

# arts & life

Now that summer is starting, most of us are settling down for a lazy, uninspiring few months. But in our eight-part series starting today, we follow four people who have decided to use this quieter time to make positive changes to their lives

Got any plans for the summer that don't involve escaping the heat? There are, you are no doubt aware, weeks and weeks of it ahead of us. A good few months of tightly sealed windows, arctic air conditioning, a deathly pallor that shows it has been weeks since we spent more than five minutes outside and an eerie silence where usually there would be toddlers's squeals. In a couple of weeks they will all be gone, you see; hot-footing it to the airport in a giant crocodile to be swept off to more child-friendly climes. The rest of us, though, are stuck here. And we may as well make the most of it. At least that is the attitude of the clutch of willing volunteers participating in our Summer Diaries series, all of whom have decided to use the relative quietness to make positive changes in their lives. Because there is a silver lining to having an empty diary: no distractions.

They will, for the next eight weeks, be taking on demanding new challenges. One will be starting a business; one will be getting fit; one will write his first screenplay; and finally, one ambitious man will be attempting to take his fledgeling Arabic to the next level. To each, we have assigned a mentor to set them on the right path and ensure that they stay the course. Today we introduce you to the four people taking our life-changing summer challenge.

Summer projects, continued on 3 →

Summer diaries

1 2 3 4 5 6 7 8

## Goal keepers

