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# CONNECTIONS

Raleigh International Alumni Magazine

Spring/Summer 2013



## International Citizen Service

A look at our achievements so far

## Biogas

Cows, cooking and crops: spotlight on green energy

## Deja Vu Chile '92

Alumni friends catch up

## Simon Chinn

Oscar-winning director reveals his Raleigh story

Raleigh  
**Raleigh**  
International

# Raleigh International

Since it was founded in 1984, Raleigh International has created a global community of more than 36,000 inspired and inspiring people, committed to making a positive difference to their world.

It is thanks to the tremendous work of our dedicated staff and you, the thousands of volunteers who have committed your time, energy and passion to support our work and take part in our programmes, which allows us to deliver lasting benefits to the countries and communities with which we work.

In return, we hope you've gained lifelong lessons and friendships and are 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](http://www.raleighinternational.org/raleigh-alumni)

## THIS ISSUE OF CONNECTIONS WAS PRODUCED BY:



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



**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.



**Madeleine Somerfield**  
Freelance art director, graphic designer and animator, Madeleine is currently the resident designer at Raleigh Head Office, working on all marketing material including this magazine.

## CONNECT

- WEBSITE** [www.raleighinternational.org/raleigh-alumni](http://www.raleighinternational.org/raleigh-alumni)
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## WELCOME

This is our third edition of  
Connections magazine!

Three seems to be our lucky number this summer - not only have we nailed a hat trick of expeditions for International Citizen Service (ICS), marking a year of tackling poverty in India and Nicaragua (check out our latest achievements on the page 4 infographic) but we're delighted to be adding a third destination - Tanzania - to this groundbreaking programme. ICS represents everything an expedition should be - adventurous, inspiring, unifying. I'm passionate that we continue working alongside the Department for International Development to reach out to these remote, poor communities and - in doing so - strengthening the network of positive-thinking, forward-reaching leaders on our planet. Only by working together, side-by-side with local volunteers, we can empower people not just to survive, but to thrive. You can find out how on page 2.

The concept of citizenship strikes right at the heart of our Raleigh ethos which is why, this issue, we're talking about the changes that you bring home with you long after the mud is washed from your hiking boots. 'Action at Home' is an essential part of the ICS programme - but it applies to all Raleigh alumni. However you bring about change - volunteering, campaigning, fundraising, inspiring friends, family and work colleagues - you are keeping that flame of expedition spirit alive. These pages are packed with ideas to help you do more, change more and stay involved. What are you waiting for?

**Stacey Adams**  
Chief Executive Officer

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## Subscribe

Don't miss out: register for alumni updates at  
[www.raleighinternational.org/alumni-apply-now](http://www.raleighinternational.org/alumni-apply-now)

# CHECK- IN

HEATHER JOHNSON IS COSTA RICA-BOUND FOR AN ACTION-PACKED SUMMER AS A VOLUNTEER MANAGER. WE ASK HOW SHE FEELS ABOUT HER FIRST RALEIGH EXPEDITION

## FAST FACTS



**Heather Johnson**      **Age:** 30  
**Job:** Business Support and Recruitment  
**Loves:** Travel! Recent adventures include Australia, China, South East Asia, Africa and America

### Not long to go Heather! How are your preparations going?

I'm trying to learn a little bit of Spanish - my biggest fear is not being able to connect with the locals. I've also bought a better lens for my camera so I'm ready to capture our adventures. I am aiming to put together some talks and exhibitions to share my experience back home.

### Tell us about your fundraising

I put on a 'Night at the Races' in my local village hall. I found a company to sponsor the event to cover the event costs, then put together an official Race Night Programme which enabled me to promote Raleigh International, give key event information and sell advertising space to local companies. I also sold tickets for the event and extra revenue was generated from all the bets placed on the races. In total I made over £1,200.

My second initiative is a series of mugs which I have hand-painted with three different designs, each linked to a key Raleigh environmental project. Tanzania features elephants and bees - elephants don't like bees so beehives are dotted around communities within the migration paths of elephants which diverts them around the villages. Costa Rica features turtles to show how volunteers patrolling the beaches helps protect the turtle eggs from poachers, and Borneo is frog-themed (a new species of frog was discovered by one of the wildlife survey teams last year). The mugs have been selling really well, so that is helping to get me closer to my target.

**"I WANT TO DO SOMETHING THAT WILL CHALLENGE AND DEVELOP ME AS A LEADER"**

### Why did you decide to go on expedition?

After graduating seven years ago I worked hard developing my career but began to realise my life was becoming very self centred and that I missed being part of something bigger. I'd moved away from the team-orientated, adventure activities like scouts that I had got so much from when I was younger. I want to do something that will reconnect me to those roots, and challenge and develop me as a leader.

### What would you most like to get out of the experience?

I went on an expedition to Tanzania when I was 18 with a group from college and had the time of my life, coming back with vivid memories and stories to tell, as well as lifelong friends. I want more stories to tell my grandchildren when I am grey and old! But I also want to enable others to have an experience that they will cherish for the rest of their lives - one that will develop them as people.

### How do you feel about heading out into the unknown?

My hopes and fears are all mixed together really. I love the prospect of adventure so I hope we have all the ups and downs that every great adventure needs.



## VOLUNTEER!

Missing the long drop? Get back out there as a Volunteer Manager. Alumni are entitled to a 10% reduction on their fundraising target. Interested?

