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CONNECTIONS

Raleigh International Alumni Magazine

Autumn 2014



Voices of experience

Tales from volunteers around the world

Better health on tap

Our life-changing water and sanitation work

The Ring of Fire

Rob Candy gets set to trek the length of New Zealand

Jungle medicine

Claire Bertschinger's early adventures

Raleigh **Raleigh**
International

Raleigh International

Since it was founded in 1984, Raleigh International has created a global community of more than 38,000 inspired and inspiring people, committed to making a positive difference to the world.

It's thanks to you, the thousands of volunteers who have committed your time, energy and passion to support us, that we're able to deliver lasting benefits to the countries and communities we work with.

In return, we hope you've gained lifelong lessons and friendships and feel inspired to become a more active global citizen. No matter where they are or what they are working to achieve, Raleigh people make a difference. Raleigh is not just an experience; it's a multicultural, passionate, global team working together to change the world.

We'd love you to stay in touch after you've hung up your rucksack. There are reunions, societies, newsletters, events, training and talks to keep you connected. You can volunteer, teach, 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.

Find out more at www.raleighinternational.org/raleigh-alumni

THIS ISSUE OF CONNECTIONS WAS PRODUCED BY:



Eu-Hyung Han

A freelance designer, Eu has worked and travelled all over London... While working on this edition she realised that she has not yet visited any of the countries where Raleigh works and she really needs to get her act together!



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A copywriter and editor, Anna worked with the Raleigh team to plan and write this issue of Connections. She has previously worked with Kids Company, Save the Children and Crisis Action.



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Shalini has been the point of contact for case studies, project information, imagery and creative content. As content officer, she provides fresh and engaging copy for our website, social media, campaigns and media.



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Communications and PR Manager Laura is always building relationships with the media and opinion formers. She also oversees alumni relations and somehow found the time to help with production and cast her eye over the magazine copy.



Madeleine Somerfield

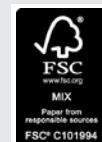
Madeleine is the Senior Designer at Raleigh Head Office, implementing visual branding as well as overseeing the design and production of all marketing material, including this magazine.

CONNECT

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WELCOME

THE ACTION NEVER STOPS AT RALEIGH...
 Since our last issue, we've launched a new government-backed programme to support small businesses in developing countries.

We've also celebrated a successful first year in Tanzania and worked with many more communities to deliver life-changing sustainable development initiatives. You'll hear from our recent volunteers about helping to start a women's cooperative in India, bringing clean water and sanitation to a remote village in Malaysia and learning to live on just £1 a day to raise awareness of the 1.4 billion people worldwide living below the extreme poverty line.

We're also hugely excited to share an interview with Dame Claire Bertschinger, an inspirational nurse who was part of Operation Drake – an early incarnation of Raleigh International. And although you won't find today's volunteers involved in quite such hair-raising escapades as Claire recounts, her message about the importance of daring to believe we can make a difference remains at the heart of the Raleigh philosophy.

It is the conviction that their actions can help change the world that has always driven our volunteers, and I know that you too share this belief. If you'd like to do more to support Raleigh, you'll find lots of ideas and suggestions in these pages. Whatever you do – be it big or small – we're grateful that you continue to belong to the Raleigh family and make us proud.

With thanks and best wishes,

Stacey Adams
 Chief Executive Officer

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We meet emergency relief nurse Dame Claire Bertschinger

Don't miss out

To get all our latest news,
 update your details at:

www.raleighinternational.org/keep-in-touch

CHANGING LIVES

IN THE LAST FEW MONTHS OUR TEAMS HAVE BEEN BUSIER THAN EVER, FROM HELPING REFOREST REMOTE COMMUNITIES TO FINDING CREATIVE WAYS TO COMMUNICATE HEALTH MESSAGES.



REFORESTATION, NICARAGUA

In the rural region of Valle Enoc Ortez, years of deforestation have left communities in danger of drought. Our volunteers worked with local young people to develop crucial reforestation initiatives, including planting 2,500 saplings to help to retain water in the ground, provide shade and prevent soil erosion. They also helped improve the local diet by building 11 allotments, and providing seeds and training to enable families to grow their own nutritious food.



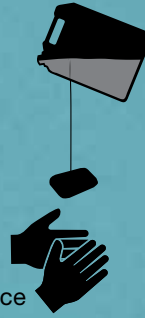
PROTECTING NATURAL RESOURCES, COSTA RICA

The stunning island of San Lucas is host to a rich array of flora and fauna. Raleigh volunteers have been working with rangers here since 2005. Recent groups have been clearing rubbish from the beach and constructing new trails across the island to encourage tourism. These initiatives help to conserve the natural habitat, prevent forest fires and improve access for scientists undertaking research on San Lucas' plants and wildlife.



HYGIENE AND HAND WASHING, INDIA

In India, only 28% of people have access to adequate sanitation, and knowledge about how to maintain good health is often limited. Our volunteers found creative ways to raise awareness about the importance of good hygiene during a series of workshops on hand washing and disease prevention. Volunteers acted out a sketch in which coloured powder called rangoli was used to show how germs can spread from faeces to food and cause illness.



SAFE WATER, BORNEO



Daily life for the 150 people living in Sonsogon Suyad, on the edge of the Borneo jungle, has been transformed by the completion of a new Raleigh water, sanitation and hygiene project. Now, rather than relying on rainwater collected from rooftops, the villagers will have access to a constant water supply, as well as new latrines. Our teams worked with the community to install two gravity-fed water systems, three essential sanitation units and several simple tap systems. They also shared learning about hygienic living.



SUPPORTING EARLY EDUCATION, TANZANIA

In Tanzania, education is not free until the age of seven. This means that 65% of children miss out on vital learning in their early years, many because their families can't afford to pay. To address this problem, Raleigh volunteers built an early childhood development centre in the village of Ndala, in partnership with Save the Children. At the opening ceremony, Dixon, the village Executive Officer, said: "We can now take a step ahead into providing better futures for our children."



FIND OUT MORE

These are just a handful of the projects our teams have tackled since the last issue. Find out more at:

www.raleighinternational.org/blogs

VOLUNTEER VOICES

RALEIGH VOLUNTEERS COME FROM ALL OVER THE WORLD, BUT THEY ALL HAVE ONE THING IN COMMON: THE DESIRE TO BE PART OF A GLOBAL COMMUNITY COMMITTED TO MAKING A DIFFERENCE. WE HEAR FROM SOME RECENT PARTICIPANTS ABOUT THE IMPACT THEIR EXPERIENCES HAD ON THEM.



