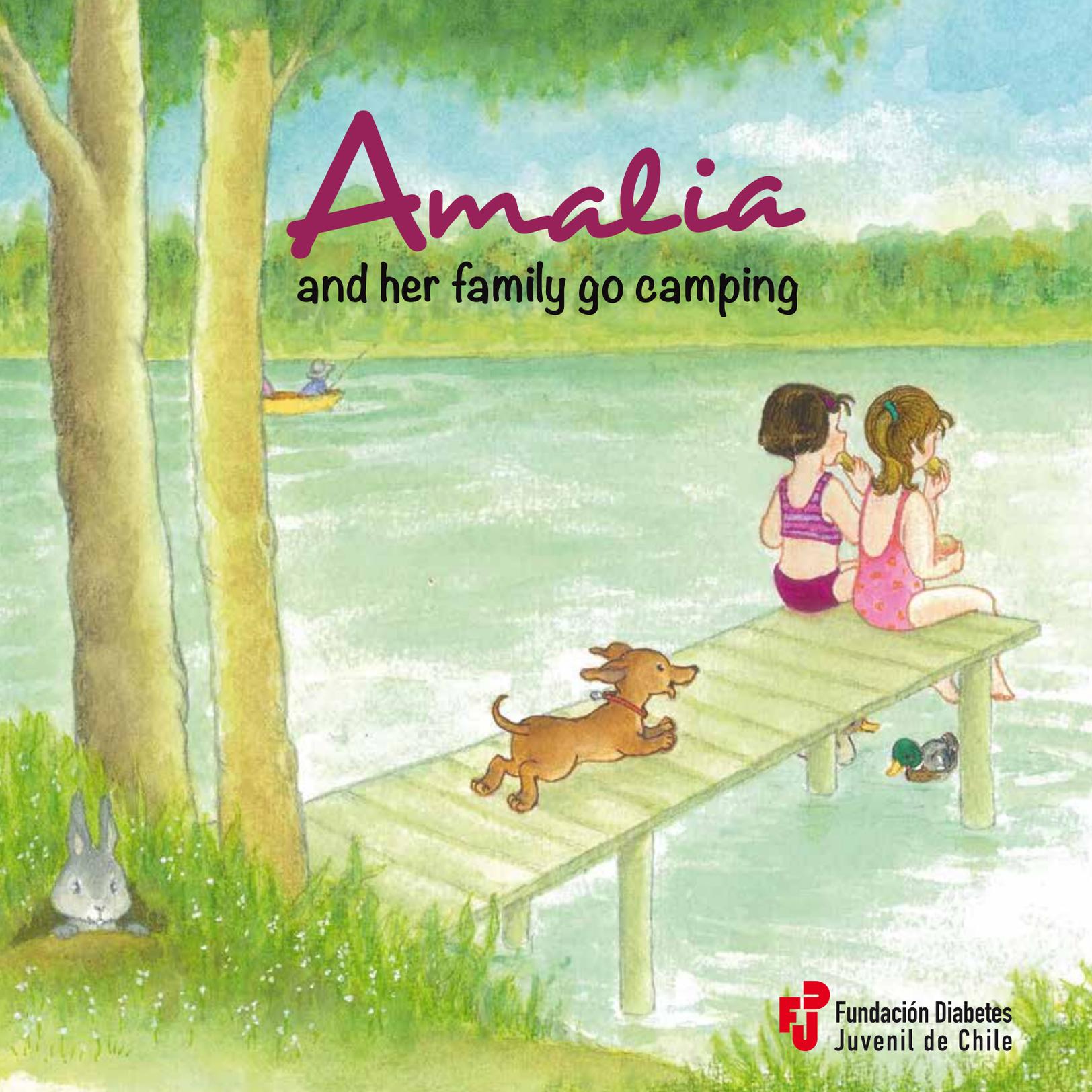


Amalia

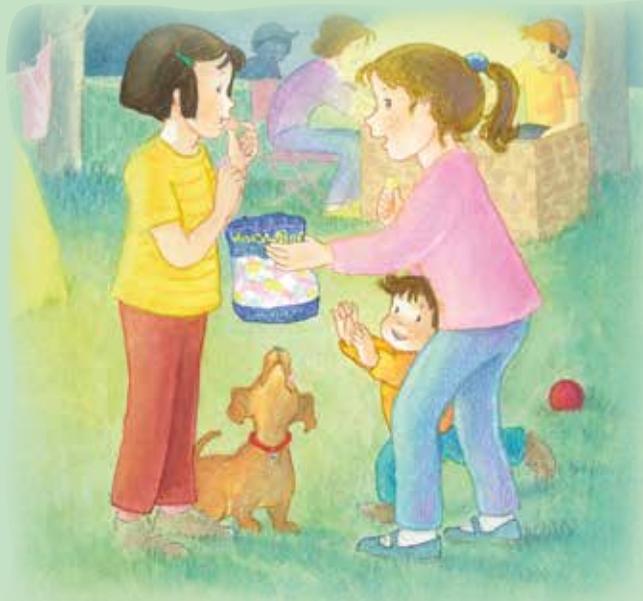
and her family go camping



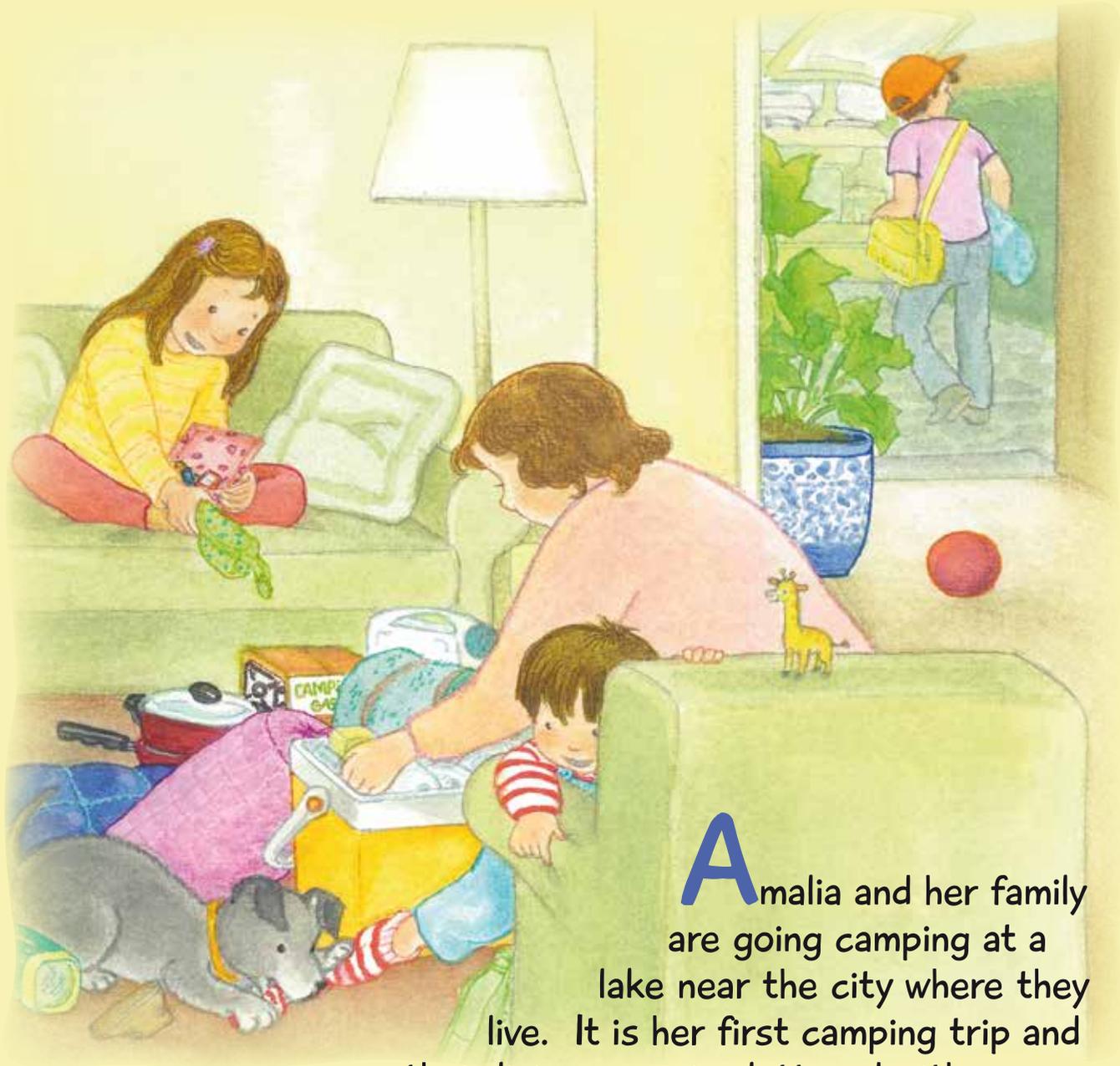
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Amalia

