel quite surreal at times?** Totally. One night was hell. It was the worst night ever. It was the third night. We had done a walk in rapids, we had set up a shelter and then it absolutely hammered it down all night. It was so bad, it was hilarious.

**Were you proud?** Yes. I felt like I could conquer anything. I was the only one out of all of us who was scared of water and it was used within a challenge every day.

**What did you miss most?** I really enjoyed the whole thing. With this whole experience, I wanted to take it all in. I knew we had a maximum of 12 days if I made it to the end and that I would never have a chance like that. I love learning. I had done tying ropes before but it is amazing how much you forget.

Dame Kelly Holmes continued...



The logo features the word "BEAR" in orange at the top, "MISSION" in large black letters in the middle, "SURVIVE" in large black letters below it, and "GRYLLS" in orange at the bottom. There are two thin horizontal lines above and below the central text.

**How did you like working alongside Bear?** I think people assumed I had done a lot of things in the army but I hadn't. I tried so hard. Bear was really great.

**What did you learn about yourself?** This was so great because you do learn how to survive and you learn to respect other people. Even when people got on each other's nerves, it didn't matter. I learnt so much. Often I did ask myself 'What the hell was I doing?' but I loved it so much.

**Is this the hardest thing you have ever done?** It was one of those psychological challenges where you go 'I shouldn't do this' but I knew I had no choice and I had to do it. I wanted to get there at the end to say I had completed the journey. In my head, I had to say that to myself to avoid getting eliminated. I wanted to experience everything they showed us. The word 'hard' is a

hard thing to say for me as I have done a lot of things that have really challenged me in my life. With all the things I have gone through, I have had really hard times in my life. It wasn't the hardest thing in my life but it was so fulfilling as I had the most awesome opportunity. I liked putting myself out of a comfort zone and doing it.

**Has this inspired you to take on new adventures?** I so would. It has given me the buzz to do another show where you go and find something challenging. I want to do something that doesn't necessarily just involve me but pushes us all. I've done something I never thought I would have a chance to do. I felt so free and so liberated. It was brilliant.

## Tom Rosenthal, Comedy Actor



**Phobias:** Heights. Even going in a hotel lift freaks me out

**Previous experience of outdoors camping:** A school expedition; pop festival camping over three days

**Toughest challenge:** Walking across a rope over a 300ft cavern

**Missed most:** My girlfriend and my friends

**Best survival tips you learnt:** If you get lost, find a river and follow it downhill. Civilisation will beckon

**Why did you sign up to this challenge?** I felt it was a really nice change of pace. I felt like I had got used to my life. I am happy and I enjoy my life in the city but I have never had to find a shelter, get food or worry about the primary issues to do with living. I wanted to go on a show where it is a much more authentic life and where everything is a lot simpler.

**Are you a fan of Bear?** I am not an outdoor person at all. I am very much a creature of 21<sup>st</sup> century London. I am very into my posh coffee shops and checking Twitter. Bear has an incredible reputation and he is one of the world's best survival experts. I thought if I were to have an experience like this, then it would be with someone like him.

**Have you slept outdoors a lot in the past?** I went on an expedition with school. Other than that, I have done the Reading Festival. I hate not washing but in Costa Rica you had to break that. It was such a rewarding experience.

**Did you have many phobias before you left?** I was very scared of heights. I am petrified of them. I also hate going in lifts in big hotels. They freak me out.

**So how was the experience?** It was a very intense time. We were, as you'd expect, tired and hungry all the time. The jungle is a very unforgiving place. Everything you touch will cut you. It's hot, humid and everyone lost a lot of weight. You constantly have to have your wits about you. There are dangerous animals out there. Everything will bite you. My ankles are destroyed because they are covered in bites. It was such a challenging environment. By the end, you get used to a bite. You'd find yourself saying 'Oh it is only a small bite. I will take care of it. I can't be bothered to get rid of that.'

**What challenges stood out?** There was one where you had to shimmy across a rope above a 300ft cavern. As someone who is scared of heights, this was absolutely petrifying when you look down at your impending death! I wouldn't say I enjoyed it but I am glad I did it.

**How did you find the eating out in the wild?** I actually felt better about eating stuff I had just killed than I do when I gorge on bacon sandwiches and don't know where the meat has come from. It's almost

**Tom Rosenthal continued...**

# BEAR MISSION SURVIVE CRYLLS

better to eat the thing you kill. It is natural. After a few days, everyone realised you were going to have to kill things to get enough calories to stay healthy. You had to eat everything they gave you and your mindset changed to 'I need to eat this'. I don't normally eat pork but I loved it. Doing this has made me treasure basic things like meat and fruit. It makes you realise you are so lucky.

