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CONNECTIONS

Raleigh International Alumni Magazine

Autumn/Winter 2012/13



From Boats to Biogas

Update on the first global alumni event

Touchdown in Tanzania

Raleigh heads back to Africa

Education essentials

Positive projects to tackle poverty

Plus

- Get your dream job in ecotourism
- Remember your Raleigh rations?

Raleigh
Raleigh
International

Raleigh International

Over 35,000 people have been on a Raleigh expedition, joining complete strangers from all walks of life to trek, build, swim, sail, camp, conserve, share and discover their way around the world. Our alumni return with a new sense of life-purpose and belonging, part of a global community of people who want to do something extraordinary with their lives.

Raleigh is not just an expedition; it's a multicultural team of active global citizens working together to change the world. After you've hung up your rucksack, there are reunions, societies, newsletters, events, training and talks to keep you connected. You can volunteer, teach, discuss, mentor, fundraise and learn. Whether you've just returned from expedition or you set sail with Operation Drake thirty years ago, the alumni programme is a network of friends and resources to help you continue your Raleigh journey.

This issue of *Connections* was produced by...



Rahim Hassanali

Rahim builds relationships with youth development organisations to help Raleigh offer opportunities to people from all backgrounds. In his role as Youth Partnerships Officer, he works closely with young people such as Dwayne Rytton, who tells his story on P5.



Brittany Glenn

As well as providing many of our Tanzania images (where she volunteered before joining Raleigh) our Development Officer Brittany supports alumni fundraising. This issue she explains how our long-term education projects are implemented, starting on P15.



Rupert Miller

Rupert's Raleigh experiences stretch over two decades, from days on the 'frontline' running expeditions in Africa to his current role as Head of Alumni and Business Development. Rupert shares some memories from his first expedition to Zimbabwe (94B) on P17.



Shady Bajelvand

Fresh from running Raleigh's Global Ambassador programme, Alumni Manager Shady is now exploring new and exciting opportunities for the Raleigh community while managing the production of this magazine.



Ed Gregory

Graphic designer, musician, consultant and Blue Man, Ed has volunteered in Borneo as Project Manager, Team Coach and Videographer before becoming Art Director of the Borneo Art Project, featured on P20.



Sarah Elliott

Sarah has blogged, trekked and project-managed her way through three expeditions before putting her writing skills to good use in the UK. She now tackles media projects for the charity, including editing this magazine.



Jasmina Haynes

After a career spanning consultancy for UN agencies and running youth programmes in Eastern Europe, our Head of Programmes Jasmina joined us to manage International Citizen Service, which she introduces on P4.



Laura Woodward

Corporate Communications & PR Manager Laura is always busy building relationships with the media and opinion formers - so she was the perfect person to cast her careful eye over the magazine copy.



Jim Clements

Bringing with him a wealth of experience from his days as Country Director in Ghana, Namibia and Borneo, Jim Clements is Country Director for our new Tanzania expedition programme (P3).

CONNECT

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Stacey Adams
Originally from Australia, Stacey joined Raleigh as CEO in 2007 after working for UNICEF, BBC Education and in health inequalities communication. This issue, she visited Borneo on a very special assignment.

Welcome!

So much is happening with Raleigh this year, it's been a challenge to cram all our news into this issue...

Starting in Africa, Raleigh Tanzania is feverishly busy setting up our newest fieldbase, ready to receive the first project teams in spring 2013 and deliver our new International Citizen Service (ICS) programme next summer. There is so much positive change happening in the region (turn the page to find out more) so our return to Africa really couldn't have come at a more exciting time.

I'm just back from Borneo where I met two very well-known Raleigh alumni on their royal tour (P11), as well as checking out our work in Sabah. Celebrating our tenth year in Borneo, I saw first hand the impact of our long-term partnerships with communities, scientists and researchers, improving lives and supporting conservationists.

This trip really brought home the power of being connected in our rapidly changing world. Blogs, LinkedIn, Facebook and Twitter have all been amazing tools in our global march forward. By working together and talking together we, the global alumni - a united community of active citizens - have been able to share progress (P15), exchange new ideas (P20), support each other professionally (P8), organise conferences (P6) and set ourselves brave new challenges (P18). Make sure you stay connected: join us on LinkedIn, bookmark the Raleigh website, sign up to alumni blog updates or come and talk to us about your ideas - we're here to support you as you continue to change lives and make a difference.

Stacey Adams
Chief Executive Officer

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www.raleighinternational.org/alumni-contact-details

BACK TO AFRICA TANZANIA

2013 WILL HERALD RALEIGH'S RETURN TO AFRICA BUT WHAT HAS CHANGED SINCE OUR LAST EXPEDITION TO THE CONTINENT IN 2007? SARAH ELLIOTT AND SHADY BAJELVAND INVESTIGATE THE CHALLENGES FACING TEAM TANZANIA

From the Great Rift Valley's Ngorongoro Crater and the skin-scorching Serengeti to the palm-fringed spice island of Zanzibar, Tanzania will whet the appetites of adventurous alumni quicker than a mess tin of instant porridge. Politically stable, stuffed to the gunnels with superb wildlife and home to Africa's iconic hiking challenge (ever heard of Kilimanjaro?), Tanzania oozes off-the-beaten track adventure. But the story is much more complicated than the tourist brochures suggest. Although it has one of the healthiest economies in sub-Saharan Africa, Tanzania remains one of the poorest countries in the world with over 90% of its population living on less than \$2 a day. 80% of Tanzanians farm or fish at subsistence level leaving them vulnerable to adverse weather and price swings in the international economy, the number of street children is on the rise - especially around urban centres - and the march for progress threatens many of the pristine wild environments that first put Tanzania on the map. We take a look at some of Tanzania's current conundrums.

A BIT OF HISTORY...

