What we'd go, took an interest. The, the company 2IC at the time was, mm, a very, very wise man. I'm not saying he isn't now, he still is but a very, very wise man. And he pointed out that for us to understand the locals we needed to get to know the locals. So he came up with the idea of you doing a human terrain mapping and he wanted us to and to get all this information. So what we did is we cut the area down in areas round the PBs and said 'right, there's this area and that area and that area'. This set of lads, we used to try and work out for them the time out and the time in so they weren't set in patterns, and the majority of the time they're back, nailed down to the ground anyway so it took very little from us to do that. But we just said to them 'right, go into that area there, speak to the locals and get what you gain'. And from each time you used to take a sheet and on this sheet it would say right what's his name, who's his father, who's his sons because it'd very, very little did you see women out there because obviously their culture is, mm, very different from ours so we had to respect that. So it was the human terrain mapping was all male and, mm, I used to, ask local information about how was the seeding going and what they think about the farming that was going on. What did they think about the ISAF's idea of giving them free seeds, mm, because at the same time we're trying to get them away from doing the poppy which in turn turns into drug. We were trying to get them to do potatoes and all the rest of it and all that, to give their infrastructure out there a better chance to feed themselves. Bring their markets on, which in turn would, would hopefully in a few years turn into like the UK, farmers making money by making the things, have cattle and all the rest of it. And then they can start making their own commerce and that commerce maybe hopefully would spread out to the world which then bring more wealth into the country and hopefully push them away from the drugs side of it. Because at the moment a farmer who probably gets a dollar for a hundred grams, a hundred grams or whatever it is for the poppy, that poppy, that one poppy that he pays a dollar for will cost about a hundred quid in England for somebody to go and get high on. There's a big difference there. So he's there slaving all over for a dollar somebody's getting as high as a kite is paying a hundred quid. Someone in the middle there is making a nice big profit and it all turns back into terrorism.

Yes, it's not all just fighting. The, unfortunately it is and it isn't. There is fighting there, there's never going to be not be fighting there till things change out there for the better. The Taliban out there personally are they religious driven? Some are. Are they driven by fear by the other Taliban who, who are more influential with the weapons? Yes, they probably are. Some people out there get paid by the Taliban ten dollars to go and kill an ISAF. Ten dollars, that's how much our life is worth to them - ten dollars. Because ten dollars to them is a lot of money, ten dollars to us is a drop in, a drop in the water. So it, it's heartbreaking to think that but that is the truth. It costs them about sixty quid to make an IED, that's a massive IED, sixty quid. What can you get with sixty quid? A week's shopping?

A week's shopping with sixty quid costs one soldier's legs, his arms, his life.