**What have you learned about yourself?** A lot of people's characters were tested. I enjoyed the team situation and working with everyone. Everyone worked really hard for each other and it was very rewarding having a team experience. We were under a lot of pressures but everyone pulled together. In London, you are all apart but in this situation you are forced to be in a community – otherwise survival is far less likely.

**What did you miss most?** My girlfriend and friends. I felt my mind was really cleansed. You didn't need to check Tweets, emails or keep up with the news. All the stuff that occupies your mind wasn't being fed in. If anything, I miss that now.

**Who did you bond with?** I found I bonded with everyone. You forged alliances with people as you are relying on everyone. Everyone was absolutely great. They are good people.

**Did you push yourself to win?** No. The competitive element left the door. As Bear says, one of the key things to survive is to keep that positive frame of mind and be cheerful against adversity. We were very mindful of that.

**Has this made you more adventurous?** Yes I definitely want to go climbing. I wouldn't mind going on a retreat for two weeks or some place out of contact. It makes you refresh your brain. Doing this has given me vigour and thankfulness for everything I have. It has made me feel in control.

**So now you are back, have you tried to change your lifestyle?** No, I wouldn't say I have got home and changed and gone all zen. I am not sitting in a corner meditating. I still do the things we used to do, as that is the world we live in. It is nice to experience something that gives you a perspective and a spiritual context. I know now having done the jungle, when it is very quiet and there is nothing going on, I will be very easy to be happy with

nothing. You don't need a lot of stimulus to be happy. If you are feeling down, going to sit on a hill might be the answer!

**And finally, are you glad you took part in this challenge?** Yes, I enjoyed every single second. There were difficult times but I am so glad I have done it. The survival skills have definitely sunk in.

# **Mike Tindall, MBE, Former England International Rugby Player England Captain & 2013 World Cup Winner**



**Phobias:** I didn't really have any  
**Previous experience of outdoors camping:** Mum and dad took us on holidays and my last camping trip was when I did the Duke of Edinburgh Award

**Toughest challenge:** The third day was horrendous. We'd spent 12 hours with our feet in the water and then our shelter collapsed

**Missed most:** Definitely all of my family  
**Best survival tips you learnt:** I don't

think you can come away with just one. You learn so much about the process and the priorities with the shelter, fire and food.

**Why did you sign up for this experience?** It was an amazing opportunity and I feel so lucky to have had the chance to take part. I liked the stuff Bear did and I thought this experience would be completely different to anything I have ever done. You always think you are going

to be a manly man until you are put in a situation where you have to be a manly man. I wanted to have an incredible experience in a country that I had never visited before and learn some new skills.

**When was the last time you camped out?** I was on my Duke of Edinburgh Award. We were walking in a group and one of the guys got hypothermia. We had to save him. We went up a massive hill, went wrong, and ran back into town and then back up there to keep him warm. It turned me off and from that moment onwards was the last time I camped.

**So how did you enjoy your trip to Costa Rica?** I absolutely loved it. I got everything I wanted when I was out there. The group came together and there was a good team vibe. Everyone had different levels of what they were trying to get out of the experience. You respected Bear's decision. It was an unbelievable experience and to see Costa Rica in that way was unbelievable. To see the views were mind blowing.

**How did you cope with the lack of sleep?** Actually it was fine. You got to a point where you just went to bed. I ended up going to bed at 8pm and we were up again at 5am. Obviously there were bad nights. The third night was horrendous and I don't think any of us thought it could get any worse after that.

**Why was it so tough?** The whole day was a long day. We were up at 5am and we did this river walk that was tough. You had to try really hard to keep your balance and a lot of the guys were falling in the stream. You had to body surf down and it was really hard graft. We got to the end place and Bear showed us how to build a

## Mike Tindall, MBE continued...

# BEAR MISSION SURVIVE GRYLDS

shelter. We had to build it from scratch. Everyone was physically fatigued and we made this massive shelter, which we thought looked awesome. We had to get the fire going, sort everything out whilst still fishing at 7pm in the evening. Finally we relaxed at 9pm. We thought our shelter was great but a tropical storm destroyed it. The rain was hammering through the roof and the conditions were just horrendous. I knew I wasn't going to get any sleep. We did get loads of fish, which helped as we had a nice meal but the lack of sleep was not a good one.

**We gather you had to make a trip to the hospital too. What happened?** I don't want to blame Vogue but I will! I was happily cutting away at the wood to keep our fire going and we had made a great shelter. Vogue told me to throw the wood against the rock as she said it would snap and it would be easier. I did but it came straight back at me and cut me. There was not too much blood but because I had not showered in days, I needed to have it cleaned properly.