and her family go camping

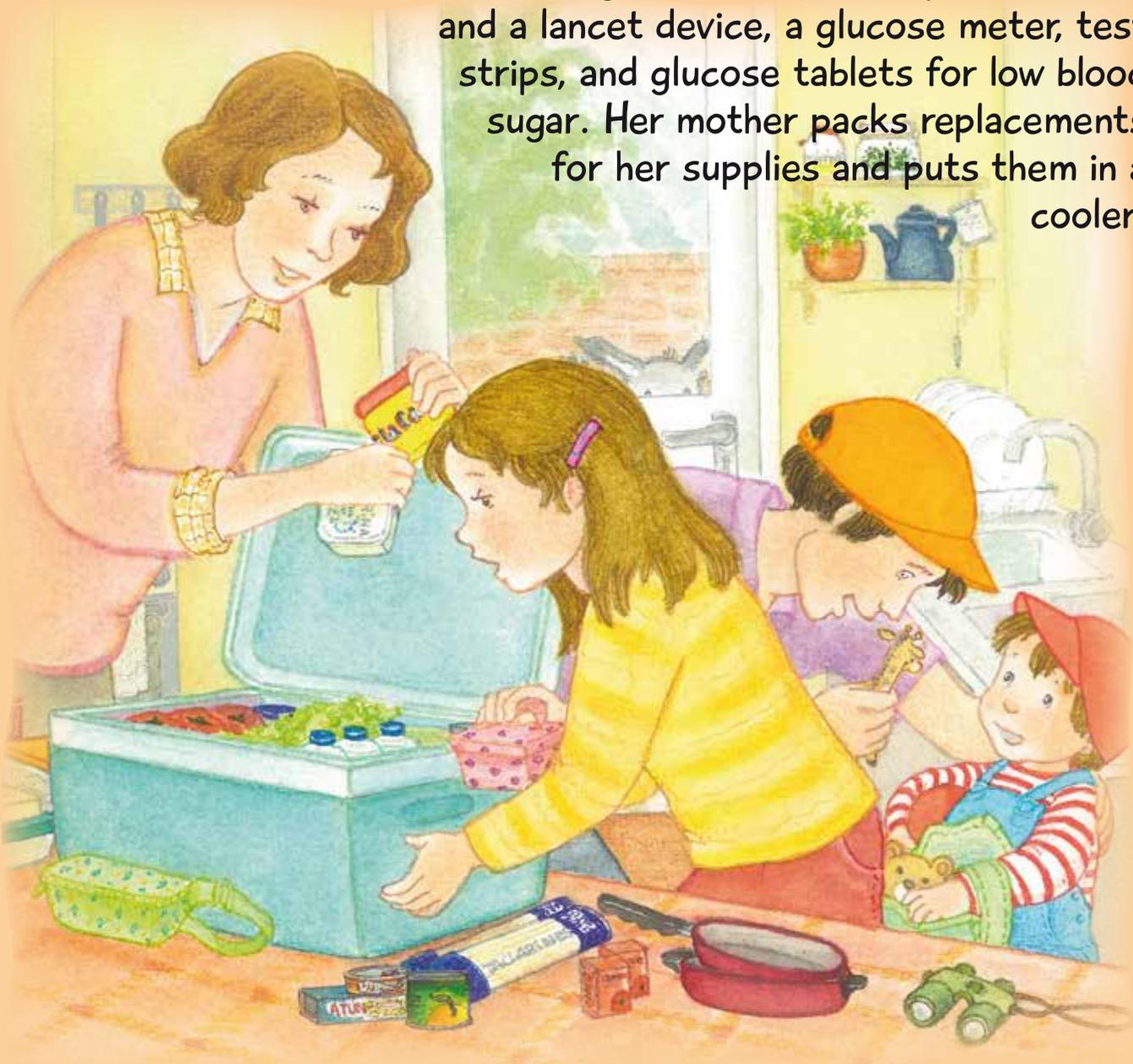


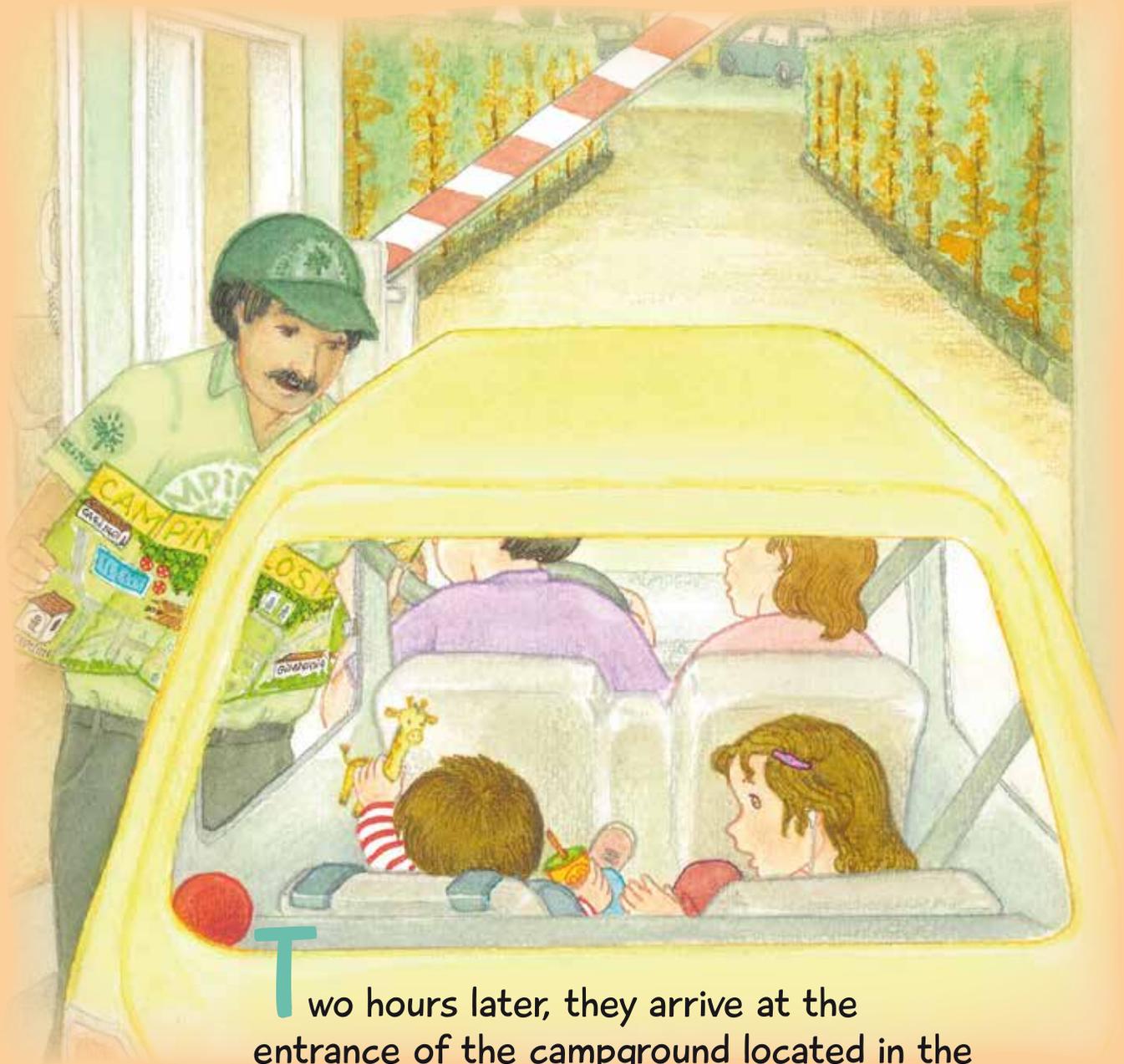
Text: Paz Velasco • Illustration: Soledad Folch
Design: Bernardita Valdivieso • Editor: César Velasco
Translation: David Hendrick
Department of Education



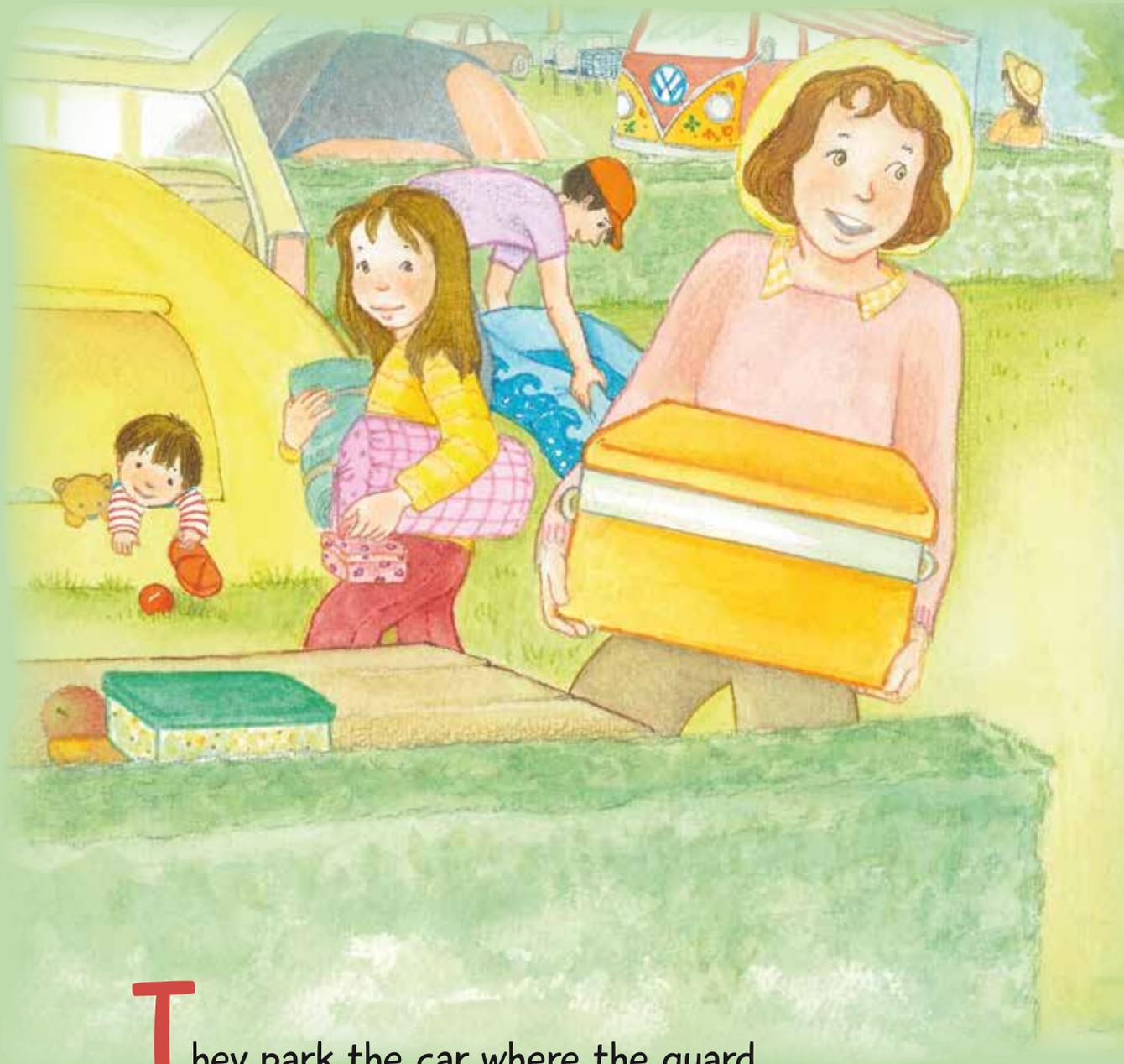
Amalia and her family are going camping at a lake near the city where they live. It is her first camping trip and their living room is cluttered with sleeping bags and mats, water containers, and lots of other gear.

Are your things ready? - her mother asks. Amalia shows her a small bag filled with insulin pens, lancets and a lancet device, a glucose meter, test strips, and glucose tablets for low blood sugar. Her mother packs replacements for her supplies and puts them in a cooler.