Get in touch: [programmeleadership@raleighinternational.org](mailto:programmeleadership@raleighinternational.org) or 020 7183 1270



# INTERNATIONAL CITIZEN SERVICE



**THIS SUMMER, RALEIGH'S NEW PROGRAMME - INTERNATIONAL CITIZEN SERVICE - CELEBRATES ITS FIRST BIRTHDAY. ISABELLE MASTERS TAKES A CLOSER LOOK AT THE STORY SO FAR**

## WHAT IS ICS?

International Citizen Service was launched by the UK Government in 2012. It aims to send 7,000 UK volunteers overseas to join 7,000 local volunteers in over 28 countries. Their purpose is to work side-by-side to provide a global service - tackling poverty. At the same time, these citizens gain valuable life experiences and ideas to bring home to their own communities. Raleigh is one of six agencies selected to help reach these goals.

## OK BUT WHAT'S NEW?

### RATIO

Unlike our core expeditions, ICS project teams have a 1:1 ratio with local people - they are typically made up of six UK and six in-country volunteers, plus a UK and an in-country team leader. This creates a different dynamic from our core expedition programme, with more local immersion.

### IMMERSION

All Raleigh ICS projects are based in small, rural communities for ten weeks. Each team of 14 is immersed and isolated, experiencing life alongside local people and gaining powerful insights into culture, tradition and some challenging realities. The projects are developed in partnership with local NGOs and cooperatives and based around development issues such as Rural Health, Livelihood Generation or Environmental Sustainability.

Since launching our programme in India and Nicaragua in summer 2012, we've already supported 455 volunteers to complete an ICS programme. And from June 2013 we'll also be offering programmes in Tanzania.



## ACTION AT HOME

'Action at Home' is designed to help volunteers build on their experience of living and working with communities who are struggling to maintain their livelihoods. It's aim is to encourage volunteers to raise awareness of global development issues and inspire others to take positive action. Once volunteers return home, they attend a training event to help them develop their Action at Home project.



**"For my Action at Home project, I engaged in a series of activities to raise awareness of the benefits that consumers can have when they choose to buy products in a socially responsible manner. I've delivered presentations, I've had an article in my local newspaper and posted and narrated a video on YouTube. As a result of all this and my continued work with Raleigh ICS, I was recently invited to present at a climate change event at the House of Commons."**

*David John Kaye, Nicaragua ICS Leader*

# HOW ICS WORKS



## **ACTION RESEARCH**

Volunteers start by interviewing members of the community to learn about their aspirations, history and the local social structure, and find out what problems they encounter in their everyday lives. This enables them to identify what projects could have the biggest impact, and to select beneficiaries.



## **PEER-TO-PEER EDUCATION**

Volunteers empower young people from the villages by working with them to build an understanding of how to drive development within their own communities. They actively engage with existing youth groups, as well as helping to set up new ones and working with young people in schools.

## **COMMUNITY EVENTS**

Community events are organised with neighbouring communities which provides Raleigh ICS volunteers the opportunity to extend the benefits across the regions to reach a much greater number of people and have much broader impact.



## **INFRASTRUCTURE**

Raleigh ICS volunteers work with skilled local tradespeople to plan and construct necessary infrastructure such as toilets and gravity feed water systems. The beneficiaries agree to provide some of the materials and take part in construction, encouraging a sense of ownership and achievement.

## **RESOURCE DEVELOPMENT & TRAINING**

To ensure that the projects are sustainable, project teams (with the help of the project partners and local experts) create training resources such as manuals and murals on the use, maintenance and repair of what has been constructed.





# ICS IN ACTION

IN JUST **THREE MONTHS**,  
RALEIGH ICS SPRING 2013 HAS  
CLOCKED UP THE **FOLLOWING**  
**ACHIEVEMENTS** IN INDIA AND  
NICARAGUA



Number of  
volunteers:  
212

Health Camps:   
Over 2,000 people seen



Vet Camps:  
Over 300  
cattle seen


Awareness  
Raising: Over   
3,000 people reached

 700 direct beneficiaries  
to gravity feed water  
systems, 4 water management  
committees established



Number of  
communities:  
18

Cowsheds:  35 | Azolla pits:  55

54 families now  
have ecological  
latrines 

Vermi   
compost: 55 

 56 families are direct  
beneficiaries to  
improved ovens

Leach pit toilets:  75



6 ecological youth  
groups established, 306 direct  
beneficiaries trained



60 families in El Pajarito  
benefiting from a Fairtrade,  
ecological **coffee initiative**  
which recognises the unpaid work  
of women

Women's cooperative  
in El Jobo, grown from 9 to **23** members



Over 8,000 saplings planted  
as part of 3 **community  
reforestation**  
programmes 

# ON THE HOME FRONT



REKINDLE THE EXCITEMENT OF YOUR EXPEDITION BY **VOLUNTEERING** IN YOUR OWN COMMUNITY, OR GETTING INVOLVED WITH A RALEIGH EVENT. SHADY BAJELVAND CATCHES UP WITH ALUMNI WHO ARE TAKING SOCIAL ACTION **CLOSER TO HOME**

“Facilitating is a chance to inspire others to go on expedition. It enables you to keep in touch with the Raleigh crew as well as meeting new people, and helps you stay up-to-date with what Raleigh are achieving. It’s also the perfect time to daydream about getting back out on another expedition!”

*Penny Hinchcliffe, Volunteer Facilitator on an Assessment Weekend*



“Expedition work was some of the happiest times in my life; Raleigh helped me a lot with my personal development and finding direction in my early twenties, and I still volunteer for these reasons really. I enjoy cooking but catering for a large number of people is a new challenge. ROARs are great fun and I like to be part of the journey for young people.”