GOODLUCK: TANZANIA

Goodluck got top marks in secondary school, but couldn't afford to go to university. Joining a Raleigh expedition helped him develop his leadership skills and decide what to do next.

"My family are Maasai and live in Arusha, Tanzania. Before I joined Raleigh, I was hunting and helping my family graze cattle. I decided to join the expedition because I wanted to improve my English, learn about different cultures and also gain friends.

"I had such a fantastic time with my group and we worked really well with the communities, who were welcoming and cooperative. The villagers were involved at all stages – they helped with all the physical work and they invited us to their village meetings.

"My best moment was when we were making fuel-efficient rocket stoves. These are better for the environment and save

people the hours each day that it takes to collect wood. Now that I can make a rocket stove I am going to build a massive one for my village!

"When it was my turn to lead, I divided up the volunteers into smaller groups and the work became much more manageable. At the end of the day, everyone said that they appreciated my leadership and direction. I know how to motivate people and I am improving my English language, which is so important here in Tanzania for education and getting a job.

"Before Raleigh I thought about being a doctor, but I really enjoyed working with children in schools on sanitation issues and now I want to be a teacher."

MARTIN: NICARAGUA

Volunteering in his home country of Nicaragua, Martin helped construct fuel-efficient ovens and eco-latrines, plant tree nurseries and promote healthy and sustainable living in a remote mountain community.



"Volunteering with Raleigh was one of the most positive, life-changing experiences I've ever had. I think the project was a huge success for everyone who was part of it and we all took different lessons from it.

"The project focused on natural resource management. One of the elements I enjoyed most was working with the community. Everyone seemed to share an enthusiasm and desire to move forward – it was really impressive to see the level of organisation and commitment that families can have. Every day we had something to share and something to learn.

"After finishing the project I realise how differently I see things now. As part of Raleigh's alumni society here I've decided to take part in a project called 'En Sus Zapatos' which means 'in your shoes'. It seeks to raise awareness among people in urban areas in Nicaragua about the rural situation, through donations of clothes, educational books and other useful items.

"Thanks to the project, my vision of the world has expanded. As an active global citizen, I'm ready to share, serve and commit to making an equal world."

DEIBER: COSTA RICA

In Costa Rica, Deiber found a new perspective on his home country when he and his team worked with local people to build a new 1.5km path across the stunning island of San Lucas.



“Through Raleigh I met wonderful people from many different countries around the world. I also saw the reality that some people simply do not have access to drinkable water. There are people living with the bare minimum, while many others squander food, water and resources.

“I learned what it means to be a global citizen – every action counts. I realised, too, that Costa Rica is the best country in the world! With 5% of global biodiversity we are a small tropical paradise.

“After I returned from Raleigh I went straight to university to study the management of natural resources. Raleigh helped me to reaffirm that nature is my passion. It’s definitely an experience I will remember for the rest of my life.”

ODAINE: TANZANIA

When Odaine joined Raleigh he had been working in London for a charity supporting adults with learning disabilities and had also spent time as a youth worker. He returned home having made the decision to apply to university.

“Working in the village of Endashang’wet was an incredible experience. The community was so friendly and the landscape and views were breathtaking. We did household surveys and got to know the people.

“There was real teamwork on all of our projects, between all the volunteers, volunteer managers, villagers and builders. I got on with everyone so well. At first, some of the villagers used to look at me as if to say, ‘Why can’t you speak Swahili?’ That was a little strange, but it was interesting to challenge people’s perceptions.

“On Raleigh, I’ve learnt to be more patient. Life back home is always a rush, you have no time to yourself. I’ve learnt to take time out for me, even if that means waking up super early to sort out my stuff. It gets you in a good mindset and gets you ready for the day.

“Before volunteering with Raleigh I didn’t really have a plan, but being out there with the other volunteers who have been to university, or who are going, has made me think I’m missing something in my life. I’d really like to go to university now, maybe in a different country to get a new cultural perspective. That’s my number one priority now.”



CHANGE A YOUNG PERSON’S LIFE

We want to offer incredible opportunities to as many young people as we can. So, while we ask our volunteers to fundraise, this money doesn’t cover all of our programme costs. This means we need to raise additional funds to make it all possible and to fund our work providing access to safe water and sanitation, protecting vulnerable environments and building resilient communities.

Give to Raleigh International today and you’ll help give more communities living in poverty the support they need to create a sustainable future. Donate now at:

www.raleighinternational.org/donate

‘AISHWARYA’: IT MEANS ‘GREATNESS’

DURING HER INTERNATIONAL CITIZEN SERVICE PLACEMENT IN INDIA, ROSIE SUPPORTED A GROUP OF LOCAL WOMEN TO SET UP A LIFE-CHANGING CO-OPERATIVE. SHE EXPLAINS HOW IT ALL STARTED...

We had spent all day clearing the community hall. The room was filled with the spicy aroma of the freshly brewed, super-sweet chai and the kettle was placed in the centre of a circle of mats, alongside a plate of popular Parle-G biscuits.

We sat cross-legged on the floor and waited nervously. Earlier, we had visited every house in the village to remind the women we were holding the village’s first self-help group meeting at five o’clock that evening. It was already half-past and not a single person had turned up.

By six, we were despondent and certain no one would come. As we began to clear away the biscuits, I heard a faint knock at the door. Janu shuffled in nervously, followed by four or five other women who gazed at the floor, avoiding eye contact. More groups arrived and, within ten minutes, all 16 village women were present.

“THE SELF-HELP GROUP HAS GIVEN THE WOMEN A VOICE. WEEKLY MEETINGS ALLOW VILLAGE ISSUES TO BE BROUGHT UP, DISCUSSED AND RESOLVED FREQUENTLY.”

They listened attentively as we explained the concept of a women’s self-help group and, as the meeting progressed, they started asking searching and pertinent questions. The level of chatter rose as the women began to appreciate that, by working and saving together, they could help fund medicine for a sick relative, buy equipment for their child’s education and even take out a loan to start their own business. It would mean that they were no longer dependent on the local usurious moneylender, offering them a way out of the vicious cycle of debt that burdened every family.