**Who did you bond with?** Everyone wanted to be part of a team. This made it so much more enjoyable. In an environment like this, you make proper friendships as you figure a lot more out about people. We had a tight unit.

**Did you find it hard eating a live scorpion?** The food I didn't have an issue with because I was hungry. I knew it would solve problems. Bear gave us some maggots and we cooked them with some sugar from a ration pack. They really caramelised and they tasted awesome.

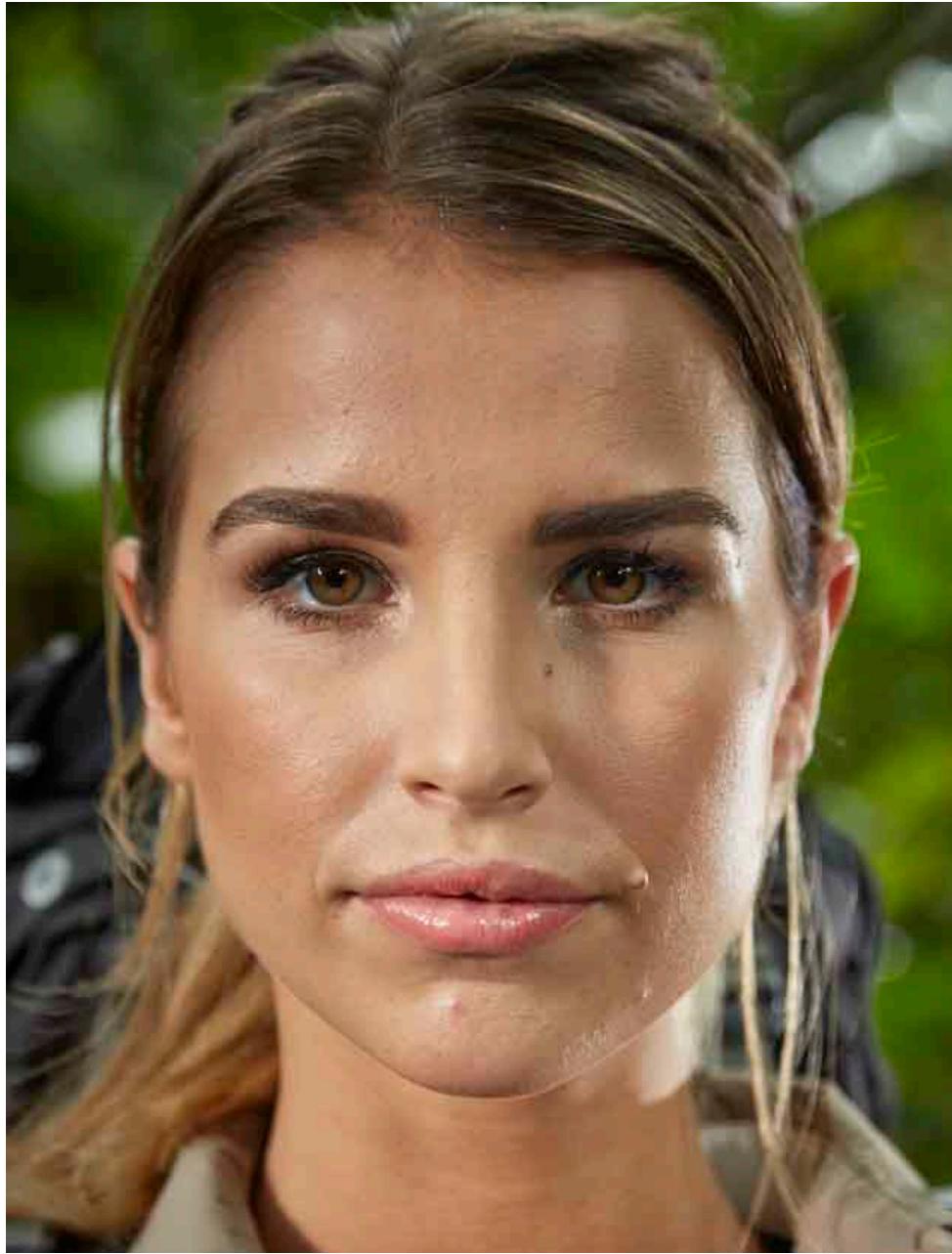
**What was the best tip you learnt?** You learn the processes you have to go through to survive. Things like how you have to make sure the campfire is covered if it rained. I can now happily tie five or six knots and I would feel confident starting a fire. I didn't have a clue about this beforehand but now I know how you make kindling out of wet wood!