Since achieving independence in 1963, Tanzania has been on quite a journey. The first president, Julius Nyerere, pursued socialist agendas - nationalising factories, plantations, banks and private companies, as well as creating cooperative farm villages. The idealistic programme floundered and was succeeded by two more market-driven presidents, Mwinyi and Mkapa, who both sought to raise productivity, privatise business and attract foreign investment, as well as implementing strict fiscal reforms.

ENVIRONMENT

A host of problems hinder environmentally sustainable development for Tanzania. With the majority of Tanzanians relying on wood for their energy needs, **deforestation**, illegal timber trade and loss of biodiversity are huge problems. Increasing amounts of **untreated waste** are polluting water supplies and urban air, with dire consequences for millions of people who eke out a living on the fringes of cities - not to mention the effect on both marine and land environments. The swelling population also creates **conflicts** between people and wildlife, with poaching and animal attacks on humans on the rise.

80%

fish or farm at
subsistence level

EDUCATION

Previously a schoolteacher, president Nyerere was known as *Mwalimu* (teacher in Swahili) as he put an emphasis on education as a way to work towards his vision of African socialism. The country has a healthy enrollment rate for primary education but **drop-out rates** are high, attendance is low and less than half the students move on to secondary education. Although tuition fees are covered by the government, other fees such as school uniforms and learning materials make schools **unaffordable** to many children whose families live on less than \$2 a day.

90%

live on less than
\$2 per day



Country Director JIM CLEMENTS lifts the lid on the new RALEIGH TANZANIA programme.

With support and cooperation from the Tanzanian government, we'll be delivering a diverse range of projects across the whole of the country. We'll be working in many of the country's protected areas to improve environmental sustainability. Our community projects will be focused on rural areas' crucial needs - namely access to water, adequate sanitation and education, along with implementing initiatives driven by sustainable technology and alternative energy. Crucially, we'll be working alongside young Tanzanians, helping build their capacity so they are able to support their communities. Despite Tanzania being one of the poorest countries in the world it has the potential to be the leading light in Africa given its enormous social and cultural diversity and political stability. By working in Tanzania I hope that Raleigh's programmes will contribute towards stronger leadership and development of the country. I'm thrilled to be heading Raleigh's return to Africa and look forward to welcoming our first expedition teams in Spring 2013.

HOW CAN I GET INVOLVED?

Being an alumnus, you already know the drill. What you might not know is how much we value the skills and knowledge you bring to our expeditions. To help you return, your fundraising target as alumni is 10% less than the standard target. Get in touch to join us out in Tanzania in 2013: www.raleighinternational.org/where-we-work/tanzania



To stay up-to-date with developments, follow our Tanzania blog: raleightanzania.blogspot.co.uk

PEOPLE

Tanzania is the largest country in East Africa but, with more than 120 ethnic groups, it is filling up fast: in the last 50 years, the population of Tanzania has rocketed from **six million to 45 million**. 71% of the population are under the age of 30, making Tanzania one of the youngest countries in the world. This high population growth rate poses significant challenges: an increased dependency burden, an enormous - and unmet - demand for youth employment and the **overloading of basic commodities** such as sewerage, clean water, schools and health care.

71% are under age 30



INTERNATIONAL CITIZEN SERVICE



OUR HEAD OF PROGRAMMES, **JASMINA HAYNES**, INTRODUCES ICS.

This summer, we joined a consortium of International Development organisations to deliver the Government's new International Citizen Service (ICS) programme which aims to build a generation of active global citizens. This helps us support more young people from the UK, India, Nicaragua and Tanzania to volunteer together to help reduce poverty in some of the world's most disadvantaged communities – something that we firmly believe in.

As we go to print, our first round of ICS volunteers will be returning from programmes in India and Nicaragua and be getting ready to start working on their follow-up social action projects. We look forward to sharing their progress with you in the next edition.

If you would like to find out about Raleigh ICS, please visit

www.raleighinternational.org/what-we-do/raleigh-ics

We welcome applications for volunteers (18-25 years old) and team leaders (aged 23 and over) for expeditions to India, Nicaragua and Tanzania.



DWAYNE RYTON CHANGING LIVES

DWAYNE RYTON HIT ROCK BOTTOM BEFORE FINDING THE HELP HE NEEDED TO **TURN HIS LIFE AROUND.**

I LEFT HOME AT THE AGE OF 16.

I was supposed to be studying at college but by then I'd started taking drugs and dropped out. I was in and out of work for a while but then my habit became so bad that I didn't work at all. At that time I was in a really difficult relationship which eventually came to an end. I felt like there was nothing positive in my life at all.

I had a lot of traumatic, extreme experiences when taking drugs. At one point my heart stopped but it didn't deter me from carrying on. I was doing drugs to self-medicate anger issues which were caused by the drugs themselves. I was trapped in a vicious cycle.

I had reached rock bottom and I finally realised that I needed help. Luckily the Amber Foundation took me in, which was one of the best things that could have happened to me. I haven't had one blip since I have been here and they trust me which is really nice - especially since people in my life haven't given me much trust before. Amber helped to

keep me clean for 10 months and supported me to start making positive plans for my future. We thought that, when I was ready, Raleigh could be a great way to start a new page.

“I realised that people didn't care about my past but appreciated who I am today”

Once I completed the UK Residential and was accepted on Raleigh, I needed to raise money - so I offered to do jobs to help people in my community. I put adverts up and approached people to ask if there was anything that they needed doing. In return, I asked to be paid any price that they felt would be fair. I ended up doing all sorts of odd jobs but it all added up. I was surprised that people were so generous in supporting me. Raleigh felt right: doing my expedition allowed me to give something back to the community. It also meant that I got to see the challenges people face in a different part of the world and meet new people.

Most of all though, it helped me to start again. During my expedition I realised that people didn't care about my background but appreciated who I am today.