*Robert Phillips, Volunteer Cook on a ROAR*



## BERMUDA - A VOLUNTEERING SUCCESS STORY

With their island home only 21 square miles, it’s easy for Bermuda Alumni to keep in touch. But these volunteers really go the distance: many help run Raleigh Bermuda’s quarterly training camps, sharing their stories and tips with new participants. They also have an alumni committee who meet regularly to plan social activities, fundraisers such as their upcoming Casino Night, and community volunteering events like their recent tree planting day.

## VOLUNTEER FOR RALEIGH!

We are always looking for alumni to help us train and recruit our volunteers. Get in touch at: [alumni@raleighinternational.org](mailto:alumni@raleighinternational.org)



# VOLUNTEER IN YOUR COMMUNITY

## RALEIGH GHANA



In December 2012, Raleigh Ghana organised a health camp offering medical screening to over 200 people



## RALEIGH OXFORD



In February 2013, volunteers got stuck into some community gardening at Hanwell Castle - a project that Raleigh Oxford alumni have been running for 10 years



## RALEIGH UK



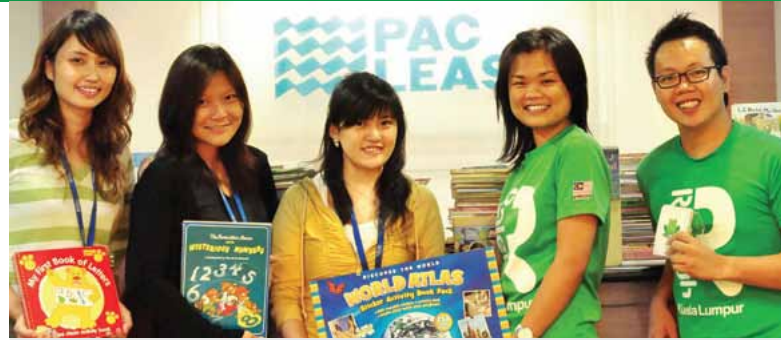
Fairtrade cooking, organic farming, wigwam construction, path clearing and willow fences kept alumni busy on this autumn camping weekender in October 2012



## RALEIGH UK



For the last two years, Raleigh alumni have helped Crisis, a charity which tackles homelessness, prepare for their main Christmas event



## RALEIGH KUALA LUMPUR



Our Malaysian alumni set up a book donation project called 'Our Little Book Keepers' which aims to promote educational opportunities in rural areas in Malaysia.

Carrot Ho Chung Shin (Borneo 10D) and Chin Jia Yee (Borneo 09B) returned from their expeditions wanting to contribute to the villages that they had stayed in. Our Little Book Keepers have collected over 800 books and secured sponsorship to freight the books to Kampung Tampasak and Kampung Maliau Layung, helping many local children reach the minimum standard of reading and writing to be accepted into school.

They have also been approached by a company who want the project to become part of their Corporate Social Responsibility programme\*, as well as receiving emails from travellers who want to donate their books through 'Stuff Your Rucksack'.

\* Find out how Raleigh could collaborate with your company on a meaningful CSR programme on P16!



## GET BACK OUT THERE!

Alumni can make a difference to their community. Find a task. Do it. Team up with friends or pioneer your own social action plan to give something back to your community.

# FUNDRAISING FOCUS

STUCK FOR IDEAS FOR **RAISING CASH**?  
CHOOSE AN EVENT THAT PLAYS TO  
YOUR STRENGTHS, TEAM UP WITH  
OTHERS ON A GLOBAL CAMPAIGN OR  
GRAB THE CHANCE TO FULFILL YOUR  
WILDEST DREAMS. THESE ALUMNI  
**SHOW YOU HOW...**



## CLIMB KILIMANJARO

This October Chi Chung (Borneo 09K) is climbing Kilimanjaro in aid of Raleigh Tanzania.

*"My expedition made a big impression on me - I got to see first hand just how important Raleigh's work is for local communities. I know money is tight for everyone in the current climate, so any and all of your support will be very much appreciated and I would like to thank you for any donations in advance!"*

To sponsor Chi, go to: [tinyurl.com/sponsor-chi](http://tinyurl.com/sponsor-chi)

### SEIZE THE DAY!

If climbing the Roof of Africa has always been your dream, now's the time to do it. Don't just sit there reading this magazine, get out there and join Chi on his adventure.

To sign up, go to: [tinyurl.com/join-chi](http://tinyurl.com/join-chi)

## LIVE BELOW THE LINE

Total: **£6,523**

Live Below the Line challenges people to live below the poverty line for five days - offering a small insight into the lives of the 1.4 billion people who survive on less than £1 a day, every day. 28 of our alumni accepted the challenge and were joined by our Trustee, Patty O'Hayer and Chief Executive, Stacey Adams.



## GOING DUTCH FOR DINNER

Total: **€6,000**

Giulia Hetzenauer (Borneo 12A) and her friends at The New School, Amsterdam have planned six fundraising dinners to raise money for projects in Borneo.



## POUND-RAISING PERFORMANCE

Total: **£635**

Andrew Grainger (father of Beth Grainger, India 09J) and the staff and management of OPP, a psychometric testing company in Oxford, held a pantomime in December 2012 to raise funds to support Muttimoola School in India which Raleigh helped build.







# UP IN SMOKE?

WE LIFT THE LID ON **BIOGAS**  
- A SUSTAINABLE SOURCE  
OF ENERGY FOR REMOTE  
COMMUNITIES

You're home. What's the first thing you do? Turn on the light, check your messages, put the kettle on? Perhaps you run a hot bath, or grab a chilled drink from the fridge? How many of these things would be possible without a reliable source of energy?

For many people around the world much of this energy comes from burning wood. Trees are disappearing at an alarming rate - the planet has already lost 80% of its forest cover which threatens thousands of plant and animal species around the world. The need for sustainable sources of energy is painfully clear.