By the end of the meeting, all 16 women had signed their names and, after plenty of discussion, decided to call their

group ‘Aishwarya’, meaning ‘Greatness’ in the local language of Malayalam. And greatness is exactly what the group went on to achieve.

Aishwarya was formed in July 2013. One month later, the group started issuing small loans and by December 2013 they had saved enough to apply for a bank loan to buy a small plot of land for their own tea plantation.

“HELPING THESE WOMEN SET UP AISHWARYA IS THE SINGLE MOST PROUD ACHIEVEMENT OF MY LIFE.”

More importantly, the self-help group has given the women a voice. Weekly meetings allow village issues to be brought up, discussed and resolved frequently. Furthermore, acting together has given the women the confidence to tackle other often neglected, destructive village issues, such as men’s alcohol dependence.

Helping these women set up Aishwarya is the single most proud achievement of my life. It also showed me how bringing people together and sharing small and simple ideas can have massive effects.



SEND US YOUR STORIES

What do you remember from your time on a Raleigh expedition? Whether it was two years ago or 20, we want to hear about the triumphs and challenges you experienced – and the moments you’ll never forget. Send your stories to us and we’ll publish the best one in the next issue of Connections. Just email 500 words to:

alumni@raleighinternational.org



LEADING LIGHTS

THE RALEIGH SPIRIT DOESN'T GO AWAY ONCE A VOLUNTEER PLACEMENT IS OVER. ARMED WITH ENERGY, IDEAS AND EXPERIENCE, HERE'S HOW FOUR OF OUR NEWEST ALUMNI ARE HELPING TO CHANGE THE WORLD.



JESS: GIVING WOMEN A SPACE TO SPEAK

After her Raleigh placement in Nicaragua, UK-based Jess travelled to Nepal to volunteer with a micro-finance scheme. Using skills she had learned on her Raleigh placement, she helped run a female empowerment focus group, giving local women a crucial opportunity to share their experiences of discrimination and violence, and access professional support.

"It was a day filled with laughter, smiles, tears, respect and admiration of total bravery and courage. Contacts were exchanged and new sisterly bonds were formed. We ended with a unifying group photo and trading hugs."

ANUPAMA: INSPIRING GIRLS TO ACHIEVE

Anupama was struck by the problems facing girls in the Indian village where she was volunteering. Many married young, missed out on an education and had no idea of their rights. When she returned home to Kerala, Anupama decided to run a workshop in her local secondary school to teach girls about equality and challenge traditional career expectations.

"One of the major issues faced by girls in my generation is a lack of focus on your skills," she said. "Society gives women a framework to live within and you are not allowed to think outside the box. I made a small step to help the next generation to rework these conventional set-ups."



LOGAN AND KARTHICK: PROMOTING CHILDREN'S RIGHTS

In India, volunteers Logan and Karthick ran a workshop on healthy living, education and children's rights in the community of Kilnathur in their home state of Tamil Nadu. As well as setting up a youth parliament, they used the sessions to deliver important messages about the importance of hand washing and the value of education.

"We think our action will have a definite impact on the community," Logan said. "Creating a children's parliament means these children will look after themselves from now on. They will collect and save a sum of finance each month which they will use for their education."



GRACE: ROLLING OUT ROCKET STOVES

As part of her placement in Tanzania, local volunteer Grace learned to build fuel-efficient rocket stoves, which burn less wood and are healthier to use. Now she's working with a group of friends to introduce the simple stove technology to other parts of Tanzania.

"I'm really excited to plan the project," she said. "We, along with the communities, were so impressed with the stoves and how they work. It is usually women collecting all the firewood, so another benefit of the rocket stoves is female empowerment as they free up time for other activities, such as earning an income."



RALEIGH LAUNCHES NEW YOUTH ENTREPRENEUR SCHEME

WE'RE EXCITED TO ANNOUNCE THE LAUNCH OF RALEIGH ICS ENTREPRENEUR, AN INNOVATIVE PROGRAMME DESIGNED TO SUPPORT SMALL BUSINESSES IN DEVELOPING COUNTRIES.

As a new strand of our government-funded development programme, International Citizen Service, ICS Entrepreneur will bring UK young people with drive, ideas and a brain for business together with local volunteers to support entrepreneurs in Nicaragua and Tanzania.

Over the course of 10–12 weeks, teams will help young people to launch new businesses, offering support in areas including research, business planning, marketing and skills development. Ultimately, the programme aims to help create jobs, reduce poverty and build economic resilience in some of the world's poorest communities.

ICS Entrepreneur is funded by the Department for International Development and Raleigh is one of a number of respected organisations that will be piloting the scheme from summer 2014 onwards. To find out more about the programme or apply, visit: www.raleighinternational.org/ics



Tony takes a selfie with generous donor Sir Bob Geldof.

LORD MAYOR'S APPEAL

In July, inspirational youth worker and former Raleigh volunteer Tony Buck was the toast of the evening at a fundraising dinner hosted by Raleigh Trustee and Right Honorable Lord Mayor of London, Alderman Fiona Woolf. Tony had been invited to speak about the work he does supporting young people from hard-to-reach backgrounds on pre-expedition training weekends. Having been in their position himself, he had some fascinating stories to tell. In fact, Tony's talk was so compelling it helped the Lord Mayor raise an extra £28,500, which will enable many more vulnerable young people to access life-changing overseas opportunities. To find out how you can support the Lord Mayor's Appeal, see the Alumni Events section at: www.raleighinternational.org/raleigh-alumni

Join us for Raleigh's 30th birthday celebration at Mansion House, the current residence of Raleigh Trustee and The Right Honorable Lord Mayor of the City of London Alderman Fiona Woolf, on Wednesday 24 September from 6–8pm.

Held in the incredible Egyptian Hall, the event promises to be an amazing celebration of our achievements together, as well as a look ahead towards an exciting future that we want you to be part of. Spaces are limited, so to register your interest in attending, please email Anna Roguski on: a.roguski@raleighinternational.org

CELEBRATE

30 YEARS

OF RALEIGH



SPECIAL OLYMPIANS JOIN RALEIGH IN BORNEO

In February, Raleigh venturers in Borneo were joined for the first time by athletes from Malaysia's Special Olympics, an international programme of sports training and competition for people with learning disabilities.