It felt really good for me to hear people talking about me in a positive way and not judging me. I was surrounded by positive friends, and started getting a better awareness of who I am and where I fit in. I was learning how to voice my opinions and I also learnt that my contributions were valued.

Back home, I feel like a different person. People around me have noticed that I am more relaxed and happy in myself, and I feel focused and motivated. I'm only 24 but I've planned my next five years and I know exactly what I want to do. My long-term goal is to go to university to study physiology and work with autistic children - but I'd also like to do some work for Amber so I can support other young people like me. I am on track to getting my Maths and English qualifications, which are the first steps towards an access course to get into university. Looking back, I couldn't have achieved all this without the support and opportunities that the Amber Foundation and Raleigh gave me, which made such a huge difference in my life.

SOME OF THE BIGGEST CHANGES HAPPEN FOR THOSE YOUNG PEOPLE WHO HAVE CHAOTIC AND DIFFICULT LIVES. RALEIGH PROVIDES EXTRA SUPPORT AND TRAINING FOR YOUNG PEOPLE IN THE UK AND OVERSEAS WHO DON'T HAVE THE FAMILY NETWORK, SUPPORT OR RESOURCES TO GO ON EXPEDITION



If you want to know more about how we support young people like Dwayne through youth partnerships please contact Rahim Hassanali, our Youth Partnerships Officer, at r.hassanali@raleighinternational.org



ALUMNI CONFERENCE IN PICTURES

ON 12TH MAY WE HOSTED OUR FIRST INTERNATIONAL ALUMNI CONFERENCE. 109 EXPEDITIONS WERE REPRESENTED WITH 300 ALUMNI FROM 18 COUNTRIES CELEBRATING 28 YEARS OF TAKING ACTION ACROSS THE GLOBE.

ON THE AGENDA

- Sustainability challenges
- Harnessing people power
- Legacies of volunteering
- Innovative biogas projects
- How to inspire action

All our speakers were Raleigh alumni, ready to share their skills and knowledge and celebrate taking positive action in their communities.



Raleigh societies from around the world were represented.



Phil Mulligan (Kenya 88 and Belize 95), Paul Oginsky (New Zealand 86B), and Stacey Adams, Raleigh CEO.



Mark Ashby, India Country Director and Rupert Miller, Head of Alumni and Business Development.



Nigel Cushion (Kenya 16B)

“The atmosphere was brilliant and talking to venturers was easy, even when some of them turned out to have been born whilst you were on your own expedition!!! Old or young though, you were all family and age did not matter!” Lisa Evans (Alaska 1988)

For more photos and videos of the conference, visit the alumni blog at raleighalumni.blogspot.co.uk



Youth Worker Khalid O'Beirne (India 09I).



Nathan Roberts (Ghana 04G) and Kristin White from Raleigh Bermuda.



Nick Johnson (Uganda 96E) and Henry Adams (CRN 10F).



Nigel Cushion (Kenya 16B).



Michael Maxwell (Ghana 04) and Garrison Lu Feng (China 98G).



Shih Chung Loh (Borneo 05G) and Keiner Jimenez-Alvarado (CRN 10B).



Hal Gilmore (Chile, Namibia and Mongolia) and Sophie Broadbent (CRN 05J).

“So many alumni have got out there and done inspiring things - and are willing to show others how.” Daisy Knox-Murphy (CR&N 2010)

“It brought me out of my complacency and made me realise that I still have a lot to give.” Gavin McAllister (Panama 1988)



Past and present Country Directors Julian Olivier, Rupert Miller and Andy Wahid.



Rosalie Zerrudo (Guyana 95H).



James Stacey (Zimbabwe 89C).



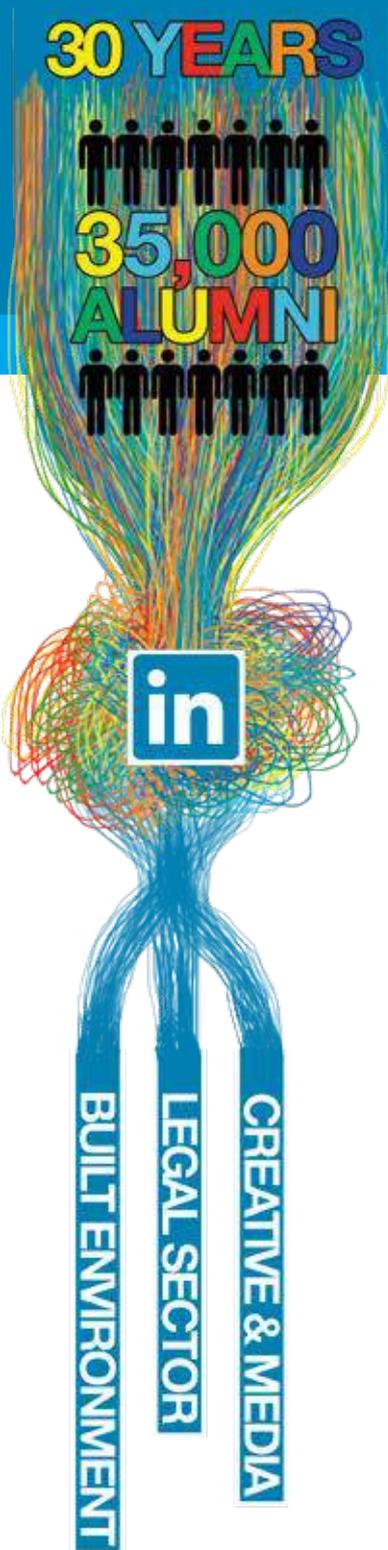
Tom Rippin (Chile 02A).



Sue Flood (Queensland 86H).



Raleigh founder and explorer Colonel John Blashford-Snell and Craig Cohon (Chile 85).



