

n 2013, you became the first Saudi and youngest Arab woman to have ever climbed Mount Everest. What motivated you?

The desire to prove that boundaries are only in the mind, and to inspire other Arab women to dream big pushed me to encourage people to climb their own "Everest", whatever it may be.

What was the best and worst part? The hardest part was battling the altitude, the elements and freezing temperatures – but the most amazing part was living my dream.

Which was the first mountain you ever climbed, and which others have you summited since then? My first mountain was Kilimanjaro. Since then, I've climbed the seven summits including Aconcagua, Vinson, Elbrus, and more.

Last year, you collaborated with adidas to take two other young women on that same Everest journey. What was the most powerful part of that for you? Witnessing their transformation, seeing them overcome challenges and embrace their strength, was incredibly empowering.

What is so special about mountain climbing? Mountain climbing challenges your limits, connects you with nature, and teaches invaluable life lessons about perseverance and humility.

What is the biggest difference you've noticed in how the perception of Saudi Arabia, and Saudi people, has changed in the world in recent years? The shift in perception reflects the evolving understanding that diversity enriches our world, and that Saudi women are capable of extraordinary feats.

Why do you think this is? Increased exposure and dialogue foster understanding, breaking down stereotypes and fostering appreciation for diverse cultures.

What makes you proud to be a Saudi? The rich heritage, the resilience of its people, and the nation's commitment to progress make me immensely proud.

Why do you think representation is important?

Representation amplifies voices, dispels stereotypes, and fosters empathy, creating a more inclusive and understanding global community.

Saudi is currently realising an incredible vision for the future. What are you the most excited about in these years to come? $\rm\,I'm$

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excited to see the transformative impact of Vision 2030, especially in empowering women and diversifying the economy.

What's the most important piece of advice you'd give to anyone wishing to climb a mountain? Respect the mountain, prepare diligently, and never underestimate the power of determination.

What are three things that you always pack in your suitcase? A camera for memories, a journal for reflections, and a good book or two for the downtime.

What are your top packing tips? Pack light, prioritise essentials, and invest in quality gear.

What is your earliest memory of a holiday as a child? Family gatherings filled with laughter, delicious food, and cherished moments.

What's been your most memorable trip so far?

Ah, that's a tough one to pinpoint! While I've been fortunate to explore breathtaking destinations, what truly makes a trip memorable for me isn't solely about the location. It's the journey itself – the people I meet, the unexpected adventures, and the lessons learned along the way. Whether it's navigating through cultural nuances in bustling cities or finding solace in the serenity of nature, each trip has left an indelible mark on my heart and mind. So, if I had to pick, I'd say every journey, with its unique blend of challenges and discoveries, holds its own place in my memory.

What is your go-to in-flight entertainment? Inspiring documentaries or mysteries.

How do you spend your air miles?

I use them to explore new destinations or upgrade my travel experiences.

What's a travel experience you'd rather forget?

A challenging climb with unexpected weather conditions that tested my resilience and made me face my mortality a few times.

Ultimate bucket list destination? Japan! I love its history and Mount Fuji is the only mountain on my list that I'm dying to visit. If I can see the cherry blossoms as well, I would be over the moon.