Special Olympians Andrew and Man-Man are both accomplished sportspeople: Man-Man represented Malaysia in athletics at the World Summer Games in China in 2007, while Andrew has been competing for Sabah in bowling, football and athletics since 1998.

Before joining the expedition, Andrew, who speaks Malay, Chinese, English and Spanish, had been working at a holiday resort and was ready for a new adventure. Man-Man, who speaks the Chinese dialect Hakka, was not put off by the language barrier, coming equipped with a notebook full of English translations – as well as a famously big smile – to communicate with her new friends.

Andrew and Man-Man teamed up with volunteers from the UK, Belgium, Malaysia, the Netherlands and South Africa

to help repair and upgrade a kindergarten for children in the villages of Kodong and Kandang. As well as providing pre-school education, the refurbished facility will also function as a community learning centre where villagers can run group activities, keep a small library and hold meetings.



Sharon David from Special Olympics Malaysia said: "By being a part of the project, Andrew and Man-Man helped increase awareness among local people of the abilities and potential of people with learning disabilities, as well as inspiring the other Raleigh volunteers."

Raleigh project manager Debs agreed. "It has been a huge success," she said. "Venturers spoke about how meeting Andrew and Man-Man had been inspirational, saying that it gave them a new perspective on life and overcoming challenges. The athletes brought a great sense of humour to the team and became more independent and confident as the phase went on."

COULD YOU LIVE ON £1 A DAY?

IN APRIL, STAFF, VOLUNTEERS, TRUSTEES AND SUPPORTERS SPENT FIVE DAYS **LIVING BELOW THE POVERTY LINE.** IT WASN'T EASY...

Live Below the Line is a global campaign that challenges individuals and communities to spend just £1 a day on all their food and drink for five days. It aims to give participants a small insight into the lives of the 1.2 billion people who live below the poverty line, and an opportunity to raise money and awareness by getting sponsored.

This year, 43 people took part in the challenge for Raleigh International, including past, present and future volunteers, their parents and friends, our staff and our trustees.

OPENING PEOPLE'S EYES TO POVERTY

Volunteers on our programmes often see first-hand what life is like for those who struggle to provide basic necessities for their families. The Live Below the Line challenge gave alumni like Jessica the chance to share their experiences of volunteering with communities who live on less than £1 a day.

"When I returned from Nicaragua I was angry when food got wasted or people took the diet we have for granted," Jessica told us. "I took part in the challenge in the hope of being able to open my generation's eyes to the problems the world faces. Some people were appalled at what I would be eating for five days.



People were also shocked when they were made to think about the billion people out there who do this every day."

PUTTING THINGS INTO PERSPECTIVE

Yaa from the UK and Nuru from Tanzania explained how, while they were working in a village in Tanzania, taking part in Live Below the Line changed everything.

"We decided to take part after finding out that people in the community were living on about 50p a day," Yaa said. "The first few days were very difficult and we all noticed changes in our strength and concentration levels, but we continued to plough through.

"Living below the line put everything into perspective. After a hard day of work we weren't able to have a snack. We thought, 'people have to work this hard every day and they must be exhausted and hungry like this every day'. It made us think about what we were doing and why we were doing it."



RAISING VITAL FUNDS

We can't continue our work without vital fundraising activities like these, so we'd like to say a huge thank you to everyone who took part, including our top fundraiser, Rachel McCallum, who has supported Raleigh since her daughter joined an expedition to Borneo in 2004.

So far we have raised over £16,000! This money will enable us to continue working with people living in poverty to provide clean water and sanitation, protect vulnerable environments and build resilient communities.



Raleigh Trustee Patty O'Hayer convinced the entire Board of Trustees to take part in the Live Below the Line challenge, raising thousands of pounds between them. She explained what inspired her to take part.

"It is easy to watch the news and think the world is an ever increasingly alien and complex place. Conflicts, natural disasters and globalisation mean we are balancing a fine line between progress and increased insecurity and volatility. Against this backdrop, it is understandable to question whether one person's actions can make a difference.

"I have always believed it is better to do, than not. Sometimes, our actions trigger reactions and even, with a little luck create a ripple effect which can have benefits beyond our immediate view. This is why I take part in Live Below the Line. It reminds me of what matters in life. It makes me reflect, and hopefully be a little bit better. I hope in some way I have made a small contribution to others. I know it has made me a better person."

A NEW APPROACH TO COMMUNITY HEALTH

IN INDIA, OUR TEAMS ARE WORKING WITH LOCAL VOLUNTEER NURSES TO PIONEER AN EXCITING NEW APPROACH TO COMMUNITY HEALTH EDUCATION.

Home to more than a billion people, India has some of the biggest health challenges in the world. Around 70% of its population live in rural areas, where poverty is high and the knowledge and resources needed to ensure good hygiene and nutrition are often limited. As a result, conditions such as malnutrition, worms, anaemia and diarrhoea are common.

With support from India Country Director Jagan Devaraj, our teams have been rolling out an exciting and popular new programme of 'Wellbeing Days' to help improve the health of rural people in Karnataka and Tamil Nadu in South India, in partnership with local volunteer nurses.

INTERACTIVE ACTIVITIES

Designed as interactive community events, the days encourage people to take responsibility for maintaining their own overall health. Through pictures, games, drama and song, volunteers deliver key health messages around hygiene and sanitation, diet and nutrition, and common illnesses.

“OUR AIM WAS TO PROVIDE PRACTICAL EDUCATION AND ADVICE THAT WOULD BE OF LONG-TERM BENEFIT TO COMMUNITIES. AS THE WELLBEING DAYS CONTINUE TO DEVELOP WE HOPE THEY WILL ASSIST COMMUNITIES IN BECOMING SELF-SUFFICIENT IN HEALTHCARE AND HEALTH PROMOTION.”

Ruth and Rebecca, who set up the Wellbeing Days initiative

At the same time, the nurses run free individual consultations to give health and dietary advice. In these one-to-one sessions, nurses record key information about each person to give a clearer overall picture of the local population's health status, and so help shape future events in response to their needs.

A HUGE LEVEL OF NEED

The simple tests and questionnaires they have run so far reveal a huge level of need: a shocking 39% of those checked had symptoms of anaemia, 30% were underweight, 28% showed signs of malnutrition and 50% felt they did not get a balanced diet. Among children, malnutrition was less prevalent at under

7%, suggesting that parents are putting their children's dietary needs before their own.