CAREER CONNECTIONS



WITH 35,000 ALUMNI IN ALMOST 30 YEARS, YOUR RALEIGH EXPERIENCE CONNECTS YOU TO A MIND-BOGGLING NETWORK OF LIKEMINDED PEOPLE WITH A HUGE ARRAY OF SKILLS AND EXPERIENCE, SAYS SHADY BAJELVAND.

BUT HOW DO YOU TAP INTO IT?

And how could it help you develop professionally? At the alumni conference in May 2012, you suggested using the professional networking website [LinkedIn](#) to host a series of Alumni Networking Groups, putting you in touch with fellow alumni in your profession to share advice and opportunities. So far, three professional networks are up and running: 'Creative & Media', 'Legal Sector' and 'Built Environment'.



HOW I GOT CONNECTED JAKHYA RAHMAN

Graduating in a shrinking economy meant it was difficult to get a job, let alone a job I was passionate about in International Development.

One avenue that really helped me was the support that I got from other Raleigh alumni. After my expedition (CRN 11C) I stayed connected to Raleigh by volunteering at events - offering advice, giving speeches and networking.

At one event I was introduced to Dominic O'Neill, alumnus of nine expeditions who has been working with DFID in different posts for many years, including his current role as Head of DFID Nepal. His advice was invaluable: the nature of development work is challenging and throws up many barriers, so you need real passion to drive you - Dominic's own enthusiasm was obvious. Secondly, he suggested that narrowing down what type of work to specialise in was paramount in this diverse field, and emphasised the importance

of gaining relevant experience. Finally, he recommended courses and qualifications which would help me once I'd figured out my focus, and offered to put me in touch with colleagues in those fields.

Reflecting on Dominic's advice, I've since gained more field experience (returning to Raleigh India as a Project Manager) before landing an exciting role in Cambodia, working within Programme Support for an organisation that focuses on public health. Right now I'm out in the field, helping to manage projects such as microfinance programmes and evaluating their effectiveness. For me, speaking to someone who had already gone through the process was a huge boost, and helped me secure that elusive first rung on the ladder.

GET CONNECTED

Join your industry networking group, share your experiences and seek advice - you can access the groups plus a quick guide on how to sign up at: www.raleighinternational.org/raleigh-alumni/alumni-networking-groups

CAN'T FIND YOUR FIELD?

Lead the way - request a new group by emailing us and we'll set one up! alumni@raleighinternational.org



Dominic O'Neill, alumnus of nine expeditions from Guyana 93L to Chile 02C - now Head of DFID Nepal.

DREAM JOBS

ROSALIE ZERRUDO'S RALEIGH JOURNEY BEGAN WITH AN EXPEDITION TO GUYANA (95H). SINCE RETURNING TO HER NATIVE PHILIPPINES, SHE'S CARVED OUT A CAREER IN CULTURAL ECOTOURISM. SARAH ELLIOTT ASKED HER HOW SHE DID IT.



Gosh, your CV is pretty impressive...

You are very flattering! My career started with a degree in psychology but volunteering with Raleigh was the eye-opener that really gave me a new perspective on life. My expedition made me realise that I am a passionate individual with strengths that I could channel into action. I think the catalyst was the spirit of adventure and the challenge of going beyond the ordinary – but it made me realise that some of the most important mountains that you climb are the ones on the inside.

What happened after your expedition?

Back home, I come from quite a poor community but I had developed survival skills, compassion and a realistic, can-do attitude. My expedition also gave me the confidence to connect with people so I started raising funds for local community projects that inspired me. I realised that I was passionate about working with my community in a creative way, using art and media to connect with people. So I set up a grassroots biodiversity education programme, Enigmata, and my journey started there.

What makes you passionate about ecotourism?

One of the crucial elements for me is the principle of responsible tourism - not buying or consuming products, but supporting and connecting people. I am an ambassador for my country – the link between visitors to the Philippines and our local communities. For me, communication is vital: I collaborate with all the stakeholders and community members, which requires organising, training, facilitation and widening participation.

What happened next?

Enigmata grew and I've since set up the Enigmata Treehouse EcoLodge. I've organised earth camps, forums, a conference on ecology; I've produced environmental art, theatre events and even concerts. I was invited to teach in the local college as an ecotourism instructor which allowed me to network internationally with young people, artists, activists and environmentalists from around the world.

“People skills are important so reach out and build your network of professional relationships.”

Do you have any spare time?

I'm busy but, if it's important, I make time - and I've had great support from people and organisations in my network. I've just finished a Masters in Educational Theatre for Colleges and Communities at Steinhardt School, New York University with sponsorship from the Ford International Fellowship Program.

Any advice for alumni who want to work in ecotourism?

In this line of work, people skills are important so reach out and build your network of professional relationships. You must also be committed and practice what you preach – walk the talk and spread the virus, adopt an eco-friendly lifestyle that shows that you are an accountable, aware human being. This is a challenging career but if you love what you do, things happen! I've been able to combine my creativity with my passion for adventure. It has given me the freedom to define my own role, set my own personal goals, and allowed me to follow my heart.



The Yayasan Sabah story

The Danum Valley Conservation Area is 438 sq km of protected dipterocarp forest in southeast Sabah - that's lowland, wet rainforest to you and I, packed with giant strangler figs, nyatoh and 'ironwood' belians - species that have existed for over 30 million years. Below these lofty branches, orang-utan, gibbon, tarsier, wild cat and pygmy elephant hide in the dense forest. One day, you may even glimpse a sun bear or a Sumatran rhino - if our conservation efforts continue successfully.

Raleigh has been working alongside the Sabah Foundation, *Yayasan Sabah*, for over a decade, helping to provide facilities for research, education and wilderness recreation. During this time, we've built the Mengaris Research Camp and a secondary suspension bridge across the Segama River to allow access and accommodation for international research scientists. Earlier this year, we completed a satellite camp at Ulu Sangum Purut and provided a safe water system to service the main Danum Valley Field Centre (DVFC).