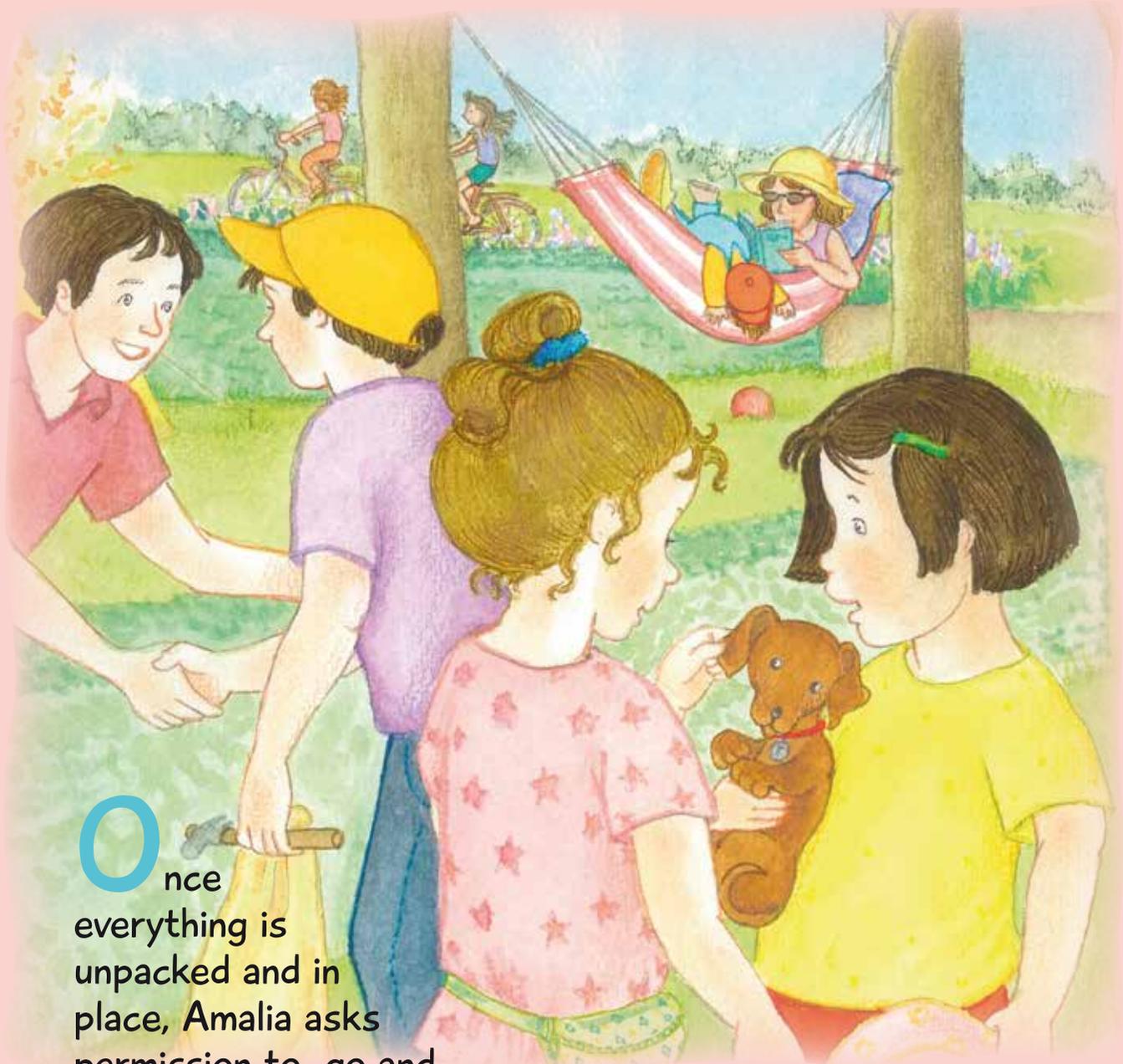


Two hours later, they arrive at the entrance of the campground located in the middle of a forest. The camp guard shows them the places and where they can set up their tent and put their car.



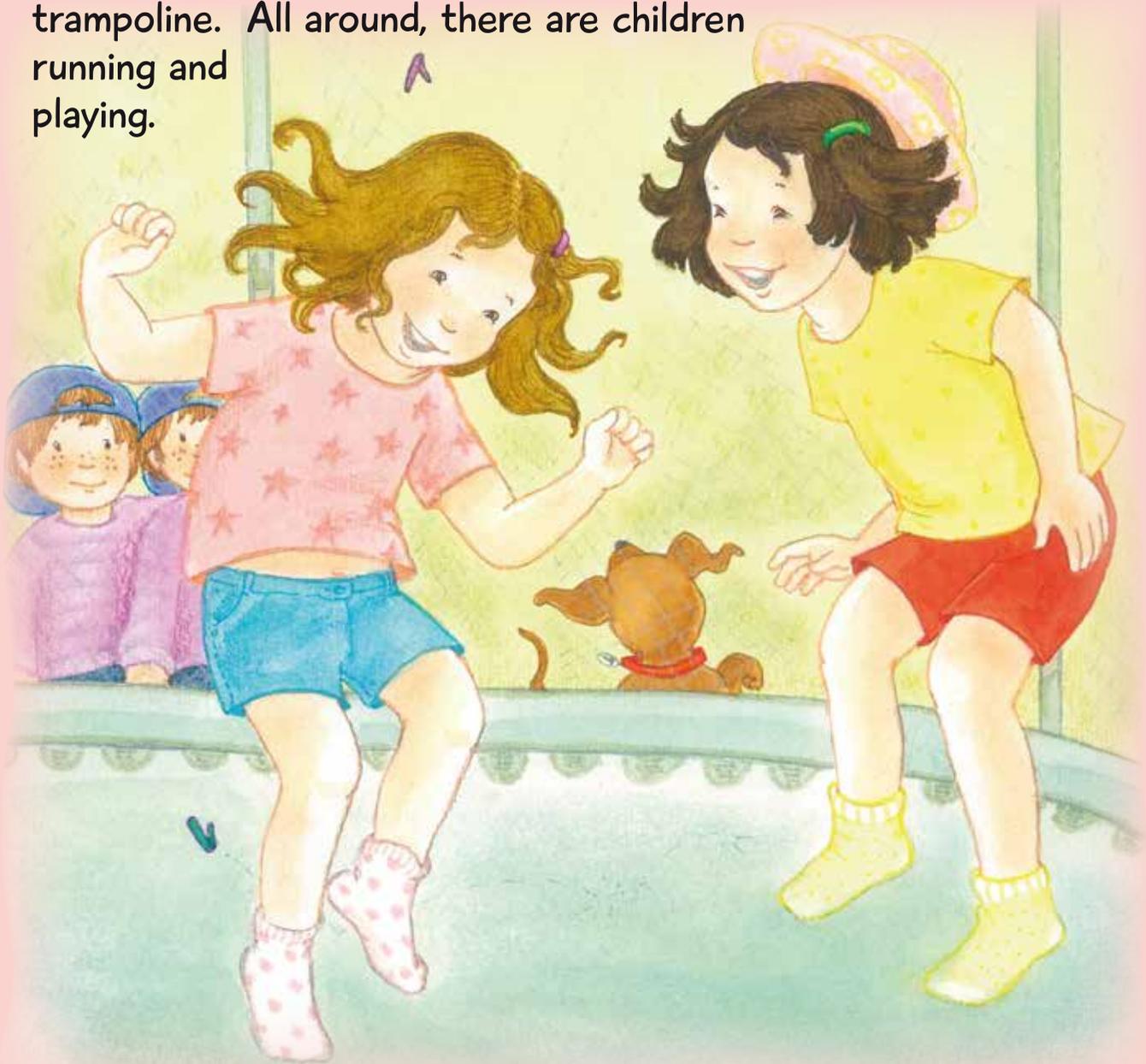
They park the car where the guard indicated. A girl about Amalia's age looks at them from the neighboring campsite.