To address these clear nutritional deficiencies, the Wellbeing Days also include a session on how to prepare a simple, healthy, high-protein snack, as well as free packets of seeds participants can take away to grow their own nutritious food.

“THE DAYS HAVE BECOME VERY POPULAR AND ARE A HUGE SUCCESS, BRINGING THE COMMUNITY TOGETHER, INVOLVING OUR VOLUNTEERS AND TALKING ABOUT THE MOST IMPORTANT, BASIC FACETS OF COMMUNITY HEALTH.”

Jagan Devaraj, India Country Director

A SUSTAINABLE APPROACH

So far, the Wellbeing Days have reached 1,205 people, aged from eight months to 102 years! In future, the project aims to achieve greater sustainability by training local people as community health workers, equipped with resources and basic medical knowledge to support local health needs. In this way, people will become more resilient, better informed and better able to stay healthy.

To find out more about how you can support the Wellbeing Days project, contact us on: alumni@raleighinternational.org

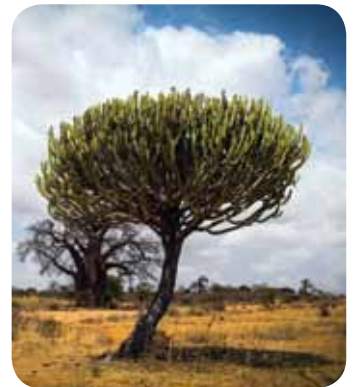
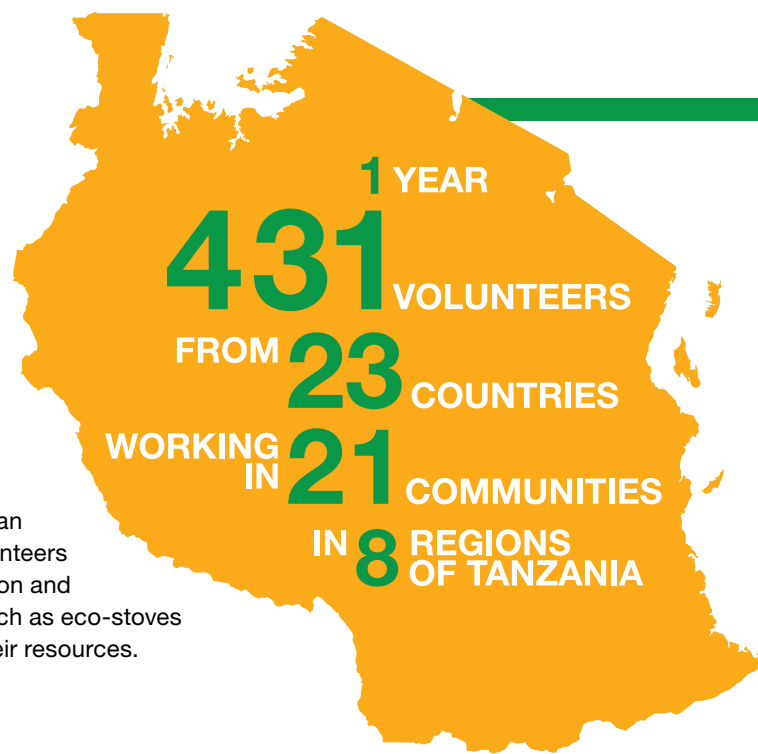


A YEAR IN TANZANIA

WHEN WE LAUNCHED OUR PROGRAMME IN TANZANIA IN 2013, IT PRESENTED BOTH A CHALLENGE AND A HUGE OPPORTUNITY...

Tanzania is one of the poorest countries in the world, with more than 90% of its population surviving on less than \$2 a day. Raleigh volunteers have focused on providing essentials such as clean water, sanitation and health education. We've also introduced low-cost technologies such as eco-stoves to make fuel go further, and helped communities better protect their resources.

HERE ARE SOME HIGHLIGHTS...



“IT HAS BEEN A FANTASTIC FIRST YEAR WORKING ON SUSTAINABLE DEVELOPMENT PROJECTS IN TANZANIA AND I LOOK FORWARD TO BUILDING EVEN STRONGER RELATIONSHIPS WITH LOCAL PARTNERS, COMMUNITIES AND THE COUNTRY’S YOUTH.”

Alex Page, Country Director, Tanzania





“I’M VERY IMPRESSED BY THE HARD WORK OF THE VOLUNTEERS, AND WE ARE LOOKING FORWARD TO CONTINUING TO WORK WITH RALEIGH TO MAKE THE PROJECT BIG AND SUCCESSFUL.”

Mr Churi, a Tanzanian farmer



“THE MOST IMPORTANT THING THAT I LEARNT ABOUT TANZANIAN CULTURE WAS THE WAY PEOPLE DO THINGS TOGETHER AS A COMMUNITY. TAKING CARE OF EACH OTHER AND BEING FOCUSED ON SIMILARITIES INSTEAD OF DIFFERENCES.”

Daniel, a volunteer



EMPOWERING THE NEXT GENERATION



Collaboration between local young people and international volunteers is crucial to the success and sustainability of Raleigh’s work in Tanzania. On 9 July, our youth empowerment work was showcased at a high-profile reception hosted by British High Commissioner to Tanzania Dianna Melrose and the Permanent Secretary for the Tanzania Ministry of Information, Youth, Culture and Sports, Sihaba Nkinga.

In a country where two-thirds of the population are aged under 25, it’s crucial that young people are given a part to play in efforts to shape their country’s future. Raleigh alumna Sophia Uledi told attendees about how her team of Raleigh volunteers had helped transform conditions in the community of Mgongo by installing a source of clean, safe water, teaching people about hygiene and health issues, and leading a female empowerment initiative.

The event was expertly compered by Trustee Angela Jhanji and brought together more than 130 representatives from the government, NGOs and the private sector to hear from Tanzanian Raleigh volunteers, Raleigh CEO Stacey Adams and others about the vital importance of empowering young people and giving them the chance to contribute to their communities.

Raleigh CEO Stacey Adams described how the new ICS Entrepreneur programme currently being piloted in Nicaragua, but launching in Tanzania in early 2015, would **“build the skills, knowledge and confidence of young people, empowering them to find employment, create business opportunities and engage in local, national and global development”**.