What's next?

This October, expedition teams will begin rebuilding the Raleigh Cabin Research Camp, first established in 1987. Situated at the base of Mount Danum, a testing two-day trek into the rainforest, this ambitious project will take two years to complete. It will offer access to previously untouched areas and help DVFC rangers protect the biodiversity of this precious region.



JUNGLE JUBILEE

RALEIGH BORNEO GETS A
ROYAL VISIT

This September, Raleigh CEO Stacey Adams helped welcome two very special alumni to our cutting-edge conservation project in the heart of Sabah. She describes what happened when William and Kate returned to their Raleigh roots.



“It was swelteringly hot as the Duke and Duchess of Cambridge walked up the hill towards the laboratory at the Danum Valley Field Centre. The couple stopped in this remote corner of Borneo’s tropical rainforest as part of their Diamond Jubilee Tour of South East Asia and the Pacific, keen to learn more about the work of Royal Society scientists who are working to understand and protect the biodiversity of this special place.

What was also apparent was their enthusiasm to meet the Raleigh volunteers and field staff, the latest teams to work alongside scientists

in Danum Valley region. William and Kate’s own experiences of Raleigh - Chile 001 and 01A respectively - gave them first-hand insight into expedition life: as they came up the steps they looked at the line of Raleigh t-shirts and broke out into broad smiles. The Duchess remembered the t-shirts well, joking that she still has hers 11 years on.

They spent time talking to each of the volunteer managers and venturers asking their stories and why they had come, impressed by the work they were doing to install a gravity feed water system into one of the research centres. As alumni of Raleigh they also remembered fondly the three bowls and mess tins which were on display, and shared their expedition memories with the volunteers.

Inside the laboratory they were accompanied by Datuk Tengku Adlin who brought Operation Raleigh to Borneo nearly 30 years ago. They talked to Country Director Mark McCarthy, Malaysian venturer Shea Shin NG and myself, asking about our work with The Sabah Foundation and around the world. Most of all, I was inspired by their commitment to causes such as youth development and conservation which are so dear to our own hearts.”



INTERVIEW PHIL MULLIGAN

CHARTING HIS RISE FROM TEA BOY TO EXECUTIVE DIRECTOR OF THE UNITED NATIONS ASSOCIATION, PHIL MULLIGAN TALKS PILCHARDS, PEDAL-POWER AND SUSTAINABLE DEVELOPMENT.

Cut me and I'd bleed Raleigh. Raleigh is not so much in my blood as being my blood. Over-dramatic, yes, but perhaps not overstated.

No other organisation has had as great an impact on my development or been more influential in determining my life trajectory. After attending a presentation, I submitted my application and somehow made it through the merciless

drilling of the squaddies who were running our selection weekend. In 1988, at the age of 19, I departed for three months in Kenya to work at an elephant orphanage and rhino sanctuary. When I returned I wanted to help others with their Raleigh journey so I continued to volunteer locally, including setting up a Raleigh support group in my area.

My experiences with Raleigh had already given me some huge physical challenges including rebuilding a climbing hut at 16,000 feet in the

freezing snows of Mt. Kenya, as well as testing mental ordeals like being put in a different group from the American venturer I so dearly wanted to share a tent with. But more fundamentally, my Raleigh experience opened my eyes to opportunities available outside the traditional university-to-work pathway. So it was to Alpha Place, then Raleigh's UK HQ, that I went upon graduating to become a glorified 'fax boy', responsible for sending and logging communications between expedition fieldbases and London. The role may have been prosaic



but the surroundings of expeditionary fervour were truly inspiring, and it had the added bonus of teaching me lifelong skills such as how to use a telex machine. I couldn't get enough of Raleigh: out of hours I was either busy with support group activities or away helping on selection weekends. When I did leave it was to set off on my own two-and-a-half year 'eco-cycle' expedition, covering 15,000 miles by bike, and undertaking voluntary conservation projects and environmental education talks at schools.

That journey paved the way for my new role as the 1994

Raleigh 'Bike Ride Coordinator': I was paid £75 per week to organise a round-Europe bike ride, including environmental volunteering projects for prospective venturers to use as a fundraising vehicle. It was a tremendous opportunity and I learnt important leadership and management lessons in the process, before going on to join the first Raleigh expedition in Belize as a Project Manager.

Working with Raleigh the second time around, what struck me was how the organisation had matured. Of course there was still the mess-tin-and-long-drop mentality but the overall approach to development intervention was more strategic. Reconnecting recently with Raleigh through the Alumni Conference demonstrated to me how much further the organisation has now gone.

After the expedition in Belize I undertook six years of postgraduate and doctoral research in Development Studies at Sussex University and from there, thanks to all the practical experiences and volunteer engagement I had gained with Raleigh, I was able to secure the position of Country Director for VSO in Indonesia. Some

of the Raleigh skills I had acquired were certainly useful as I travelled the archipelago visiting volunteer placements in remote areas over the next five years.

I now have the huge privilege of running the United Nations Association UK (UNA-UK) which has brought me back into regular contact with Raleigh. I am impressed by the way the charity has continued to innovate and mature.

Raleigh now has a sharp strategic focus on sustainability and plays a leading role within the volunteering sector, for example through the recent Global Ambassadors programme and now as a core partner of DFID in the International Citizen Service (ICS) initiative.

There are huge development and sustainability challenges ahead for the planet. Population growth, climate change, a looming energy crisis, pollution and over-consumption are all conspiring to threaten the recent development advances made by the poorest people in the world. Addressing these issues will not be easy and strong leadership is going to be required internationally, nationally and on a personal level. What Raleigh can do like no other organisation is take nascent enthusiasm and the idealism of youth, and provide life-changing experiences that don't just broaden the mind but expand it beyond its cranial boundaries; Raleigh creates a genuinely inspired and informed new cadre of future leaders, able and motivated to face the challenges ahead. No Raleigh project alone is going to save the world but Raleigh is an important incubator of talent and commitment and a provider of cross-cultural knowledge and experiential learning.