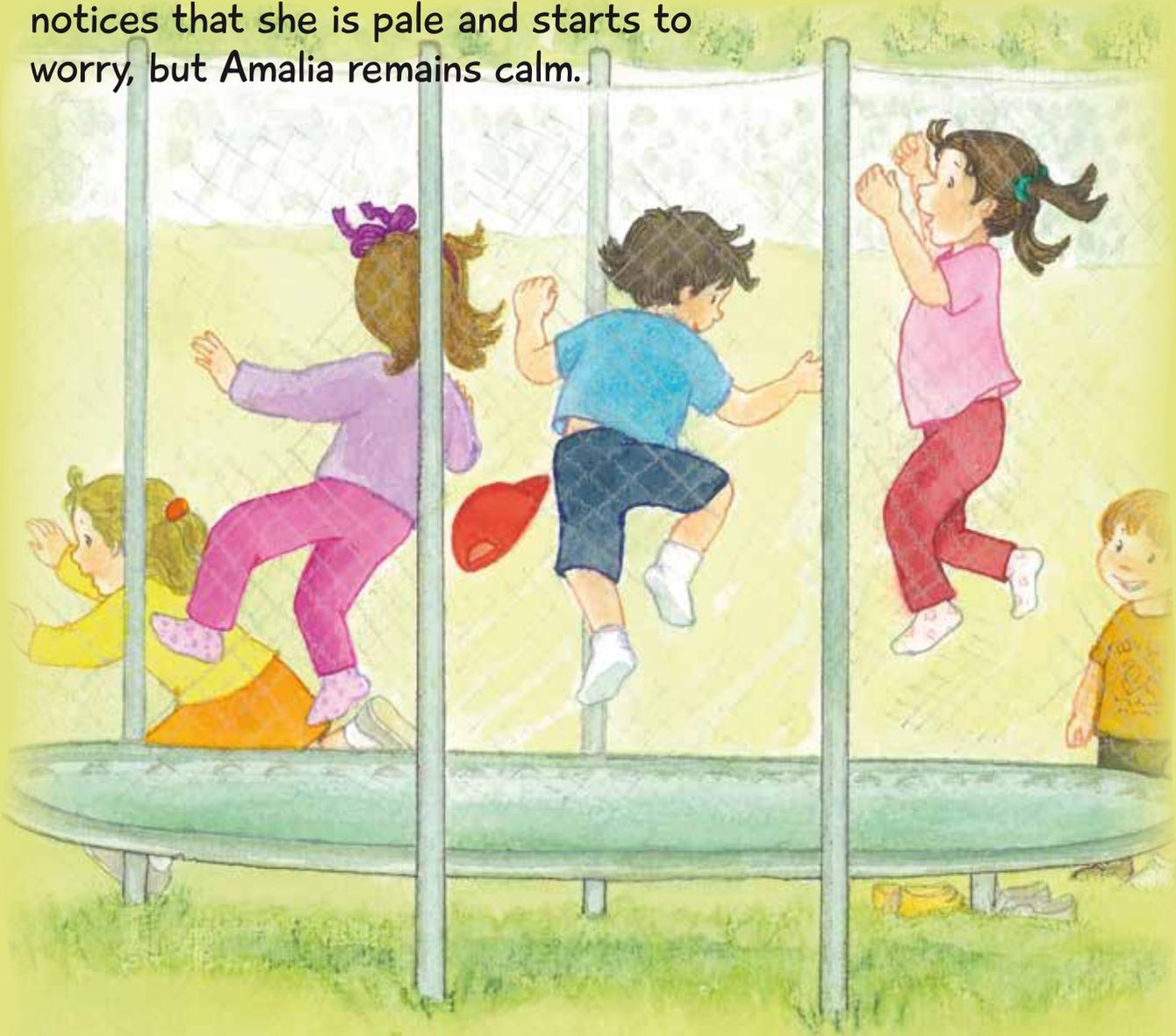


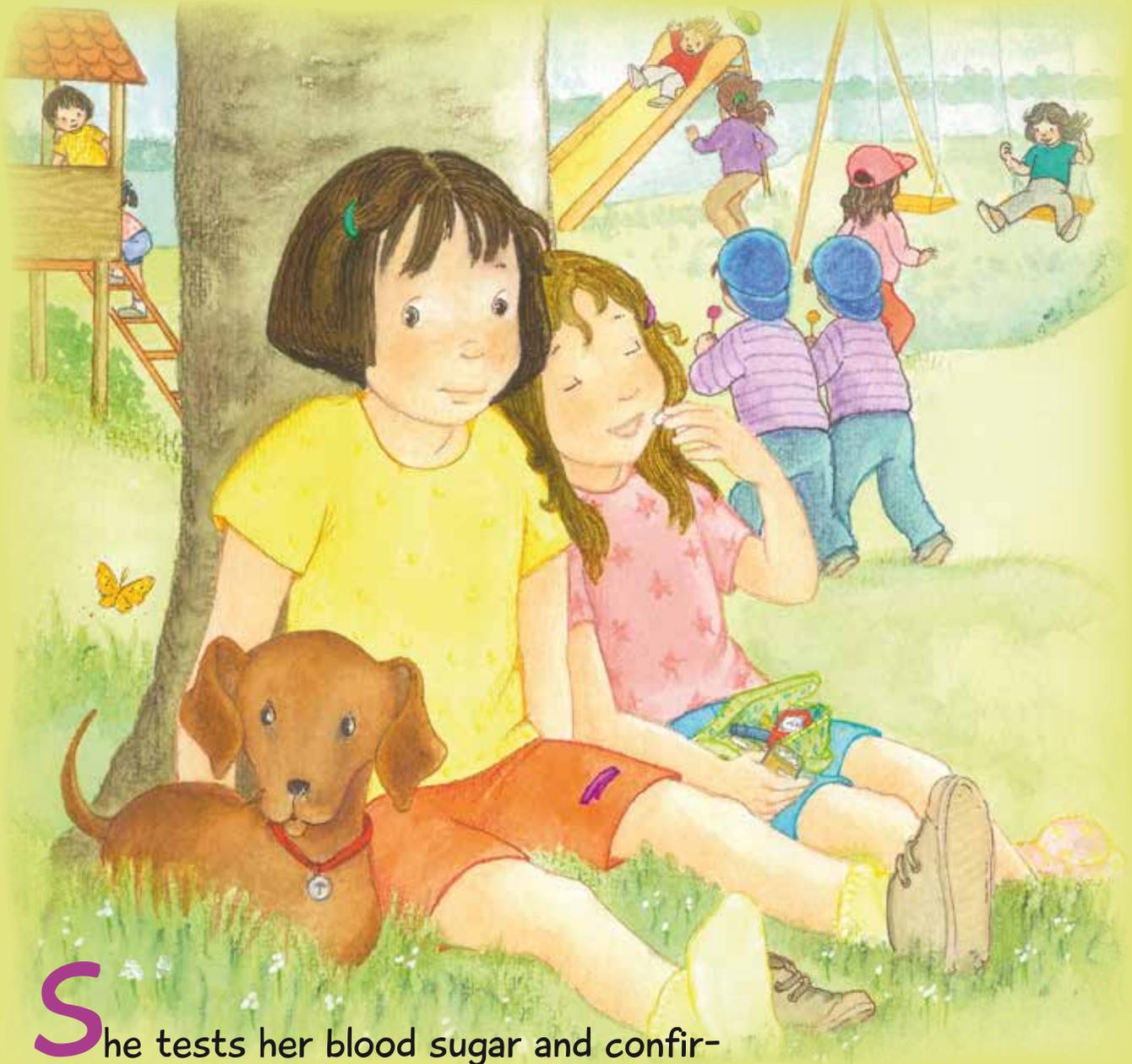
Once everything is unpacked and in place, Amalia asks permission to go and play with her neighbor. "Hi, my name is Amalia!" "Hi, my name is Martina and this is my dog Toto!" "Do you want to get to know the campground?"

Amalia and Martina walk to the playground and they spend a lot of time bouncing on the trampoline. All around, there are children running and playing.

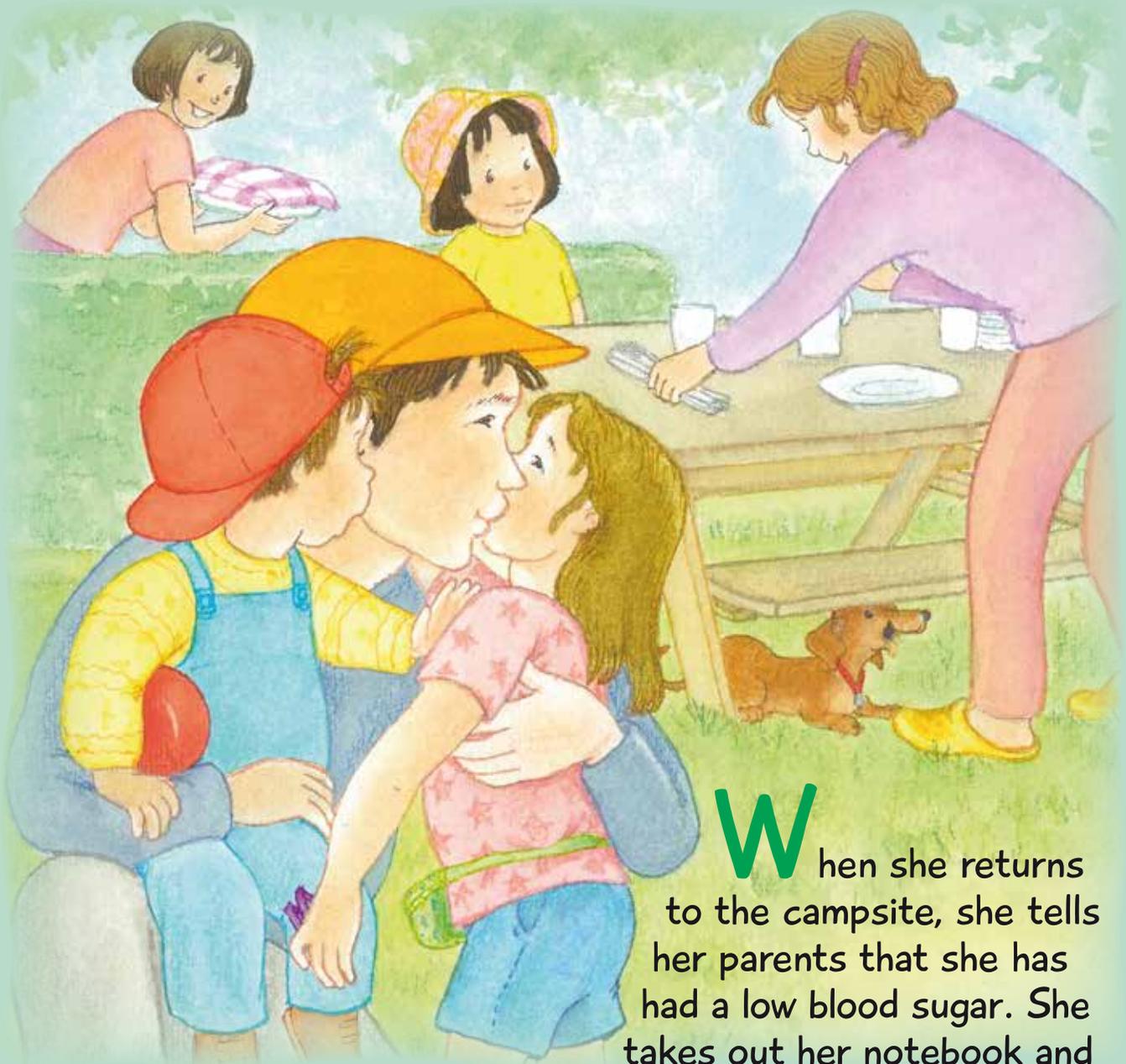


Suddenly, Amalia begins to feel a bit strange and dizzy. Martina notices that she is pale and starts to worry, but Amalia remains calm.