ROB TAKES ON THE PACIFIC RING OF FIRE

AFTER VOLUNTEERING WITH RALEIGH IN TANZANIA, INTREPID ADVENTURER ROB CANDY IS GETTING READY FOR HIS BIGGEST CHALLENGE YET: **A 3,000KM TREK ALONG THE LENGTH OF NEW ZEALAND, FOLLOWING THE TE ARAROA TRAIL. WE CAUGHT UP WITH HIM TO FIND OUT MORE...**



SO ROB, TELL US ABOUT WHAT YOU'VE GOT PLANNED.

Well, I finished my Raleigh expedition last September and it turns out I've left with a new taste for trekking, so I've since decided to turn my New Zealand travels into a mammoth trek phase. The Te Araroa trail spans some 3,000 km, starting at Cape Reinga, the Northern-most tip of New Zealand's North Island, ending at Stirling Point Bluff at the bottom of the South.

WHAT INSPIRED YOU TO TAKE ON THE TREK AND WHAT DO YOU HOPE TO ACHIEVE?

My aim is to raise £11,000 to enable Tanzanian young people from all backgrounds to take part in a Raleigh programme. My 2013 Raleigh Tanzania expedition was a life-changing three months and there are a lot of connected reasons why I now want to do this challenge. But, if I were to pick one thing that inspired me, it'd be the host country volunteers I met. Their excitement and subsequent plans to use the skills and knowledge they gained with Raleigh to further improve the situation for communities across Tanzania was – and is – a powerful inspiration for me.

THE TRAIL FOLLOWS THE PACIFIC RING OF FIRE, WHERE TECTONIC PLATES MEET. WHAT'S THE TERRAIN LIKE?

The Te Araroa bills itself as a hard but savagely beautiful walk. With the Pacific Ring of Fire playing a part, you find mountains, gorges, glaciers, valleys, rivers, rich grasslands, deserted beaches, forests, gorseland, and, unsurprisingly, the occasional volcano...

HOW ARE YOU FEELING ABOUT IT WITH JUST A FEW MONTHS TO GO?

I'd be lying if I said I wasn't a little apprehensive. Mostly that my body won't survive four to five months of walking up giant hills with a monster of a backpack, but also in terms of finding sponsors and backers – either financial or with equipment. But I'm also incredibly excited and pumped up, and wish all the months of planning were finished, backers in place, kit bought and training finished so I could set off. In typical Raleigh fashion, I just can't wait to 'Get Out There'!

**Sponsor Rob at: www.justgiving.com/alongtheringoffire
To follow his progress, go to: www.rob candy.tumblr.com**

#GIVINGTUESDAY: GIVE SOMETHING DIFFERENT THIS CHRISTMAS

On 2 December, we're joining the global movement #GivingTuesday and inviting our supporters to show the world why it's good to give. Whether you make a donation, volunteer your time or simply help spread the word, #GivingTuesday is a chance to join people around the world in celebrating their generosity and to giving something back to the charities that are close to their hearts.



As a Raleigh alumnus you've already shown your dedication to making a difference to the lives of others. This #GivingTuesday, we're asking you to help us offer the opportunity of a lifetime to young people from disadvantaged backgrounds. There are lots of ways to get involved, from donating money to giving your time. To find out more, email Anna Roguski on a.roguski@raleighinternational.org

#GIVING TUESDAY



WALK2WATER

ICS volunteer Dillon Haldane decided to raise awareness of the lack of access to clean water in developing countries by walking seven miles to collect 12 litres of water, every day for seven days.

Dillon was inspired by his time volunteering in the rural village of Mayamaya, Tanzania, where daily treks to collect water are a way of life. He described how hard life was for local people: "They have to go to dirty streams which

animals walk through... So, you've walked two hours to get your water and then to even drink it safely you have to boil it... which means you have to go and get wood."

Dillon's fantastic video blog is an inspiring way of highlighting some of the challenges people in developing countries face every day. It's also pretty funny. You can watch the full challenge at: www.walk2water.co.uk

MORE FANTASTIC FUNDRAISERS

RUNNING THE WILSON TRAIL

In October, a brave group of Raleigh alumni, soon-to-be volunteers and supporters will be taking on the gruelling Wilson Trail Challenge in Hong Kong. The event sees participants from around the world complete a route of either 78km or 156km in just three days. Coordinated by the Raleigh Hong Kong Society, it has been running since 2000 and organisers hope this year's challenge will raise around £80,000 to fund more expedition places for young people from Hong Kong, as well as to support Raleigh's work on the ground. We wish them luck!



ROUND ISLAND CHALLENGE

In May, 60 brave Malaysian fundraisers raised more than £14,000 in their second 'Round Island Challenge'. Taking place in the waters around the stunning Perhentian Islands, the challenge required 15 relay teams of four people to swim and kayak 15km around the island of Terengganu. The money they raised will be used to fund a bursary system to give more young Malaysians the chance to take part in Raleigh projects.

HOW YOUR MONEY COULD HELP



£45

could buy a good pair of hiking boots so that a young person in India can join one of our expeditions fully equipped.



£150

could buy an 800-gallon water tank to provide 250 people in Nicaragua with clean, safe water.



£260

could pay for an eco-sanitation unit to reduce the risk of disease in a rural community in India.



£1,500

could fund a place on one of our projects for a local volunteer, giving them valuable skills and experience they'll benefit from for the rest of their lives.

SAFE WATER SAVES LIVES

WHEN YOU LIVE WITH CLEAN WATER ON TAP, IT'S ALL TOO EASY TO UNDERESTIMATE THE NUMBER OF PEOPLE WORLDWIDE WHO SIMPLY DON'T HAVE THIS LUXURY.



748 MILLION

PEOPLE HAVE NO ACCESS TO SAFE DRINKING WATER. THAT'S MORE THAN TWICE THE POPULATION OF THE UNITED STATES.

EVERY YEAR
3.4 MILLION
PEOPLE DIE FROM
WATER-RELATED DISEASES,
MOST OF WHICH COULD
BE PREVENTED.



2.5 BILLION

PEOPLE LACK ADEQUATE SANITATION AND MORE THAN 1 PERSON IN 6 DOESN'T HAVE ACCESS TO A TOILET.



We each use an average of 150 litres of water a day in the UK (and up to 600 litres in the US) – every drop of it clean, safe and never more than a few metres’ walk away. Worldwide, however, the picture is very different: 11% of people don’t have a safe source of drinking water – that’s twice the population of the United States. And it might surprise you to know that globally people are more likely to have access to a mobile phone than to a working toilet, with one in six people having no loo they can use.