The United Nations is the inter-governmental body that will shape our common future by providing negotiated multilateral agreements and direct delivery via agencies on the ground. The UN Rio+20 Earth Summit this June pledged to identify new sustainability goals - and it will be a UN process that develops the next strategic approach to poverty reduction through a new development paradigm to replace the MDGs in 2015. But the UN is not just made up of member states represented by Ambassadors in New York and Geneva, or the Secretariat headed by Ban Ki-moon. The opening paragraph of the UN Charter states *"We, the peoples of the United Nations..."* and it is up to us, as global citizens, to play our part in delivering a sustainable and just world. In Raleigh's current strategic plan there is a commitment *"to use leadership and team skills to take personal responsibility and action to make the world a better place"*. This is exactly what is needed to build the capability and commitment of our future leaders.

Raleigh alone cannot change the world but it did change mine. What hasn't changed over the last three decades is Raleigh's ability to provide a critical intervention that inspires both a lifelong commitment to the greater good and an aversion to tinned pickards.

"Raleigh provides life-changing experiences that don't just broaden the mind but expand it beyond its cranial boundaries"

Ambassadors

Phil Mulligan is Executive Director of the United Nations Association UK (UNA-UK), a grassroots membership organisation dedicated to supporting and promoting the work of the UN. To stay informed about the UN or to become part of the association please visit www.una.org.uk

"Raleigh creates inspired and motivated future leaders, able and challenges to face the ahead."



LOVE IT OR LOATH IT

IT GOT YOU THROUGH YOUR EXPEDITION!

RALEIGH RATIONS

ON EXPEDITION, FOOD CAN CHEER YOU UP, DRIVE YOU MAD OR GET YOU UP THAT MOUNTAIN. HUNDREDS OF YOU SHARED YOUR MEMORIES OF RALEIGH RATIONS ON OUR FACEBOOK PAGE.

"Mugs of hot Milo. I now work in Singapore but everytime I get a mug from the office vending machine, I have the best memories ever."

Ellie Warner (Sabah 04M)

"Peanut brittle - I'd fight for it!"

Ben Hopwood, (Sabah 06A)

"Antelope feast cooked by Arjun Bal Gurung, our resident Gurkha, on Mt Cameroon."

Robert Allan 17A (1988/89)

"Laughing Cow cheese, you could do so much with it. The dishes you came up with given what you had was great - will always remember making mango crumble!"

Clare Devon (Ghana 02N)

"Corned beef burgers cooked over an open fire with bread baked in a clay oven, followed by biscuit browns with a tin of jam."

Chris Madden (Zimbabwe 96B)

"Doughnuts made in the jungle filled with jam using a syringe from the medical kit."

Veronica Munk (Malaysia 97C)

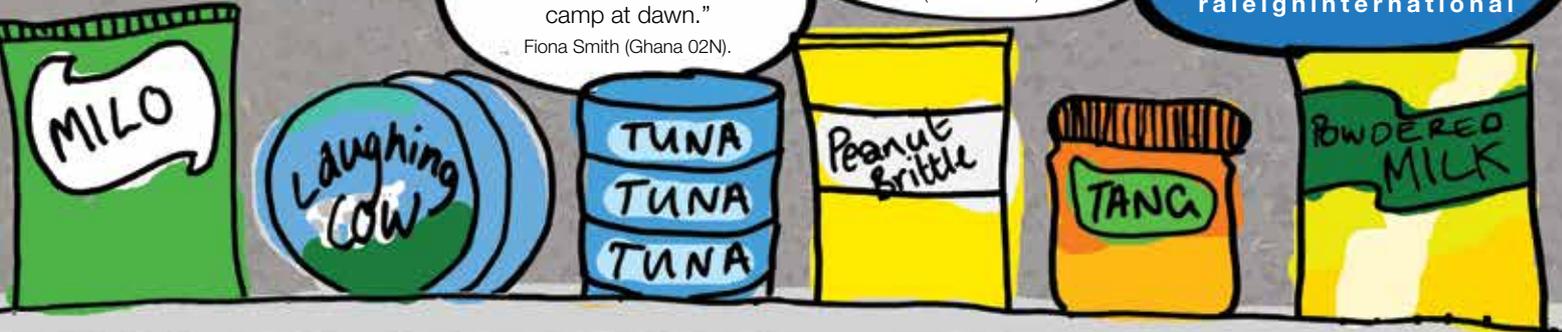
"Cake in a can - it was da bomb!"

Zina Edwards Malcolm (Botswana 90)

STAY UP TO DATE WITH THE LATEST CONVERSATION AT www.facebook.com/raleighinternational

"Nestle Cerevita. Perfect to get you going when striking camp at dawn."

Fiona Smith (Ghana 02N)



"Mealie Meal porridge - it always retained the essence of wallpaper paste."

Mark Plant (Zimbabwe 86B)

"Chilean Army ration packs, yuck!"

Kevin Leadley (Chile 90F)

"I loved the porridge, but the slaughtered cow brain and entrail bits I couldn't do."

Jillian Foster (Namibia 98J)

"Corned beef - when you opened the tin there were all sorts of tubes and bits in."

Hinton Chetwood (Zimbabwe 93B)

"Surfboard biscuits. Forget straw bales, if we'd built the clinic out of those, it would've stood for 100 years!"

Mark Endall (Mongolia 01E)

"Instant mash mixed with cold water when it was too wet & wild outdoors to start a fire."

Gracie Low (Chile 01A)

"Porridge for breakfast, cold porridge for lunch and flap jacks for dinner!"

Steve Clark (Chile 95G)

"Kerosene noodles after all of our dry rations were contaminated on the journey to Semiliki. Or was it the boiled tripe we were served as guests of honour at a local wedding outside Masaka??"