**What did you miss most?** When you are out for 15 hours a day, you do think about your family a lot when you are on your feet but you don't tend to think of the mundane stuff you have left behind.

**Did you learn anything new about yourself?** I got everything out of the experience that I wanted. I know I could have been more forceful but that is not in my character.

**And finally, has this experience inspired you to take on more adventures?** It most definitely has inspired me to take on more adventures, to try new and exciting challenges. I think its really important to be taken out of your comfort zone and to push yourself.

## Vogue Williams, DJ, Model and TV star



**Phobias:** Spiders and insects. I also don't like confined spaces.

**Previous experience of outdoors camping:** I slept in a tent in a festival once!

**Toughest challenge:** Eating a live scorpion.

**Missed most:** I missed food way more than I missed my husband, Brian (McFadden)!

**Best survival tips you learnt:** To be and remain positive.

**Why did you decide to sign up to this challenge?** I had got so used to life at home, I wasn't doing anything to

push myself out of my comfort zone. I felt I was getting a bit boring and I wanted to do something exciting. You don't get more exciting than Bear Grylls! This has to be the most insane thing I have ever done. I also didn't realise what it was going to be like. I thought we would be staying in a teepee tent!

**What appealed most?** The adventure and getting to go with Bear. I like watching him on the TV even though I think he is absolutely crazy!

**Have you ever slept outdoors?** No. I slept in a tent at a festival once. It was the first and last time I did that.

**Any phobias?** I am very terrified of spiders and insects. I don't like confined spaces either. Creepy crawlies terrify me.

**How was the experience?** This is very different to anything else. It's so, so crazy. We were out doing stuff all day, every day. You were never bored. For me, the hardest thing was the thing to do with creepy crawlies. Bear did help me get over it. It's so strange. When Bear asks you to do something, you just do it. You want to prove yourself and show you can be strong.

**What was the hardest challenge?** Eating a live scorpion. I had my moment in the jungle. I was so terrified, I couldn't stop shaking and crying. I was so frightened. After I had swallowed it, I was thinking 'Oh my god, what if it is still alive? What am I going to do?' I even cried afterwards as I so happy I had done it.

**Tell us about some of the other challenges you completed.** On the first day you had to jump into a lake full of algae. You couldn't see the bottom and you didn't know what was in there with you. Every day, Bear would fling us into something disgusting. It was so bad. We also went abseiling down a 300ft waterfall. I didn't realise Bear had set up this thing in the rope where he could cut the rope and you would fall 1-metre. At one point, I thought my rope had broken because I heard it snap. I was like 'Oh god'. I looked down to see if I could make the jump but I realised I couldn't. On another day, we had to walk across a rope over a 200ft gorge. Half way through, I said to myself 'What am I doing here?!"

**What was it like sleeping outdoors?** The first night was horrific. There was lashing rain, my sleeping bag was covered and it was the night of hell. But I did sleep, as I was so tired.

Vogue Williams continued...

# BEAR MISSION SURVIVE GRYLDS

**What kind of emotions did you go through?** I have realised I am a lot stronger than I thought I was. Before we went in, I thought I would be the whiney one who was always complaining because I am like that at home. I thought I would annoy everyone but I surprised myself. I was so positive throughout the whole thing. I am surprised how much I enjoyed it.

**What did you miss most?** I missed food more than I missed Brian! It was hard eating food from the wild. Sometimes you got a ration pack and they were disgusting. We were very hungry a lot of the time. I lost over half a stone. It was so physically exhausting. You never stopped.

**What did you learn about yourself?** After the scorpion, everything got easier. The first night I was scared of anything and screaming a lot. By the end, I just took it on board. I had to eat a cricket with earthworms that tasted bad. I ate a tarantula but that was not too bad. You got used to eating stuff in the jungle.

**Who did you get on with?** Laurence, Emilia, Tom and Mike. They were amazing. Max was such a lovely guy. He had this bad boy image but he was the nicest guy ever.

**What's the best survival tip you picked up?** To be positive. You are in such tough circumstances that you need to stay positive. It is the same with life. Every day was a challenge. Nothing was fake. It was 100 per cent the toughest thing I have ever done.

**Has the experience changed you?** I definitely want to do more adventurous things. When I first got home, I was a little bit bored because we were doing so many crazy things every day out in the jungle. I found it boring sitting at home. Now when we go out, I look at trees and go 'Look at the dead wood. That would be great for a fire.' I miss making the fire the most. It was very tiring doing this show. I was so exhausted when I got home.

**And finally, are you scared of creepy crawlies now you are back?** No. There was a spider in my bath the other day and I got rid of it. I wasn't bothered. I picked it up and I had it in my hands.