Perhaps the most startling thing about these figures is that they represent a vastly improved picture: since 1990, 2.3 billion more people now have a source of clean water and 1.8 billion people have gained access to basic sanitation.

MILLENNIUM DEVELOPMENT GOALS

This is in part as a result of the Millennium Development Goals (MDGs), a set of targets agreed by the UN in 2000, which included a commitment to halving the number of people without access to safe drinking water and basic sanitation by 2015. Although the MDG target for water has been met ahead of schedule, progress on sanitation has not been so swift and a huge number of people in the world’s most vulnerable communities still lack the clean water and adequate hygiene they desperately need.

Diseases related to dirty water and poor sanitation are still the most common cause of death in developing countries, killing an estimated 3.4 million people each year, and leaving thousands more unable to work. The tragedy is that these types of illness are some of the easiest to prevent. That’s where our water and sanitation programme comes in.

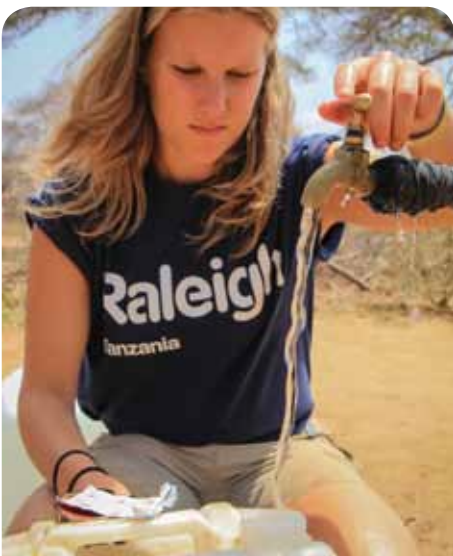
IMPROVING HEALTH AND LIVELIHOODS

At Raleigh, we recognise that providing people in developing countries with access to safe drinking water, effective sanitation and information about good hygiene not only saves lives, but it’s one of the most high-impact and cost-effective ways of improving communities’ overall health and livelihoods.

“I HAVE TO WALK HALF A KILOMETRE EVERY DAY TO HAVE WATER IN MY HOUSE, CARRYING MY SON ANTON. THE WATER ISN’T CLEAR. WHEN IT RAINS, IT BECOMES VERY DIRTY. I HAVE TO USE THE DIRTY WATER, WHICH MAKES US SICK.”

Evelyn, Nicaragua

Preventing people from getting sick means that parents don’t miss work due to illness and they avoid the expensive medical bills that can send families into crippling debt. What’s more, improving access to clean water and sanitation can have an enormously positive impact on the lives of women and girls, since many girls in developing countries miss out on school to spend hours each day collecting water and some drop out of education completely when they reach menstrual age because of inadequate sanitation.





INSPIRING LONG-TERM BEHAVIOUR CHANGE

Our programmes focus on rural communities where the need is greatest and our work draws on the latest guidelines and good practice recommendations from global authorities on water and sanitation, including the World Health Organisation, the UK Department for International Development and the UN Sustainable Development Solutions Network.

Good hygiene and a safe water supply are intrinsically linked, so we are committed to tackling the two in tandem in order to reduce disease and combat poverty. We also know that communities need to be supported to ensure that improvements in sanitation

are sustainable and accompanied by long-term behaviour change. This means educating people about the benefits of good hygiene and equipping them with the knowledge and skills they need to maintain taps, toilets and water sources.

OUR WORK HAS SHOWN THAT YOUNG PEOPLE CAN BRIDGE GAPS AND INSPIRE COMMUNITIES TO BE MORE OPEN AND RECEPTIVE TO NEW IDEAS.

We supply solutions that are simple, low-cost and directly involve local people in implementing them. But a key reason why our programmes are successful is the energy, passion and creativity our young volunteers bring to them. Our work has shown that young people can bridge gaps and inspire communities to be more open and receptive to new ideas.



MAKING AN IMPACT IN NKHOME

THE VILLAGE OF NKHOME IN TANZANIA IS HOME TO MORE THAN 7,000 PEOPLE, YET IT HAS NO ELECTRICITY, NO PROPER SEWERAGE SYSTEM AND LIMITED CLEAN WATER. RALEIGH VOLUNTEERS SPENT EIGHT WEEKS WORKING WITH THE PEOPLE OF NKHOME TO IMPROVE THEIR ACCESS TO SAFE WATER AND SANITATION.

The team began by carrying out a survey of more than 200 individuals from families, schools and community groups, which showed that local knowledge about hand washing, hygiene and water treatment was low. It also revealed that diseases associated with poor sanitation, such as diarrhoea, worms and trachoma, were common.

With support from local leaders, including the village executive officer, community mobilisers, teachers and religious leaders, the team organised a series of activities with the aim of spreading vital health messages among the community. This included:

- ◆ **Running 29 events** to raise awareness about good hygiene through plays, presentations, games and quizzes.
- ◆ **Creating illustrated leaflets and posters** to communicate key messages about water and sanitation.
- ◆ **Educating youth groups and women's groups** about sanitation and equipping them to spread the message among their community.
- ◆ **Painting three murals** illustrating messages about good hygiene.

The volunteers also took practical steps to address some of Nkhome's sanitation challenges, including:

- ◆ Creating **three new water distribution points** to provide clean, safe sources of drinking water.
- ◆ Building **two demonstration latrines** and involving local people so they learned how to build more.
- ◆ Setting up **16 'tippy taps'** to provide a simple, hygienic, easily replicated way for people to wash their hands.

By the end of eight weeks in Nkhome, the team had reached 2,177 people with important messages about good hygiene. More importantly, they had left behind vital knowledge and resources to help the community continue to improve its sanitation.

"As a result of our work, we saw tippy taps being constructed at people's houses and outside shops. At schools, we saw children washing their hands using the tippy taps we built. We hope that with this improved knowledge about sanitation, the villagers will now have a better quality of life and contract fewer diseases."