Charlotte Hamilton (Uganda 96E)



MOST TALKED ABOUT

OATS! Porridge was your most hated meal, but many of you voted the lushious latino creation 'energy bombs' as your top nosh. Here's how to make sticky choco-flapjack heaven from oaty hell.

RECIPE

Simply mix a handful of porridge oats with condensed milk, chocolate powder, dried fruit and nuts. Loosen with water, sweeten with sugar and serve, hot or cold, to give your day a Raleigh-style energy boost.

LEARNING CURVES



Our Development Officer Brittany Glenn shines a light on **EDUCATION PROJECTS** and their impact around the world.



We all know that education is important. Think about the skills you learned in your own education, what impact they've had on you, and the many opportunities that they created.

Now imagine a childhood without a basic education. Some things are more obvious - not knowing how to read or write, or being unable to get a job - but there are many opportunities that may not have come to mind. Education teaches us lessons that we carry with us throughout our lives. We learn about health, sanitation and disease prevention - from the basics of hand-washing to the more complex issues of sexual health and contraception. We learn essential social skills; gender barriers are broken down, a culture of peace and acceptance can be taught, and a wider understanding of the world around us can be attained. Quality education can transform lives - in some cases, those lessons can be life-saving.

Raleigh believes that education is an integral element of international development - it underpins all the Millennium Development Goals (MDGs) which were created with the aim of eradicating poverty. If individuals and communities don't access education, none of the goals will be reached.

Evidence shows that lower educational levels are strongly linked to higher poverty levels. Time and time again, statistics show that education improves health, sanitation, gender equality and disease prevention, and it decreases maternal and infant mortality. This is why we are so committed to delivering education projects in the countries we operate in.

PROJECT SPOTLIGHT

EDUCATION

COUNTRY CHALLENGES

Every country has different challenges in education, which is why we work closely with our national partner organisations to ensure that we deliver quality, sustainable projects.

COSTA RICA is a well-developed country but its indigenous population (64,000) live in very different circumstances. With few schools, many indigenous children walk two hours each way to school, often through the mountainous, unsafe terrain of the country's remotest corners. Consequently, many indigenous children drop out of education and only 9% progress to secondary school. Since 2001, we have built 14 primary schools, nine secondary schools and four comedors (dining halls) within indigenous territories.

BORNEO'S government provides education for all children over the age of six but, to qualify, children must first learn basic reading and writing skills in pre-school. Sabah's remote regions have the highest levels of poverty in the country with few pre-school facilities or teachers: in some cases, 300 children compete for just 25 places with one teacher. We have been working alongside local communities, partners and the government to build more kindergartens and train quality teachers to ensure that many more children will have the opportunity to learn the primary skills needed to enter formal education, helping them break the cycle of poverty.

“The equation is simple: education is the most basic insurance against poverty. Education represents opportunity. At all ages, it empowers people with the knowledge, skills and confidence they need to shape a better future.”

Irina Bokova, Director-General, UNESCO

Identify the need

1

We are guided by local experts to determine what is needed and what barriers must be overcome to achieve results.

Consult with the local community

2

We communicate and collaborate with communities, local partners and governments ministries to create a sustainable plan.

Fundraise

3

In addition to our volunteers' contribution, our UK and country staff work around the clock to fundraise the additional income required from trusts, foundations and corporate sponsors.

Deliver the infrastructure

4

This is where you come in! Our expedition volunteers work side-by-side with community members to build the school structure.

Monitor and sustain

5

Long after the expedition teams leave, we continue to support and work with our project partners to ensure the buildings are maintained and teachers are supplied.

A child born to a mother who can read is

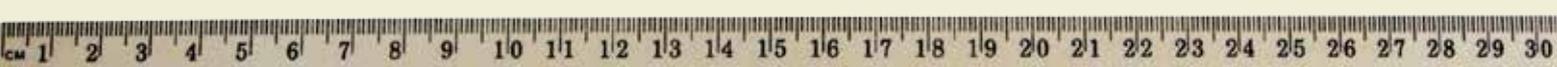
50% more likely to survive past age five

One extra year of schooling increases a person's earnings by up to

10%

So far this year we have built **6** schools

HOW TO BUILD A SCHOOL IN THREE WEEKS Costa Rica 2010





RUPERT MILLER, HEAD OF ALUMNI AND BUSINESS DEVELOPMENT, REVISITS HIS ZIMBABWE EDUCATION PROJECT 18 YEARS ON.

2012

In February 1994 I was a venturer on Zimbabwe 94B. It was my first time in Africa and it had a big impact on what I have subsequently done with my life. Being in Africa was amazing: the people, the landscape, the food, the culture - all experienced within the magic of a Raleigh expedition.

I spent my third phase on a community project at Horseshoe Primary School, just outside the town of Guruve, two hours north of Harare. We worked with Save the Children on the construction of teachers' accommodation that was needed to ensure that teachers would travel from Harare to live and work in this remote location. We lived in tents in the school grounds and worked with members of the local community to complete the two houses by the

end of the phase. The reception that we received from the local population was incredible with everyone involved wanting to learn from each other and work together to complete the project. We finished the phase with an opening ceremony and a community lunch for over 300 people - one of the most inspiring days of my life. As we drove out of the school gates, exhausted and happy, little did I know that 18 years later I would be back to visit the school.

After a long taxi ride from Harare, to walk across the playing fields and see the original Raleigh mural and the two teachers' houses still there was very special. The reception from the school children was just as I remembered, and meeting the teachers that live in the houses made all that previous

hard work worthwhile. The headmaster remembered the group with very fond memories and proudly dug out the 1994 yearbook to reveal the thoughts of the venturers that had lived and worked at Horseshoe School. The headmaster was adamant that without the provision of good accommodation, the school wouldn't have survived - let alone thrive like it has over the last 18 years. As I left through the school gates I reflected on the enormous impact that our project had had on that community and the volume of children who had received a proper education over those two decades - something I barely dared to dream when I left the school all those years before.