Alternative energy doesn't just ensure environmental sustainability: it plays a crucial part in poverty reduction - in fact, it contributes to all the Millennium Development Goals. Most of the firewood in developing countries is collected from unregulated common land by women and children. By hand. It takes hours, leaving them little or no time for school, employment, caring for their families or other opportunities for empowerment.

That is why Raleigh is committed to providing sustainable energy solutions at grassroots level which create a real and lasting impact. By delivering low cost technologies - we'll tell you about our innovative biogas plants overleaf - we enable communities to generate their own green energy.





## WHAT IS BIOGAS?

Biogas is a gas produced through the breakdown of organic matter, such as manure, in the absence of oxygen. The gas - methane - is harvested and burned as a domestic fuel. It's that simple.

## HOW DOES IT WORK?

The Raleigh biogas plant consists of a cow shed, two dairy cows and a concrete dome digester - enough to provide a family of six with four hours of cooking time per day. The cows also provide families with milk which they can drink or sell, and manure to produce organic fertiliser for their crops, or for sale.

# A TYPICAL BIOGAS PROJECT RALEIGH-STYLE



1 A hole is dug to house the biogas dome, and foundations are laid nearby for a simple cowshed



2 A large dome is handmade from wire and lifted into the hole



3 Three layers of concrete are applied to the dome to form a digestion chamber



4 The manure inlet pipe (left), methane outlet pipe (top) and waste outlet shoot (right) are added



5 The structure is covered in earth



6 Nearby, a basic cowshed is constructed to provide shelter for the cows



7 An inlet station is made, where the manure is mixed with water and then poured into the digester to start reacting



8 A pipe is attached to the top of the dome outlet, which leads into the household to supply the methane directly to a simple gas stove



9 Safe, organic waste is collected from the outlet shoot and used to fertilise crops



## OUR BIOGAS STORY, SO FAR:

Raleigh has been working alongside project partners and local communities to develop biogas units in southern India for the past four years. To date, 40 biogas units have been built.

## OUR IMPACT:

In 2012, KPMG evaluated the impact of our projects in Kudimery and Kadalakolly. Their findings are summarised here...



The average decrease in firewood usage is 84% (15kg) after installation of the biogas unit. That means in our Kudimery and Kadalakolly projects, wood consumption has been reduced by over 120 tonnes.



Beneficiaries report a reduction in back pain, headaches, eye infections and respiratory complaints after switching to biogas fires. That means children are able to attend more days at school and the women have the opportunity for more empowering activities.



On average each household earned an additional annual income of INR 35,562 (£425) from the sale of milk and manure. The combined income from all beneficiaries between 2010 and 2012 was INR 402,780.60 (£4,815).



14 calves have been born. Communities have also broadened their asset base by investing in poultry and goats, which builds their resilience against market price variations.



Village women play a key role in the scheme including managing the income and banking - a healthy sign of development. Confidence is growing and communities are taking the lead to safeguard and manage their own future.

**“NOW THAT WE HAVE THE BIOGAS UNITS WE DON'T HAVE TO WALK LONG DISTANCES TO GET FIREWOOD. WE SLEEP BETTER AS OUR HOUSES ARE NOT FILLED WITH SMOKE FROM COOKING.”**

SHANTHA, BIOGAS BENEFICIARY AT KUDIMERY VILLAGE

## BIOGAS BENEFITS

### Environmental benefits:

- Reduces deforestation
- Organic - no nasty chemicals
- 100% renewable form of energy - just add manure!

### Community benefits:

- Income from milk production and improved crop yields
- Increased opportunity for education and employment
- Better health; less time lost to ill-health



# INSIDER PERSPECTIVE

Santa Rosa, high in the hills of Northern Nicaragua is beautiful, remote - and boring according to 17 year old Jelking Calderon. School is a two-hour walk away. In the rainy season the track becomes impassable so he dropped out and his life narrowed to helping his grandad in the fields.

One day a dozen Raleigh International Citizen Service volunteers arrived in the village. Getting to know them was easy, half were Nicaraguan and most of the Brits spoke Spanish. Jelking helped volunteers with house-to-house surveys because "if someone from the community is with you, you get more truthful answers". The survey identified two main environmental problems - the first caused by deforestation; so many trees were being chopped down for firewood it created water issues, soil erosion and micro-climatic changes affecting farming, and the second major problem was the amount of dirt and pollution caused by rubbish.

Jelking joined a local youth group helping the Raleigh volunteers install fuel efficient ovens, reducing the firewood needed by 50%, as well as planting 1,300 saplings. To keep the momentum going they are starting a new tree nursery and have already been trained to identify and plant seeds.

The group also organised a rubbish clean-up. "We had never picked up litter before but we liked the idea. It would be good to keep the community prettier and more hygienic."



Jelking joined the youth group and volunteers when they met with the regional Mayor and Councillors to ask for regular rubbish collection. Now he and his friends can continue improving their environment, conserving local resources and learning how even the poorest young people in some of the remotest communities can demand better services from local government and help to change their own village. And life is distinctly less boring.

**"OVER THE PAST 12 YEARS RALEIGH HAS BENEFITTED OVER 7,000 PEOPLE WITH WATER, SANITATION AND ENVIRONMENTAL IMPROVEMENTS IN THIS REGION. THE COMMITTEES THEY SET UP AND WORKED WITH ARE NOW THRIVING ORGANISATIONS THEMSELVES."**

In nearby San Nicolas, 24 year old Raleigh team leader Denis Pavon faced a very tricky political problem. The task for his team of British and Nicaraguan volunteers seemed straightforward, to build a community centre. Unexpectedly, the day before the work was due to begin a community delegation told them that they could not start the work. The community was so deeply divided on political and religious lines that their agreement to have a common community centre had fallen apart.