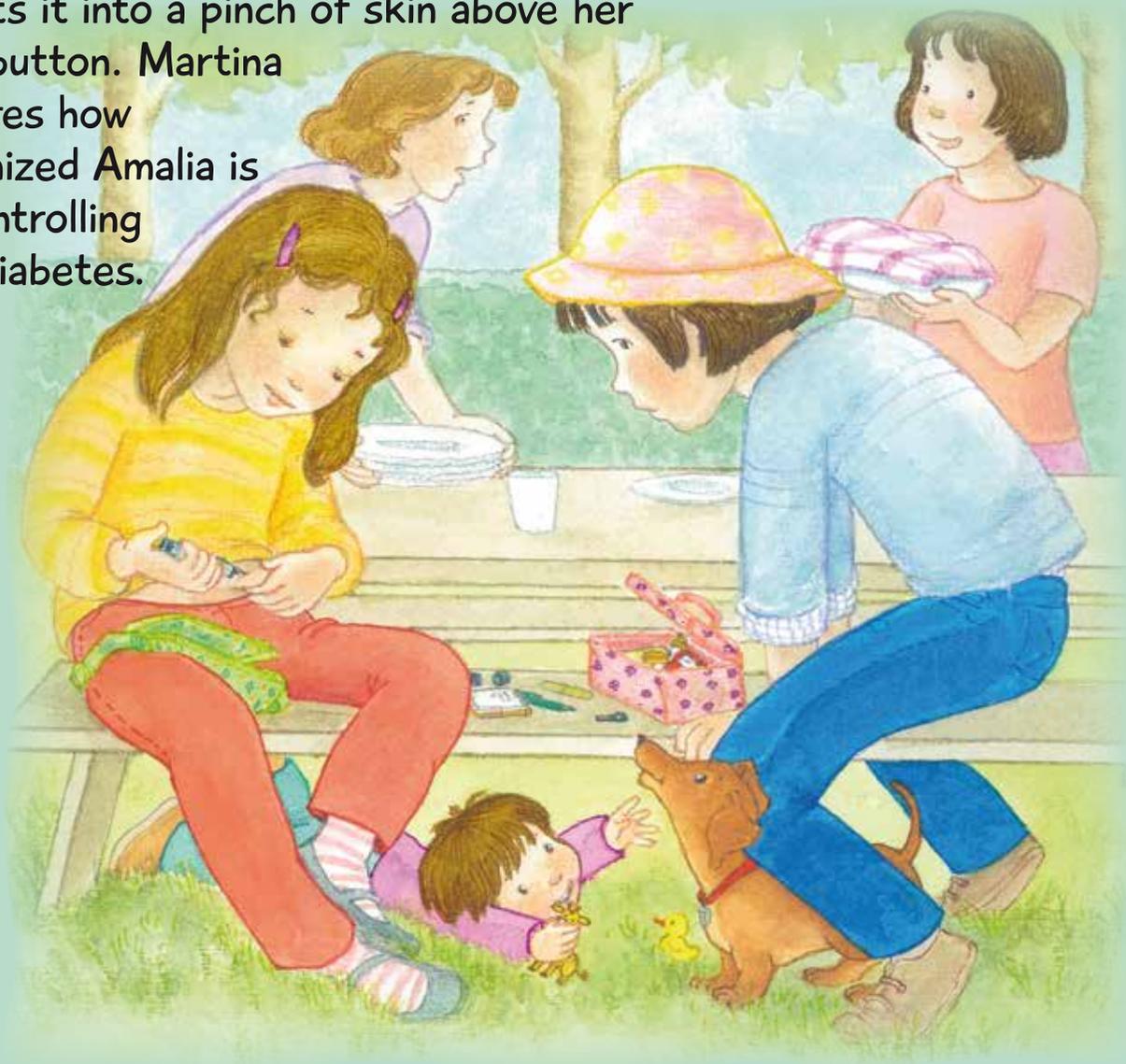


She tests her blood sugar and confirms that she is low. She takes out some glucose tablets and eats them. A bit later, she feels fine.

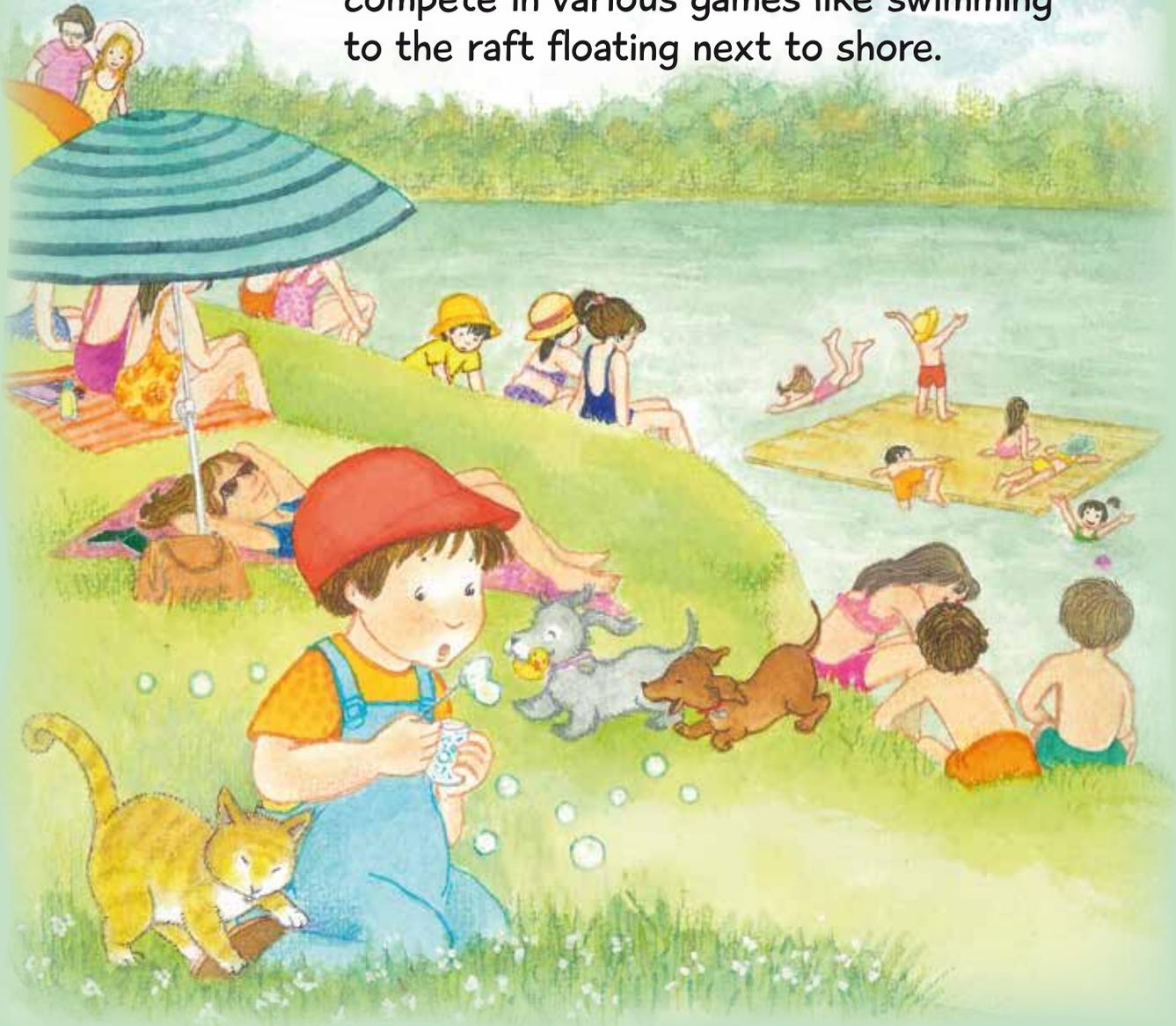


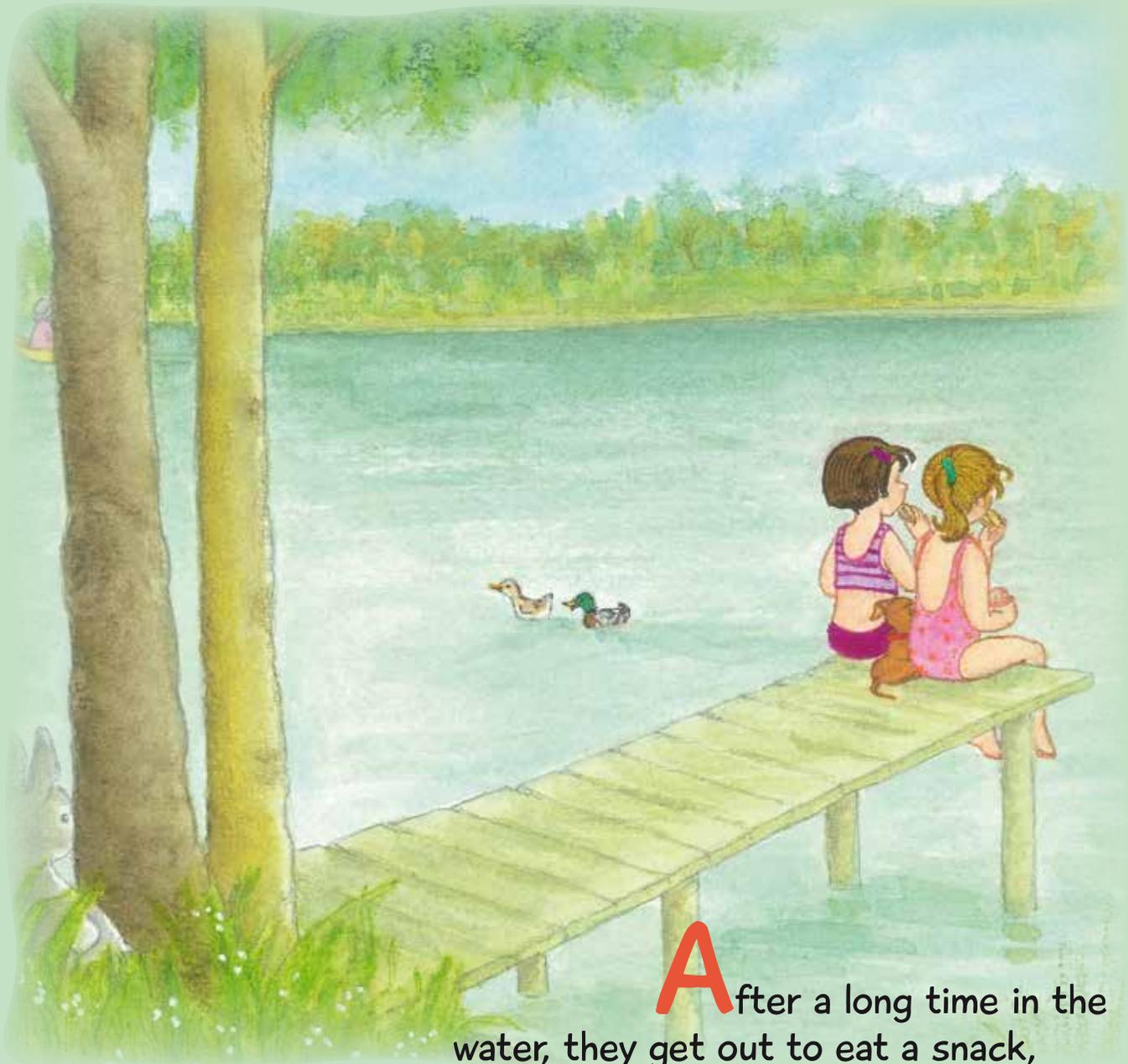
When she returns to the campsite, she tells her parents that she has had a low blood sugar. She takes out her notebook and records the test results. "Perhaps you did too much exercise without an extra snack", comments her mother.