1994



ALUMNI ACTION YOU SHOW US HOW

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead, Anthropologist

DID YOU KNOW...

that you can support a specific project that you care about?

Ready for a new challenge? Build a pre-school in Borneo or help secure ongoing education for an indigenous reserve - our alumni show you how.

Fundraising by each venturer and volunteer manager allows us to operate our overseas programmes and meet our objectives of supporting and developing young people during their expedition journey – everything from safety equipment to trek rations to a fully-functioning fieldbase. On top of this, our UK fundraising team and country staff work behind the scenes to source an extra £100,000 a year to make our projects happen.

With your help we can deliver more projects and reach more people next year. In 2011, Raleigh alumni raised almost £20,000 for projects around the world. 100% of the money that you raise will go towards your chosen project in Borneo, Tanzania, India, Costa Rica or Nicaragua. Get in touch with our fundraising team to find out how to make it happen:
alumni@raleighinternational.org

One Woman Wonder

Catherine Simmons singlehandedly raised £3,820 through a variety of ingenious appeals after returning from her expedition. Her efforts have helped Raleigh build a new secondary school in the indigenous reserve of Conte Burika in Costa Rica.



£3,820
built a
secondary school
in Costa Rica

£1,250
raised to fund
housing projects
in Nicaragua

£7,222
funded a
kindergarten
in Borneo



Rickshaw Racer

This September Dave Winterflood (CRN 11E) raced 3,000km across India in a rickshaw. The money he raised will be used to build housing for communities in northern Nicaragua.

Hot-Foot Fundraising

Back in June 2011, 18 Raleigh supporters took on the Three Peaks Challenge, scaling Ben Nevis, Scafell Pike and Snowdon in less than 24 hours. Together they raised £7,222.



STOP PRESS

SIGN UP FOR SOME SERIOUS CYCLING

On 4th May 2013 a group of alumni will race Country Director Mark McCarthy from Borneo back to London. Organiser Abby Kirby (Borneo 10D & 10J) needs your help!

26 STATIC BIKES

- stationed at Kings Cross

26 TEAMS OF FIVE

- to take turns spinning the wheels

26 HOURS

- to reach the target of 11,252km and £26,000!

“Could you organise a team? It’s an amazing way to reconnect with some of your expedition friends. Better with a bucket? Join us to help collect donations from commuters. Far away? Sponsor a team! If each bike raises £1,000 we’ll reach our target of £26,000 – enough to fund a project each for Tanzania, Borneo, Costa Rica and Nicaragua.”

GET INVOLVED! Visit the event page:
tinyurl.com/race-mac



BORNEO ART PROJECT

CUTTING-EDGE CREATIVITY
THAT IS BUILDING BRIDGES IN BORNEO

Earlier this year, Expedition 12A rolled out an ambitious art project across some of Borneo's remotest rural communities. Project Manager Ed Gregory reveals how his adventure into art is really making a difference.

Looking somewhat bamboozled, the country staff looked at each other across the table, and then back to me. Getting them on board with my idea was crucial, as this would be the first time that Raleigh had attempted such a large-scale art initiative.

"Ed, if you think you can make this work then, yes - go for it!"

And so it began: phone calls, emails, meetings, reports and lunches. Within a few days I had met Jennifer Linggi, Art Curator of the Sabah Art Gallery, rubbed shoulders with ministers, government officials and, crucially, business sponsors. Three weeks later I placed the full project plan on Mac's desk. He flicked through it and smiled. This is how we made the Borneo Art Project work.

Ed



Art in New Places

Raleigh works in some of the most remote villages in the region, where many people have never seen 'art' from outside their community. I saw an opportunity to bring art to these isolated communities. 20 diverse works of art created by Malaysians were selected from the archives of the Sabah Art Gallery, ranging from traditional to contemporary. We created weatherproof A3 copies of each piece and took them to four remote villages where we set up localized galleries in community buildings, leaving the prints for the villagers to keep.

One Canvas, One Kampong

We also took a large 9 x 5ft blank canvas to each *Kampong*, or village. With the help of the expedition team, the villages then created their first ever collaborative community art work. In one village we learned that the art day would have to run in a neighboring village's community hall. However the two villages had been in a feud for the last few years and did not speak with each other. We decided to cautiously continue, and what happened was quite remarkable: slowly, the villagers began to mix, discussing what they would create. Soon they were being creative together, laughing and talking - by the end of the day they were shaking hands and hugging.





The Big Picture

Next we took a giant 40 x 5ft blank canvas around each village, giving them each a section to paint on. Once completed, we took the canvas to the Sabah Art Gallery where resident artists filled in all the blank canvas space between villages, blending all the sections into one combined work of art.

We used outdoor paint as opposed to artist paint, and left each village with 20 litres to paint houses and community buildings - kindly sponsored by Nippon Paint. The 70 canvases were sponsored by Technographic while the 100 reprints were funded by the Malaysian Ministry of Tourism, Culture and the Environment.

Later this year

The art will be displayed together as an exhibition - Raleigh: Celebrating Sabah - for the opening of a grand new art gallery in Malaysia. Alongside the art, Raleigh's work will be explained, including a collection of photographic prints from expeditions.

What we achieved

This exciting new project shows how art can transcend language, age, religion and time, connecting hundreds of people from the creative hubs of industrious cities to quiet backwaters of isolated villages. And we hope it will touch the lives of countless others for years to come.





Do something amazing today...

**GET IN TOUCH
WITH SOMEONE
FROM YOUR
EXPEDITION THAT
YOU HAVEN'T
SPOKEN TO
IN YEARS**

Go on, we dare you!

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