The team were living with local families who got to know them and vouched for their political neutrality. They discussed the problem with local leaders including the local priest and pastor, both of whom preached on Sunday in favour of proceeding with the centre. Bit by bit confidence was built, opposition faded and the community centre was built - to the delight of Raleigh's partners, a local co-operative that had never managed to succeed in getting the village to

**MARIE STAUNTON,  
RALEIGH'S NEW  
CHAIR, SHARES  
HER THOUGHTS  
ON HOW RALEIGH  
ENABLES YOUNG  
PEOPLE TO CHANGE  
THEIR WORLD**

work together before. "It was stressful but as team leaders we were able to keep calm, neutral and talk to all sides," says Denis.

Working here has had life changing consequences on the British volunteers too. Eleanor Pile sums up her first 10 weeks in Nicaragua, "Living with people who have little made me ashamed of what we waste at home... I was going to train as a gardener but now I have seen the impact of tree-felling I want to retrain and work in reforestation."

In these villages it is clear to see the immediate impact of Raleigh's work. According to Brigido from the local co-operative Juan Francisco Paz Silva which Raleigh works with, "Over the past 12 years Raleigh has benefitted over 7,000 people with water, sanitation and environmental improvements in this region. The Committees they set up and worked with are now thriving organisations themselves."

Maybe the greater impact is longer term, embedded in the next generation. Jelking, Denis and Eleanor have not only changed themselves but have also developed the skills and the inspiration to bring about lasting change in their community, their country and their world.

To read the full version of this article please visit:  
[www.raleighinternational.org/features](http://www.raleighinternational.org/features)

*Marie Staunton has over 25 years international development and human rights experience. She is Chair of Raleigh International and also of the Equality and Diversity Forum. Prior to this she was the Chief Executive of two international charities, Plan UK and Interact Worldwide. Her daughter went on expedition in 2011.*





# CHANGING LIVES

SALLY FERGUSON FROM OUR DEVELOPMENT TEAM EXPLAINS WHY OUR **YOUTH PARTNERSHIP PROGRAMME** IS SO IMPORTANT



One of the founding principles of Raleigh's expedition programme is that it should be available to people from all walks of life - irrespective of nationality, background or bank balance. Our mud-caked, sweat-soaked, sun-drenched t-shirts transcend those social barriers, right?

To keep it accessible to all, we recognise that some people need help to find the first rung on that ladder. Enter the **Youth Partnership Programme** which supports people from disadvantaged backgrounds to get involved and turn their lives around. We've set ourselves the target of supporting 50 young people to change their lives in 2013. But what exactly does that mean?



## HOW IT WORKS...



### Disadvantaged young people

Many have been homeless, are trying to break the cycle of reoffending, have been struggling with addiction or have been part of the care system.



### Youth organisations

Raleigh is put in touch with young people through Youth Organisations across the UK who also support these young people before and after expedition.



### ROARs

They attend a four-day Raleigh Outdoor Adventure Residential (ROAR) in the UK to learn new skills and make a mutual decision as to whether they are ready to volunteer overseas.



### Fundraising

Many of these young people do not have the networks and support to raise the full cost of their expedition - they decide on realistic fundraising targets with their programme mentors but the rest is funded from donations from people like you.



### Expedition

Adventure, Community and Environmental projects, fresh air, new friends, big challenges and a complete change of scenery. As alumni, you all know how powerful this experience is!



### A fresh start

Taking part in a Raleigh expedition provides them with skills, experience and momentum to get back into education and employment, and find their path in life.



# JUST JAMES

**SINCE I WAS 11, I HAVE BEEN IN AND OUT OF TROUBLE WITH THE POLICE.**

Not having a stable environment, and not having that many good things or people around me, I did things that I'm not proud of: theft, joyriding, assaults and arson – I was in a downward spiral, being arrested every month and mixing with the wrong people.

Getting placed on a young offender's scheme, I decided it was time to stop. Things started to get sorted out; I was enrolled in college, and hadn't offended for six months. This is the longest I'd ever kept out of trouble, and it was at this point my journey with Raleigh started.

My youth worker told me about Raleigh. I learnt about the expeditions, and met other, former young offenders who had also committed to making a change and turned their lives around after going out to help others abroad. I felt it was something I'd want to do - if others could do it, so could I. Being given a place with Raleigh wasn't like being given a free ride - I had to prove I wanted to work towards my college course, that I wasn't going to get into trouble again and most of all that I was motivated and committed, and could fundraise for my flights and kit.

Along with others, I attended a ROAR – it's a taster of expedition life, living and cooking outdoors, working in teams and independently while being assessed by

**AFTER JAMES PHILLIPS WAS PLACED ON A YOUNG OFFENDERS SCHEME, HE DECIDED TO TURN HIS LIFE AROUND. HE TELLS US HOW HIS RALEIGH EXPEDITION HELPED SHOW HIM A NEW PERSPECTIVE**

the trainers. I was selected to go to India in Spring 2012 and couldn't wait! Even now, it had allowed me to meet others who had similar backgrounds but who, like me, were ready to break that downward cycle.

Being out in India changed everything for me, for the better. I worked on a project in a village to build ecosanitation units. Then, after changeover, I was able to experience conservation projects and challenge myself on trek; I found it really hard, but really enjoyed everything at the end.

People living in the community, they have nothing, but they're so grateful for everything – the work we did, the help we gave; just us being there and getting involved in everyday Indian life seemed to make them really happy. I think they liked that we were respectful, and that we wanted to learn as much as we could from them. They taught us so much and were so generous - for people who have nothing to want to invite you into their homes, and to give you food, was just amazing. I thought about how that just doesn't happen back in the UK.