Once her lunch plate is served, together they calculate the number of carbohydrates it contains. She takes out her insulin pen out of her bag, twists it to the correct dosage and injects it into a pinch of skin above her bellybutton. Martina admires how organized Amalia is in controlling her diabetes.



In the afternoon, the two families go to the lake. Amalia and her friend have fun playing with the other children and they compete in various games like swimming to the raft floating next to shore.



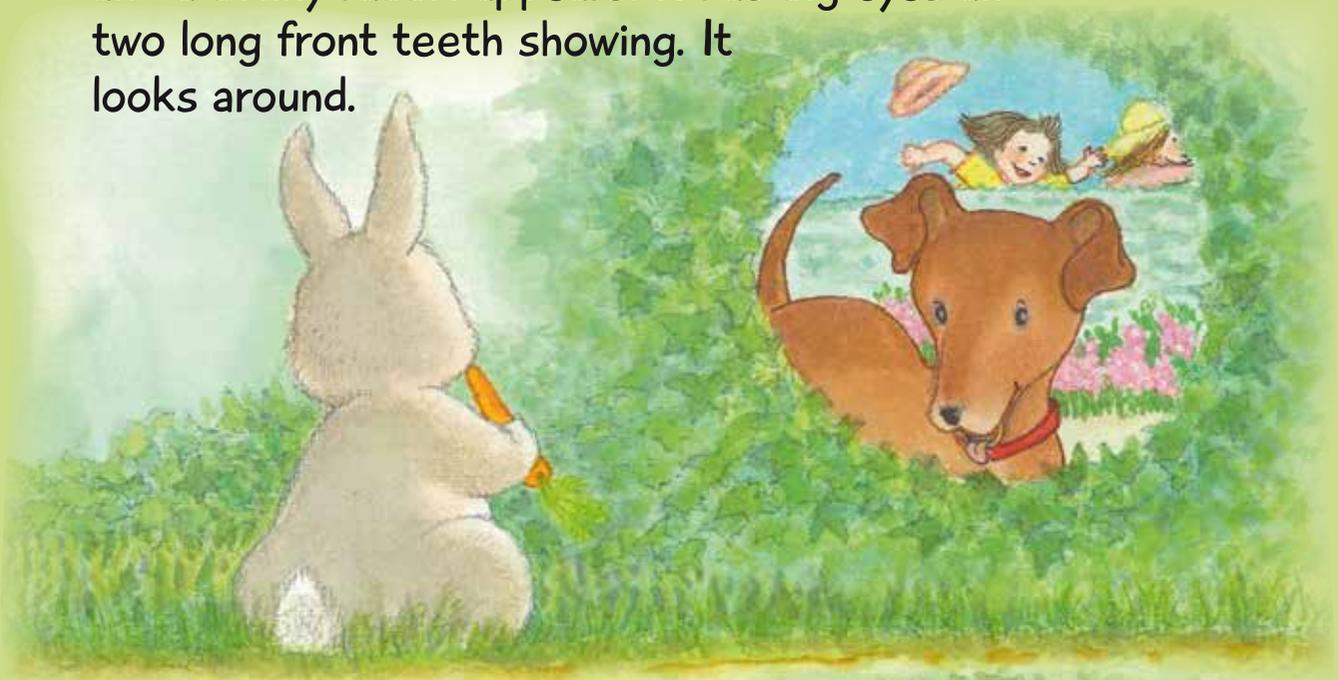


After a long time in the water, they get out to eat a snack, bread with cheese and an apple. Toto is happy barking at the ducks. They are having a wonderful time!



Her father rents bikes for them and they ride around the campground. Martina has a carrot and Amalia eyes her curiously. "I wonder what she is up to?" Then, something moves among the trees.

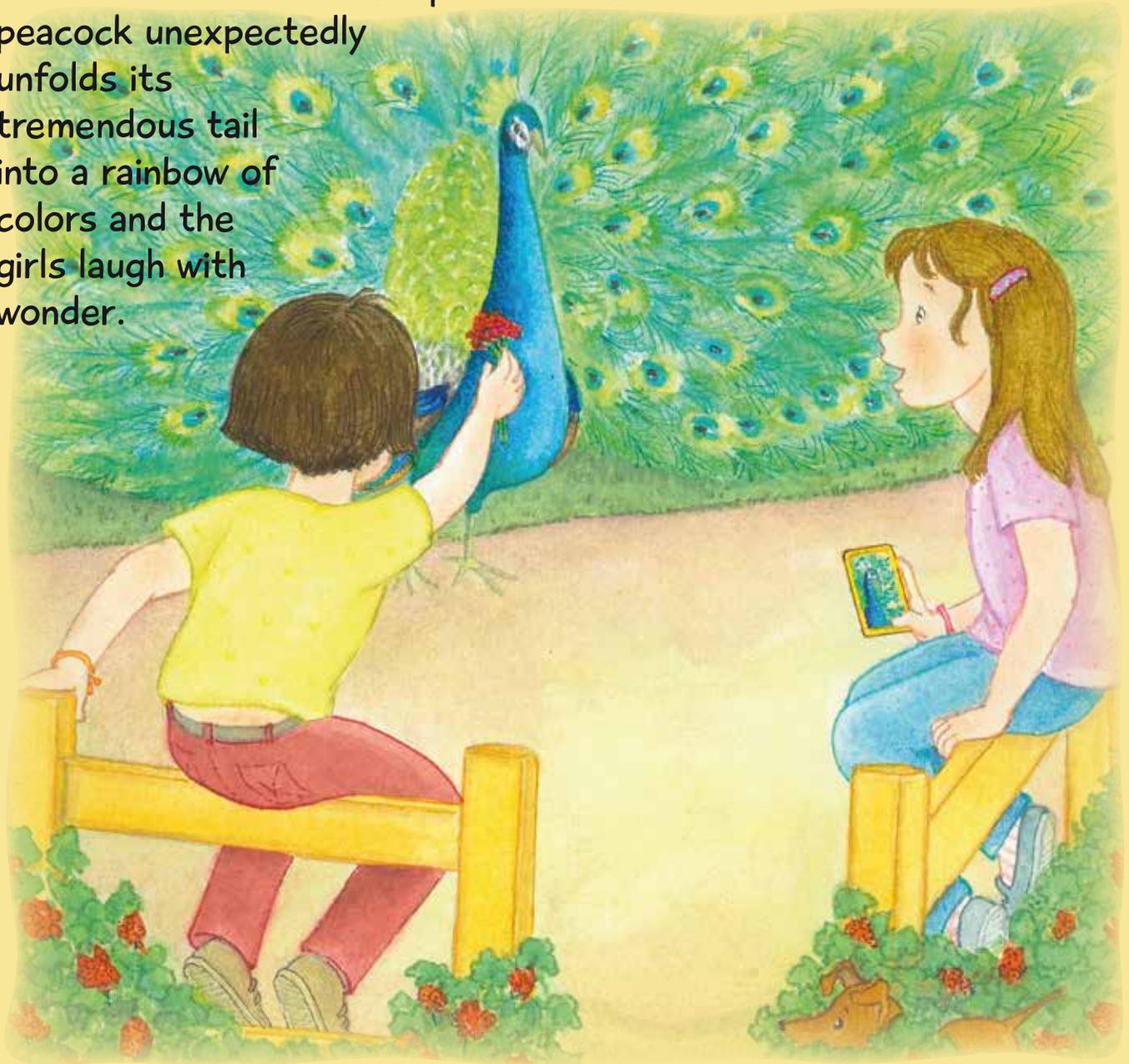
Martina tosses the carrot on the ground and a bunny rabbit appears! It has big eyes and two long front teeth showing. It looks around.

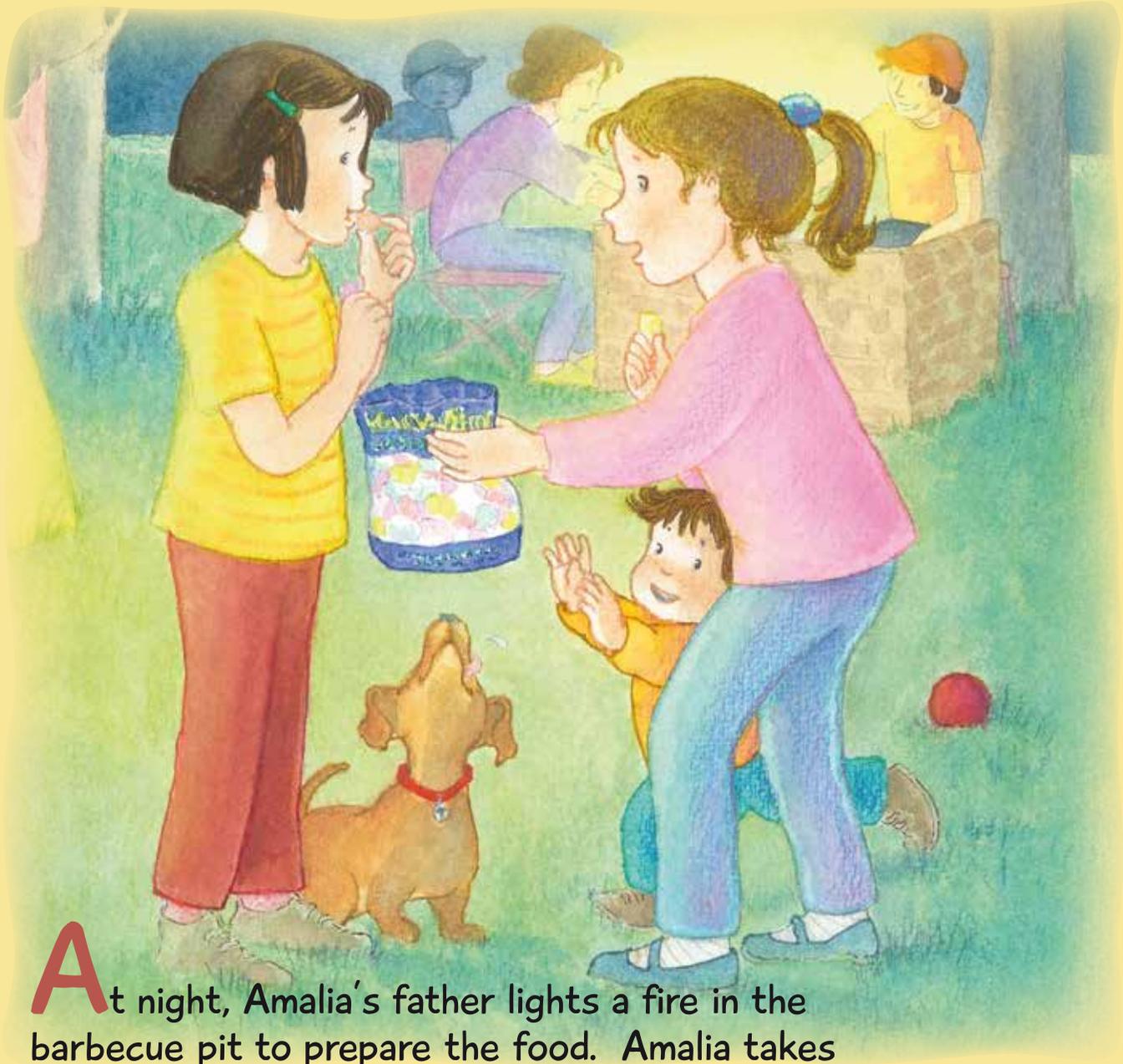


...and runs away with the carrot!!



