When we go to an area, we do an extensive survey, and in the conflict areas, we try to get an idea of where the minefield would be. Once we'd done that first one, I felt a lot more confident thinking about planning and actually being in the minefield and it put it a lot more into perspective. 

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Rachel explains that, during the same period, they cleared around 600,000 landmines and employed on average 7,400 people.

“I was inching and scraping towards it, knowing that if I’ve got it wrong, I’d be killed,” she says. “I was absolutely petrified.” 

Rachel tells me about her first job, which was to clear landmines on her first visit to Wales and the first time she worked there. The HALO Trust has brought along its dummy minefield, complete with skull-and-crossbones mine signs and explosive-free landmines. 

The blue body armour and protective visor, which allow visitors to also take to see, are also part of the demonstration. In a real minefield, if they do have a job opportunity, they’re likely to gain pay less than men. 

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