Returning from expedition allowed me to appreciate everything I have; it's sort of like looking at things through new eyes. Even things like carpet, and heating –

and heating – and plates to eat off! Other people have nothing, and some don't even have toilets ... though there's a village in India that does now, because of our Raleigh team.

Learning about a new culture wasn't the only way that I started to appreciate new people from my time with Raleigh. Meeting people who'd come from the UK to be venturers with me was also amazing. I made friends with people I never thought I'd mix with; it's increased my confidence.

I feel I can do things now that I didn't think I'd be smart enough for. I went to visit expedition friends who are at University and really enjoyed being with them again, and being around that environment. To them I'm not an ex-young offender, or trouble, I'm just James.

Lots of great things have happened in my life since returning from expedition. I don't smoke marijuana anymore – I'm happier and healthier without it - and I'm working part-time, finishing my NVQ Level 2 qualification in Carpentry and Joinery. I'm pushing myself now to work as hard as I can. Getting into trouble isn't worth it – I see a different way of life now, and I actually appreciate wanting to do better for myself now.

**“I MADE FRIENDS WITH PEOPLE I NEVER THOUGHT I'D MIX WITH; IT'S INCREASED MY CONFIDENCE. I CAN DO THINGS NOW THAT I DIDN'T THINK I'D BE SMART ENOUGH FOR.”**



**URGENT  
APPEAL!**





# ROAR TRAINING IN ACTION

## ROAR FACTS

Of 86 young people who completed a ROAR in 2012:

**86** — had a household income of under 18K per annum

**57** — were not in education, employment or training

**30** — were in supported housing

**21** — had a history of offending

**19** — lived in rural isolation

**11** — had experience of the care system

**9** — had a drug or alcohol dependence



The Raleigh Outdoor Adventure Residential (ROAR) is an action-packed four-day programme that gives potential partnership volunteers a taste of expedition life. Participants work as part of a team to develop skills in communication, leadership, and risk assessment as well as practical skills such as camp craft and managing their food equipment and activities.

The programme also includes one-to-one mentor sessions focusing on the individual, all facilitated by our

supportive staff team. All participants make a personal development plan. They also work towards a John Muir Discovery Award which recognises young people who have engaged in challenging environmental work.

For some participants, this is the first certificate they have ever achieved. Most go on to take part in Raleigh overseas expeditions, but we ensure that everybody is fully supported whether they choose this option or not, with the help of our partner organisations.

**“YOU CAN SEE  
THE CHANGE  
WITH THE YOUNG  
PEOPLE WHO’VE  
GONE ON A ROAR  
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SWITCHED ON  
INSIDE THEM.”  
- YOUTH WORKER**

## We need YOUR HELP!

Can you help us give someone like James the opportunity to turn their life around? Our partners like the Prince’s Trust and the Amber Foundation have many young people like James that need our support, including 50 signed up to take part in our 2013 training and expedition programme.

Raleigh has already raised over £70,000 to cover the cost of this work, and the young people themselves are fundraising to contribute as much as they can, but we need to raise another £180,000 before the end of the year. Think about the impact Raleigh had on your life – you were able to fundraise to make this possible. Please help us make it possible for these young people too. Could you help today with a donation of just £25 to contribute towards the fundraising efforts of a young person like James?

To donate, please visit our website at [www.raleighinternational.org](http://www.raleighinternational.org) or call us now on 020 7183 1270

# BUSINESS CLASS

DID YOU KNOW THAT RALEIGH RUNS CORPORATE PROGRAMMES FOR BUSINESSES?



WHETHER IT'S INCREASING EMPLOYEE ENGAGEMENT, AN INNOVATIVE WAY TO DELIVER A CORPORATE SOCIAL RESPONSIBILITY PROGRAMME OR TALENT MANAGEMENT, AN OVERSEAS EXPERIENCE MIGHT JUST BE THE PERFECT SOLUTION

## LEAD BY EXAMPLE



Champion chocolatiers Green & Black's teamed up with Raleigh to deliver an innovative Corporate Social Responsibility project. Together, we ran a Community Development Programme to the Dominican Republic to empower Fairtrade cocoa farmers, and engage both staff and consumers in the importance of sustainable supply chains.

## ENGAGE YOUR EMPLOYEES



The Airbus Corporate Foundation invested in a programme to engage and develop their employees through projects focused on the preservation of biodiversity. Airbus employees from all over the world have undertaken expedition to India, working in small teams to build the brilliant Biogas units we featured on p10.

**"Our expeditions with Raleigh is about social entrepreneurship; it's about taking the best of business acumen and applying it to a non-commercial initiative, knowing that what your employees get out of it personally they will bring back into the business."**

*Tom Enders, Airbus President and CEO*

## NURTURE NEW TALENT



Unlike traditional graduate schemes in the banking sector, Raleigh works with UBS to offer graduates a challenging overseas expedition. This develops transferable skills in communication, leadership, decision-making and working cross-culturally, helping UBS recruit and retain the highest calibre students.

**"It gives them a solid foundation for working in a global industry and a memorable life experience - while giving something back to a community in need"**  
*Lyle Andrews, EMEA Head of Graduate Recruiting, UBS*

## Sound interesting?

Get in touch. As a charity, we rely on word-of-mouth recommendations to reach more people. Many of our best relationships begin when alumni introduce us to their friends and colleagues. If you think that we could help the business you work for, why not help us by opening the door and putting us in touch?