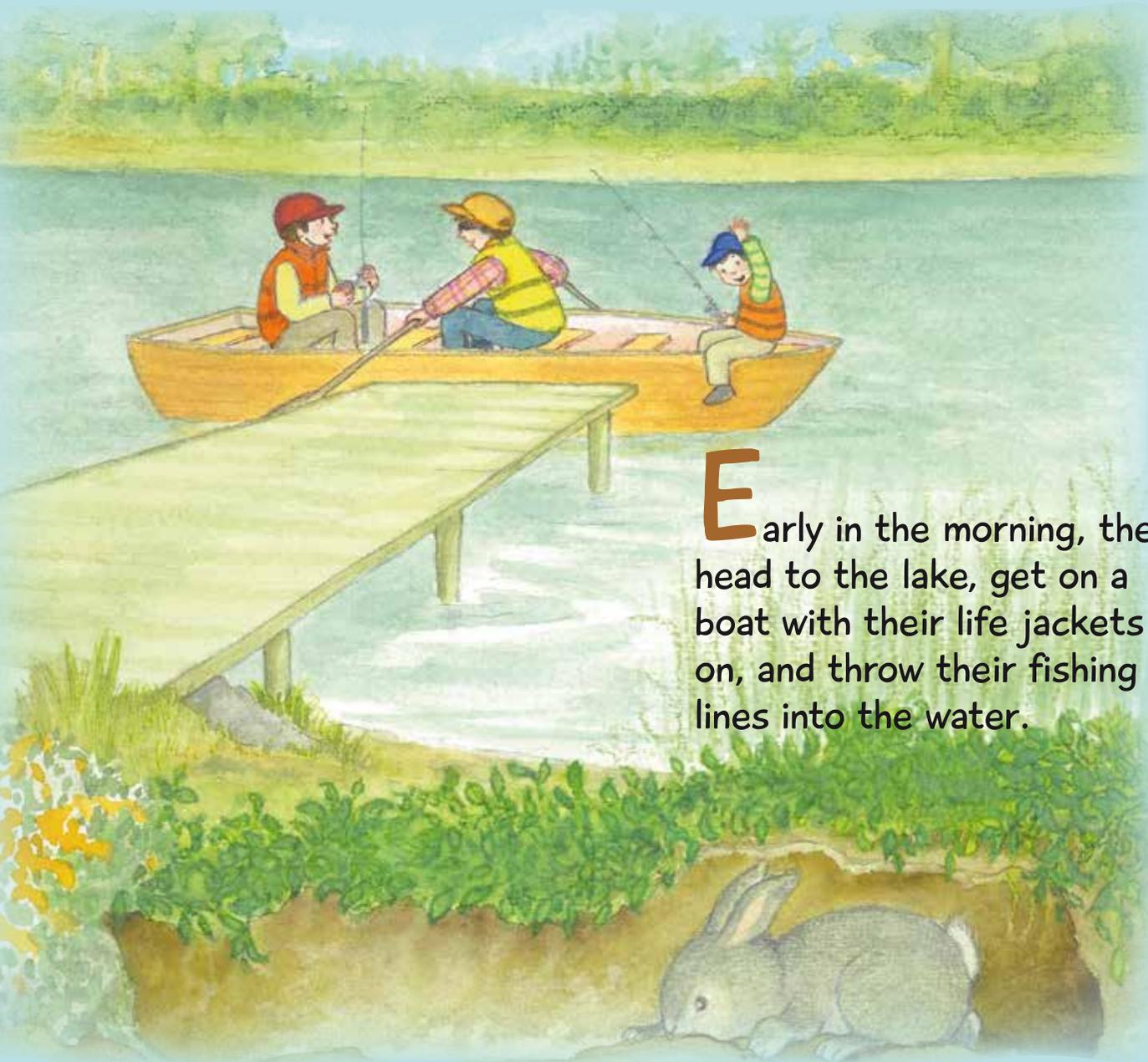
A little bit later, they run across a peacock. Amalia is about to take a picture when the peacock unexpectedly unfolds its tremendous tail into a rainbow of colors and the girls laugh with wonder.





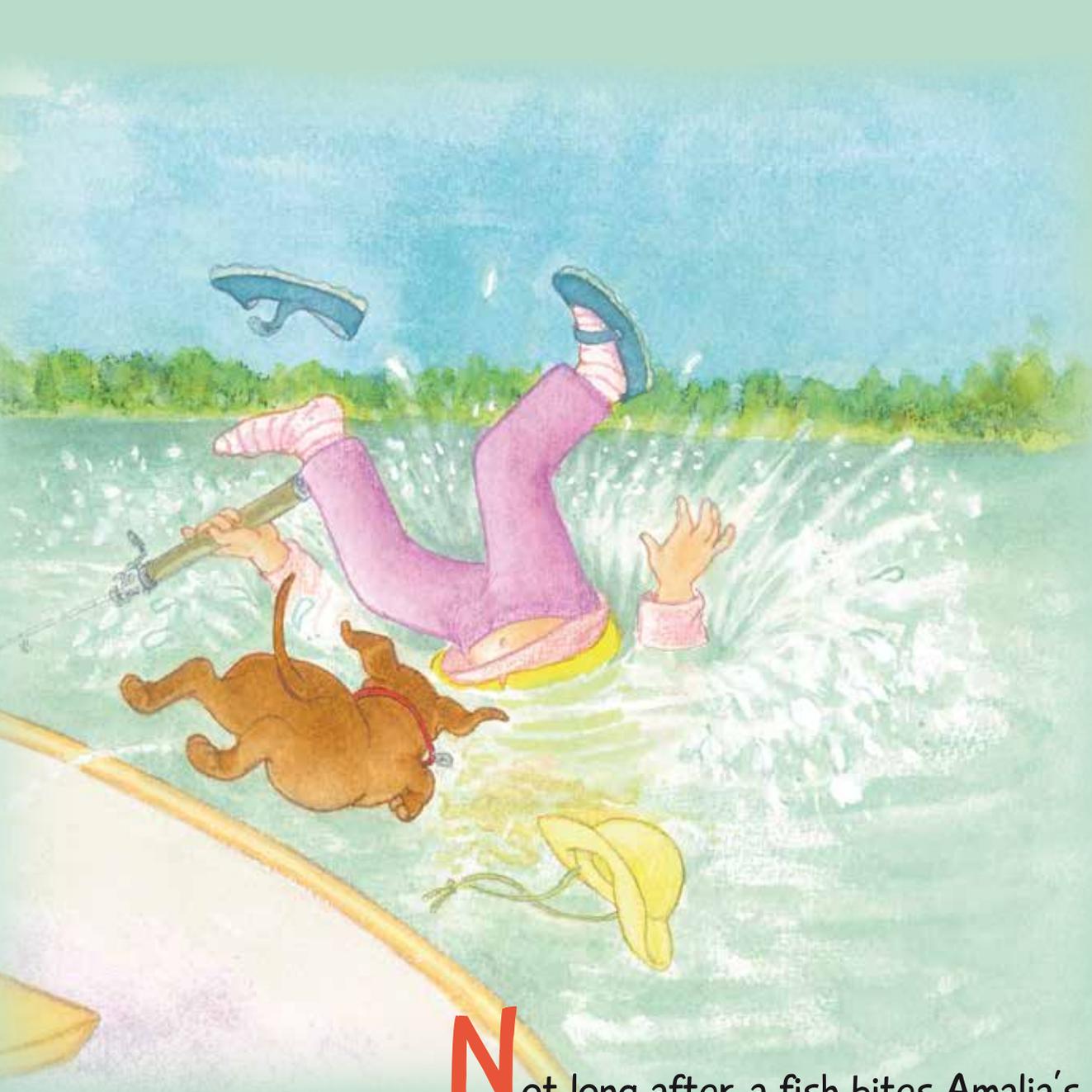
At night, Amalia's father lights a fire in the barbecue pit to prepare the food. Amalia takes advantage of the opportunity and takes out marshmallows. She offers some to Martina and her brother and they roast them on the fire.