# Scott Heffield, Expedition & Survival Expert



**How long have you known Bear?** I have worked with Bear on and off for 10 years. Now I am leading the Bear Grylls Survival Academies, which are based all over the country and all over the world to teach families survival skills.

**Have you been to Costa Rica before?** No but I have been to many other primary jungles. Costa Rica has got everything. It has got thick jungle and mountains. It is an extreme environment. The best thing about working with Bear is that everything we do is always a journey. We swam through swamps. It is a journey. Everyone was covered in mud and wore the same clothes for two weeks.

**Did you help come up with some of the ideas?** Yes. A lot of the stuff is top drawer. We wanted to see how the celebrities would cope.

**Did you have any preconceptions?** We work with a lot of students and novices. Celebrities are another kettle of fish. There is the celebrity factor, which perhaps can be difficult. I didn't see any of that. The celebrities were fantastic. They got down to

business. I was impressed with the way they coped. Every day they did some sort of survival task under tough circumstances.

**So how was the experience?** It's hard when your feet are wet and it is pretty cold at night. Even for myself, this can be tough. You have to stay focused and for those guys, it was even more so.

**What did they find the toughest?** I would have to say the rain. Every night it was cold, their feet were soaking wet, it is mentally tiring and physically horrendous. The crew suffered as much as anyone. It's an extreme environment. We are up to our thighs in thick black jungle mud.

**What surprised you?** The athletes were strong and I expected that. It was good to see those who weren't as physically capable showing lots of determination and courage. They were covered in mud, they were going to the toilet in the jungle, they had not washed for a week but they carried on. That is pretty cool.

**A lot of the celebrities went on a journey...Yes.** The point about this show is it was not who was the strongest but who went the furthest. It was not about the fitness. We were looking for determination and courage. It's a cliché but there were no losers.

**What were you looking for in the winner?** We spoke about this in-depth. We were looking for the person who changed the most, who took on the new skills, who learned quite quickly and who grew as a whole.

**Why do you love working with Bear so much?** He is dynamic. He is fun and everything moves so quickly. You can't help but smile and feel motivated.

**Would you like to do this again?** It is up to the public but yes I would like to do it again. The format is really good.

## Megan Hine, Expedition & Survival Expert



**How long have you worked with Bear?** I first worked with him in 2008 and I've been working on and off with him ever since. It is so nice to be part of a team. Bear is so inclusive. I remember after the first show we worked together, I was in France and I was living in the back of a van in the winter. He found out about this and he sent me a huge box of jackets, fleeces and warm kits. It was so lovely. Somebody in Bear's position does not have to do that. He is so caring.

**So how have you enjoyed this experience?** It's been brilliant. All the celebrities were really lovely and great fun to work with.

**Did you have any preconceptions about the celebrities beforehand?** Definitely. I was worried about the egos going into the jungle. This was not for myself but more how they would cope. Scott and I do this every day, we take people to the jungle and we see how they react. We are used to dealing with people. I was worried about how the celebrities would take their city life to the jungle and how this would be amplified in the environment. But they did brilliantly.

**Did you feel the setting was perfect?** Costa Rica is perfect. It still has a primary jungle. It's diverse, tropical and we were able to use the water to create challenges for them. It is a fantastic setting for them with the backdrop of the volcanoes and it looks amazing. The guys had to make fires, build their own shelters and go about everyday tasks whilst wet!

**How did you devise the challenges?** Everything was based around the survival experience. We gave them a shelter and fire and all the materials to survive at the beginning. As the days went by, we took away more and more and they have to start using their initiative. They had to show they were using the skills they had been taught.

**Was it tough making the decision as to who should be eliminated?** It was a really hard decision. Unfortunately someone had to go. The first person that did was so positive. This is a key element.

**Was it interesting watching the celebrities overcome their fears?** Some went on a huge journey and it was so incredible to watch. Scott and I were with the celebrities 24 hours a day and you built up such a rapport with them.

**What was the toughest thing for the celebrities to overcome?** Not knowing what was going to happen next. People like Mike and Kelly are so used to being in control of their bodies, training programmes and suddenly they were outside of their normal environment. They were in a situation where they had to put trust in other people. Equally, you are going to need the food they ate in a survival situation.

**What were you looking for in your winner?** We were looking for the person who went on the biggest journey. If we were in a survival situation, we wanted to know who would take ownership, who was embracing it and who would stay strong and positive. People were physically pushing themselves.

**Do you think viewers watching will pick up tips?** Definitely. Part of the aim of the show is for it to be educational.

**Would you like to do it again?** I would love to do it again. I would like to take the celebrities to a different environment.