Contact Rupert Miller, Head of Business Development at:

[r.miller@raleighinternational.org](mailto:r.miller@raleighinternational.org)  
or on 020 7183 1278





# ALUMNI JOURNEYS



20 years ago

*Chile*



20 YEARS AFTER THEY SET OFF ON THEIR RALEIGH ADVENTURE, BONDS BETWEEN THE CHILE 92A EXPEDITION TEAM ARE STILL STRONG. SHADI FATHIZADEH FOUND OUT MORE ABOUT THEIR EXPEDITION MEMORIES

## CHILE 92A: THE FACTS

**When:** January to March 1992  
**Who:** 72 Venturers, 26 Staff, 26 Scientists  
**Nationalities:** Australia, Hong Kong, Singapore, New Zealand, Germany, France, Japan, UK, Chile, Spain, India, Italy.  
**Projects:** Cerro Castillo, Huemules, Lake Taitao, Laguna San Rafael, The San Quintin Glacier, plus treks - 'Horse', 'Simpson' and 'Rio Exploradores'

A month in a tent by Lake Taitao supporting the research scientists, and our canoe trek to survey landforms and forest types

Our community project in a small town called Cerro Castillo that had been affected by Volcan Hudson - a great opportunity to meet the local residents and get into the local school to teach some English

Carrying the precision tremor reading scientific equipment - the glacier retreat measurements we took were some of the first used to give evidence of global warming

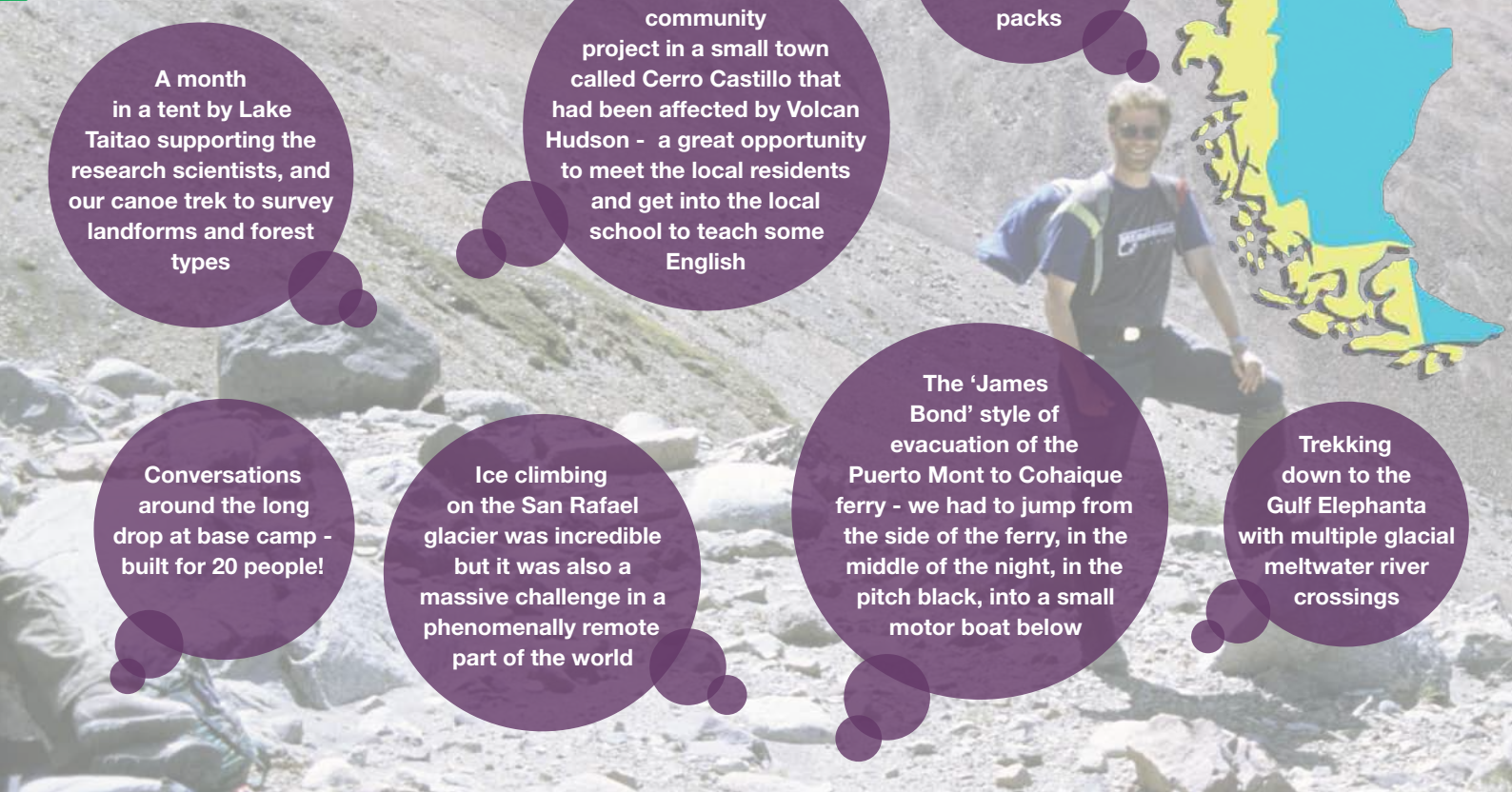
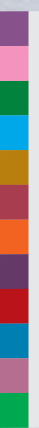
The mysterious shortage of chocolate in the army ration packs

Conversations around the long drop at base camp - built for 20 people!