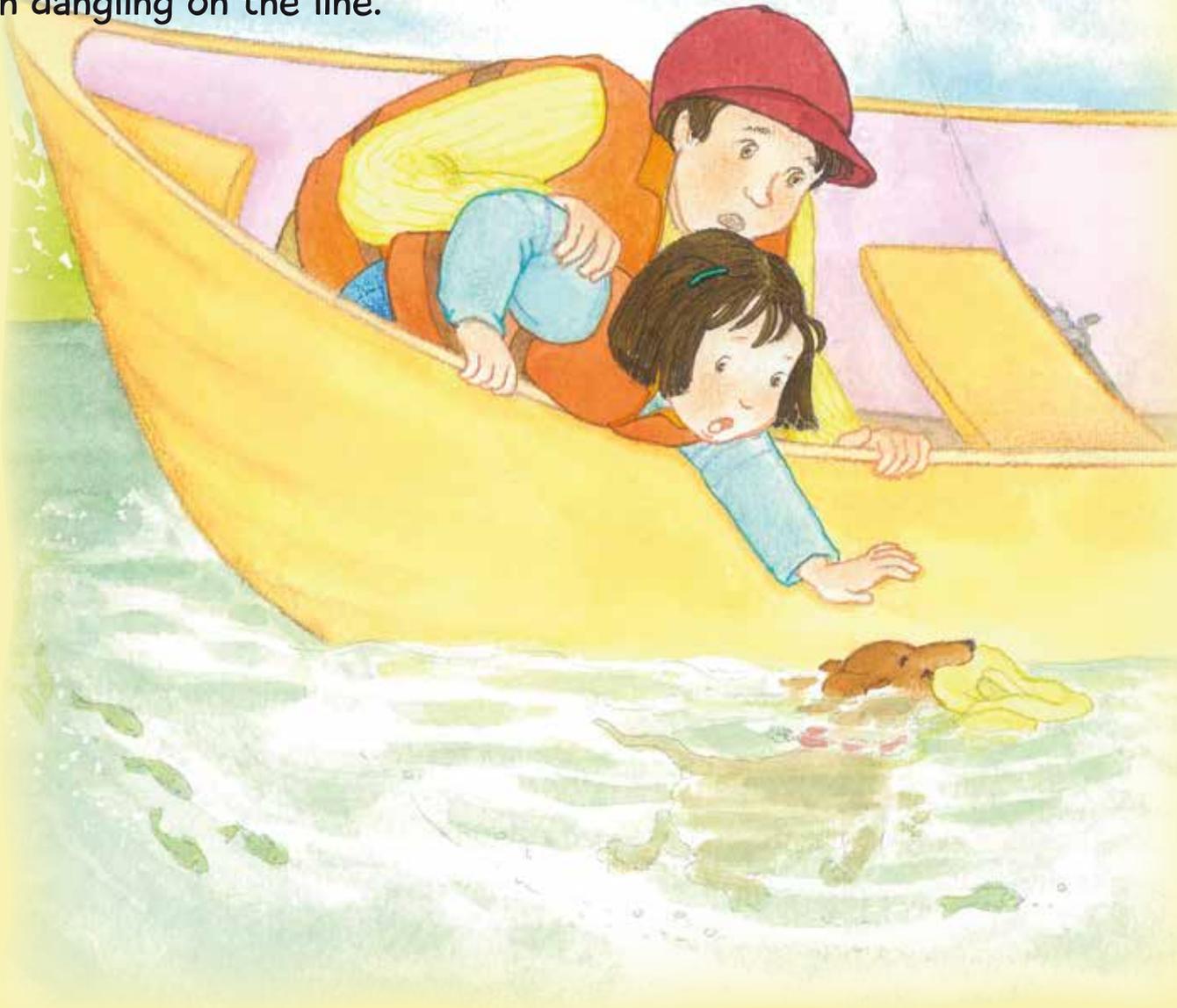
Early in the morning, they head to the lake, get on a boat with their life jackets on, and throw their fishing lines into the water.

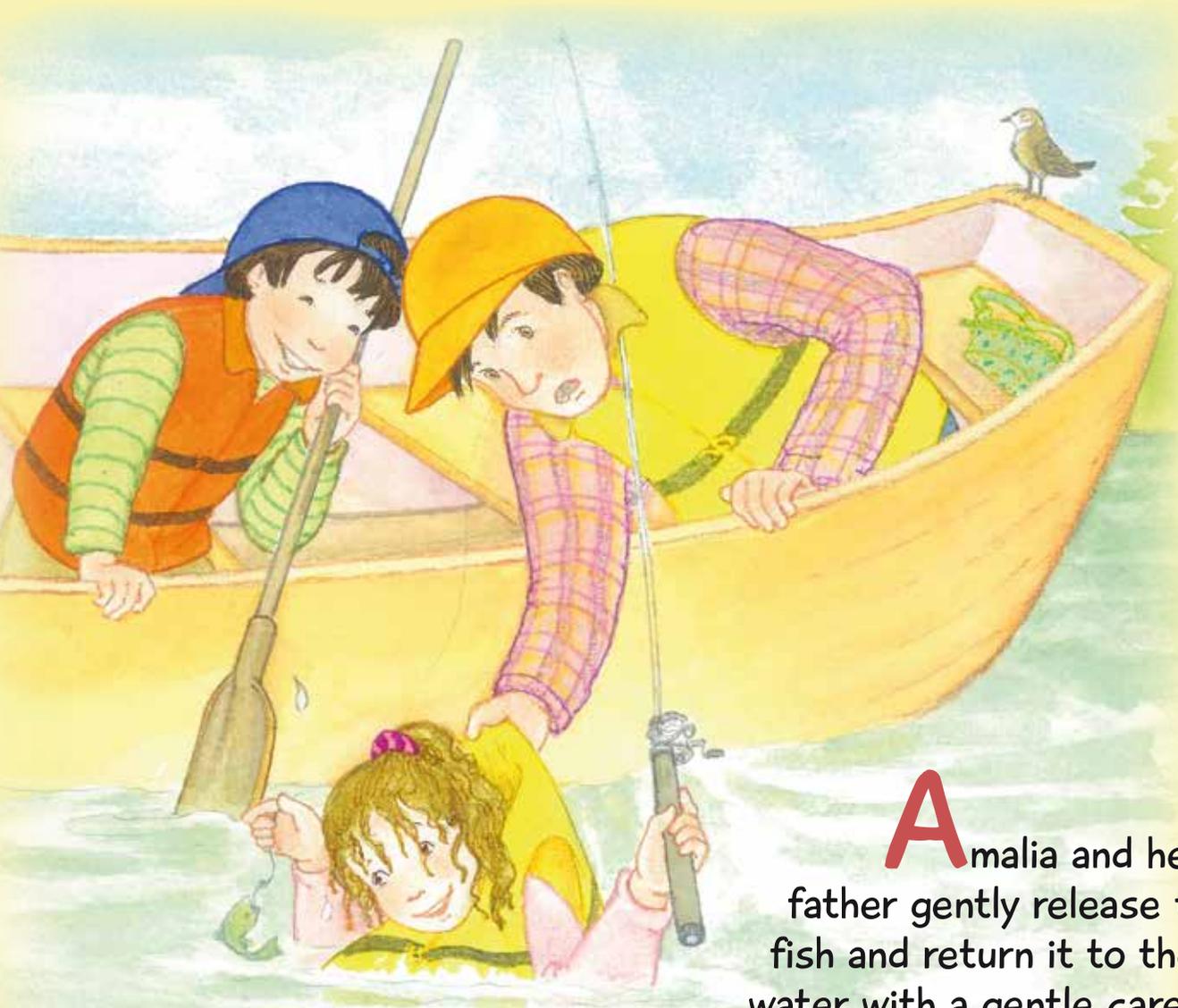




Not long after, a fish bites Amalia's line. She gets so excited while reeling in the line that she leans too far over and falls into the water.

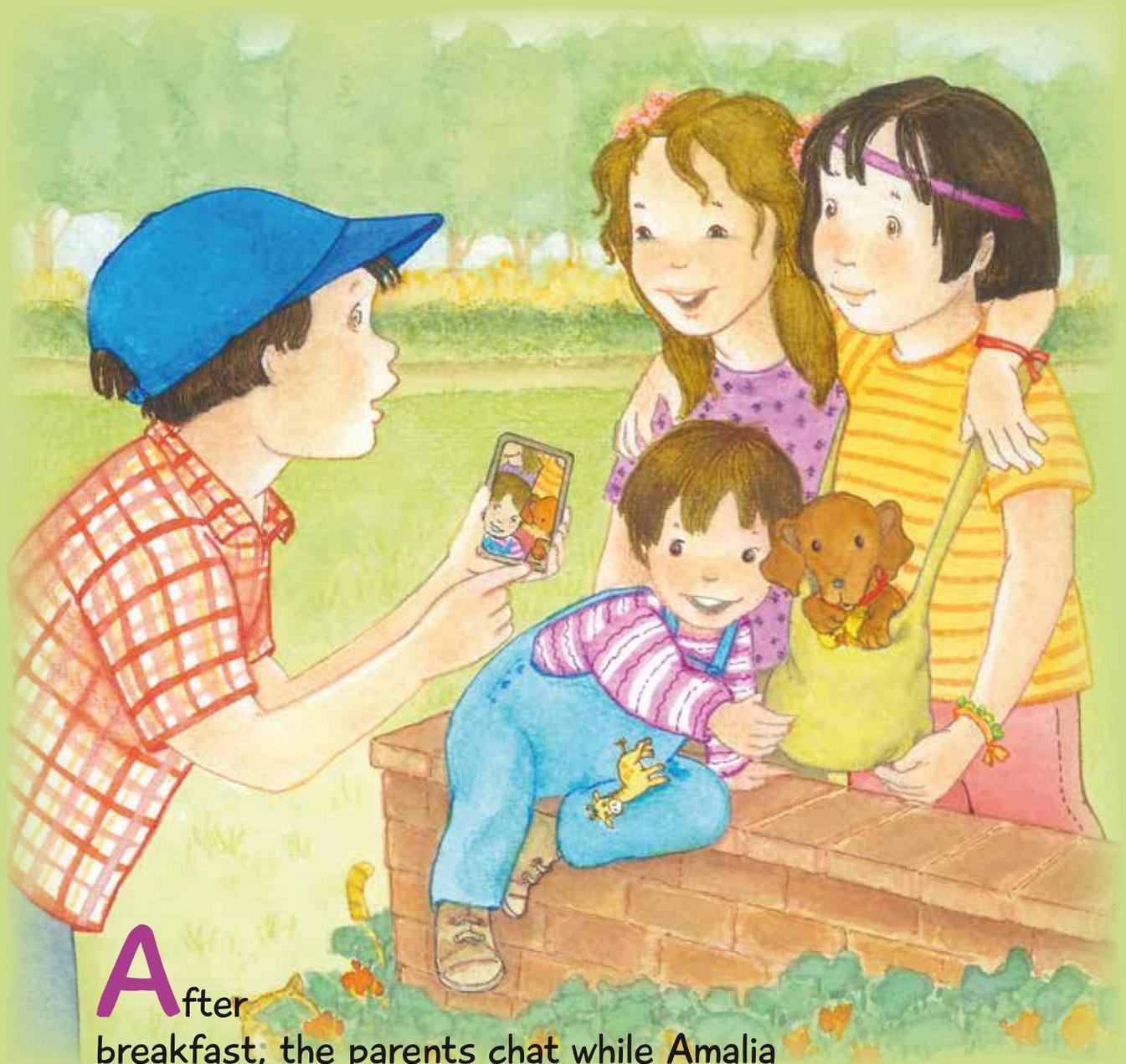
They immediately drag her out of the water and to everyone's surprise, she lands in the boat with the pole in her hand and the fish dangling on the line.





Amalia and her father gently release the fish and return it to the water with a gentle caress.

At that very moment, a school of fish passes by and her fish joins them as they swim to the middle of the lake.



After breakfast, the parents chat while Amalia and Martina exchange addresses and telephone numbers so that they can visit each other when they return home.

With a huge hug, Amalia and Martina say goodbye. At the same time, they say "We will see you soon".





Once back home, her neighborhood friends gather round her to look at the photos: the majestic peacock, the sugarless marshmallows roasting on the fire, Amalia on the boat with her fish. Amalia is already thinking about going camping again!