Alexandra, a volunteer





Photo: Arthur Edwards

THE FINAL WORD: DAME CLAIRE BERTSCHINGER

EMERGENCY RELIEF NURSE DAME CLAIRE BERTSCHINGER TELLS US ABOUT HER FIRST FORAY INTO NURSING ABROAD AS PART OF OPERATION DRAKE, A LANDMARK EXPEDITION THAT PAVED THE WAY FOR OPERATION RALEIGH AND, LATER, RALEIGH INTERNATIONAL.

Dame Claire Bertschinger is a highly respected nurse and advocate for health in developing countries. Her work with the International Committee of the Red Cross has taken her to some of the world's most troubled disaster zones, including Afghanistan, Lebanon, Sudan, Sierra Leone, Ivory Coast and Liberia. As a relief nurse during the Ethiopia famine in 1985, an interview Claire gave to BBC journalist Michael Buerk inspired Bob Geldof to launch Live Aid. The biggest emergency appeal the UK had then seen, it is estimated to have raised £150 million.

In recognition of her work around the world, Claire has been awarded the Florence Nightingale Medal by the International Committee of the Red Cross, the Bish Medal by the Scientific Exploration Society and a number of honorary doctorates. Today, Claire is Course Director for the Diploma in Tropical Nursing at the London School of Hygiene and Tropical Medicine, where she trains nurses to work in resource-poor areas.

IN THE FOOTSTEPS OF SIR FRANCIS DRAKE

Claire's first posting abroad as a young nurse was as part of Operation Drake, a two-year, round-the-world sailing expedition following the route taken by Sir Francis Drake, and led by Lieutenant Colonel John Blashford-Snell. The venture, which gave more than 400 young people the chance to develop practical and leadership skills while taking part in scientific, environmental and community projects, paved the way for what would later become Raleigh International.

Claire joined the trip as team medic, travelling to Panama, Papua New Guinea and Indonesia. Her job was to set up



Photo: Claire Bertschinger

a mobile clinic to deal with any injuries or illness that befell the group. "Every day was exciting, fun and interesting – and a challenge," she says.

"RATHER THAN JUST GO AS AN ANGEL OF MERCY AND DO THE DRESSINGS AND TREAT PEOPLE, YOU TRY TO LEAVE BEHIND SOMETHING THEY CAN USE THEMSELVES."

"Before I left home I can remember talking to the medical officer of the expedition and thinking about what I would need to take. In my head I ran through scenarios, things like: 'If there's a plane crash, if someone gets appendicitis, if someone gets bitten by a snake, what am I going to do?' And in certain scenarios I had very limited resources, but that was life."

HIGHS AND LOWS

One of the things that stands out for Claire is the sense of teamwork that came so naturally on the expedition. "We just all mucked in," she says. "It was all about everyone helping out." This led to Claire spending several hair-raising months building an elevated walkway high in the rainforest canopy. On one particularly terrifying occasion, she remembers losing her rope and being stranded on a slippery branch, 120 feet up, as a snake approached along a nearby bough. "It was awful," explains Claire. "I thought: 'this is it'. I was on such a flimsy branch that I could have just toppled off at any moment." Eventually, Claire was helped safely down, but within hours she was on another rope, back up in the canopy, getting on with the work.

"If I had been given a list of things I'd be doing before I went on the expedition, I might have gulped," she says. "And when I look back I'm surprised at what I've done, but I just got on and did what I could do."

HELPING PEOPLE HELP THEMSELVES

Another part of Claire's role was to teach local populations about health and hygiene, much as Raleigh volunteers do today. She remembers training a young girl in Panama in the basics of home nursing, and leaving her with a first aid kit and an instruction manual. But since she couldn't read, Claire had to provide her with pictures illustrating what each item was and how it should be used. "I've done that all over the world," she says. "You realise that you're there to help people help themselves. Rather than just go as an angel of mercy and do the dressings and treat people, you try to leave behind something they can use themselves."

Claire says the biggest challenge she encountered was falling sick herself. On the first leg of the expedition, she caught leptospirosis while deep in the Panamanian rainforest and had to be carried out of the jungle on a stretcher, delirious with fever. "I thought: 'That's not on, I can't fall sick – I'm a tough bird!' I never thought that would happen. It's just not in my persona to be ill. I can still remember being on the ship *The Eye of the Wind* when I was in Indonesia, in Sulawesi, and having a temperature of 38 degrees and still being on watch, trying not to tell anyone that I was ill."

LIVING AS A GLOBAL CITIZEN

Above all, Claire's experiences have made her feel like a global citizen, with a responsibility to care for and support others, no matter where

they live. But she worries that in the modern world this message can easily get lost, especially for young people. "Technology has made the world smaller and made us all neighbours," she explains. "But it can't do the really important thing of giving us back the village mentality around caring for each other." What can help achieve this, Claire believes, is programmes like Raleigh.

"I ENCOURAGE MANY OF MY POSTGRADUATE NURSES TO GO ON RALEIGH AS A MEDIC... AND I HAVE HAD 100% FEEDBACK THAT IT WAS THE BEST THING I COULD HAVE EVER ADVISED THEM TO DO."

"Travelling and working with Raleigh will help you realise that actually these people in another culture and another part of the world are our neighbours," she says. "Young people are our future leaders, so they need to learn from the beginning how things are run – not just in their own little town or village but in the wider world. And to do it in a secure environment like Raleigh, among so many different people and communities and cultures, is one of the best ways.

"I encourage many of my postgraduate nurses to go on Raleigh as a medic,

especially if they want to work in resource-poor areas of the world like Africa or India or South America. And I have had 100% feedback that it was the best thing I could have ever advised them to do. Raleigh has a wonderful ambience, a joie de vivre, a common aim, so you might be in challenging situations, but it's actually quite supportive and you learn fast whether you would be capable of working in resource-poor situations or not."

AN OPTIMISTIC MESSAGE

If there's one message Claire feels today's young people should carry with them, it's about seeing themselves as part of a global community and thinking that they really can change the world. "I think we all have to dare to believe that we can stand up and make a difference," she says. "And go for our dreams."



Photo: Claire Bertschinger



Photo: Claire Bertschinger

LINK UP ON LINKEDIN

Have you joined our alumni group on LinkedIn?

Sign up now to find old friends, exchange information and get the latest Raleigh news:

www.linkd.in/W1Crcv



DON'T MISS OUT ON THE LATEST RALEIGH EVENTS AND NEWS. VISIT OUR WEBSITE, UPDATE YOUR CONTACT DETAILS AND STAY CONNECTED.

Raleigh International