Ice climbing on the San Rafael glacier was incredible but it was also a massive challenge in a phenomenally remote part of the world

The 'James Bond' style of evacuation of the Puerto Mont to Cohaique ferry - we had to jump from the side of the ferry, in the middle of the night, in the pitch black, into a small motor boat below

Trekking down to the Gulf Elephanta with multiple glacial meltwater river crossings





# THEN AND NOW

MOST OF THESE CHILE 92A VOLUNTEERS WERE IN THEIR TEENS WHEN THEY SET OUT ON EXPEDITION. BUT WHAT ARE THEY UP TO NOW AND HOW DID THEY KEEP IN TOUCH FOR ALL THESE YEARS?



## DUNCAN PURVIS

Works with disadvantaged young people; currently running a range of supported living projects across West Sussex for Sussex Central YMCA. Lives in Brighton with his partner and their two boys aged one and six.

*"My Raleigh experience exposed me to people from every walk of life and background you could imagine and for me that is the magic. I became much more aware of the big old world out there and the fantastic range of people in it."*



## TOM FROST

Managing Director at an Investment Bank, happily married with three kids.

*"Raleigh did change my outlook on life through experiencing different countries & culture - a great mix of the scientific, venture & charitable. My Raleigh expedition led me to come away with a view that most things are achievable if you put your mind to it."*



## ANN LUCK

Research Network Manager for dementias & neurodegenerative diseases. Married for seven years before expedition to Andrew (who is now used to her disappearing on her travels once in a while).

*"Raleigh made me realise that the people who have the least money and the least possessions are often the happiest and richest people - they are also generally the most generous and giving of people."*



## IAN SOUCH

Project Engineering Manager for a major international food manufacturing company. Lives in York with wife Deirdre, and three children (17, 14 and 10).

*"We have kept such strong friendships and been able to help and support each other when needed. Whatever challenge you may face, with the right people around you, you'll always make it through - and everybody has something to contribute when things get tough."*



## KAY CASSON

Community palliative care nurse (like a MacMillan nurse) attached to a local hospice. Lives in Sevenoaks with husband Keith and two children, (13 and 11).

*"My Raleigh experience taught me to value of team work; using the skills of people around you and sharing the work together. I made true friends for life."*



## SARAH MASHAM

Primary School Teacher Sarah is married to Matthew with four children: a son, 16, and triplet daughters, now 14. The family moved back to the UK from Norway, in June 2012.

*"I taught in a very different way when I returned from Chile - passing on my experiences and encouraging the children to make the most of their strengths. I have tried to make the most of every life opportunity that has come my way and turn everything into a positive."*



# THE 20-YEAR REUNION...

Taking the bull by the horns, Kay organised for the Chile 92A alumni and their families (27 in total) to go to Blacklands Farm where they got stuck into rock climbing, a 'crate challenge', orienteering, kayaking and singing round a campfire, while everyone mucked in with feeding and washing up in true Raleigh style.



## LEIGH BOWDEN

Works for Oracle and is married with three children and two step-children. His step-daughter has two children now so he's a Gramps as well!

*"I left the UK in 1994 and lived in Nigeria for 3 years as a volunteer. I suspect if I hadn't done Raleigh I wouldn't have thought about volunteering in Nigeria. I remember Chile and Nigeria as one continuous 'event' and found life in Ipswich between the two to be very tedious."*



## BRANDON CHARLESTON

Lives in London with his wife (who he met through Raleigh) and their two sons (seven and four). He's worked for Raleigh for four years, currently as the Training and Development Manager.

*"I applied with the mentality; I'll never get it but at least I can say I tried! Over the years, I've been involved with Raleigh in numerous roles including logistics in Borneo, project manager in Ghana & Borneo, and bespoke expeditions in Namibia."*

**STAY CONNECTED!**

Does this stir up fond memories? Why not organise your own reunion? Whether its a cosy night in a pub, a fundraising event or a weekend of fresh air fun, you could be reliving your favourite Raleigh moments, catching up with old friends around a campfire or even making new ones - you never know where it might lead!

If you'd like to find old friends, visit our website to access the Raleigh Friend Finder.

# THE FINAL WORD: SIMON CHINN

FILM PRODUCER **SIMON CHINN** HAS JUST WON THE BEST DOCUMENTARY OSCAR - FOR THE SECOND TIME. SIMON TALKS TO ALISON CAHN ABOUT FILMS, FAME AND FOOT ROT, AND HOW HIS **RALEIGH JOURNEY** HELPED HIM GAIN THE GOLDEN STATUETTE

Simon Chinn has an instinct for a good story. His latest Oscar winner, *Searching for Sugar Man*, centres on an American musician who flopped in his homeland but became, without his knowledge, a superstar in South Africa and icon of the anti-apartheid movement.

“The stories I choose are mostly historical footnotes, sometimes quite small, oddball stories that people are totally unaware of, but they work for audiences because they have a bigger, more universal resonance” Simon explains.

His approach is to put the same kind of resources and effort into producing a documentary for cinema release as traditionally go into feature films.

“They need to work for cinema audiences in exactly the same way that dramatic features do. They need a sense of scale, with a strong narrative and visual approach. We spend a lot of time in the cutting room and on post production. It’s not cheap.”

What matters most, Simon believes, is the quality of the story. His best films, he says, often centre on a classic hero’s journey, a protagonist who faces and overcomes many obstacles. That brings us back to the journey he took with Raleigh to Panama in 1988: “I was 19, fresh out of school. I thought I was pretty cool, with long hair and an earring.

I saw myself as bohemian and slightly subversive.

I was initially down on the whole Raleigh ethos, the idea of leadership. But my expedition gave me an experience of leadership that I hadn’t had before. It changed me.”

**“...WE LASHED THEM WITH ROPE AND CARRIED THEM THROUGH MUDDY TRENCHES. IT WAS HORRIBLE.”**

The high, and low, spot of the trip was the coast to coast trek. After crossing the country’s highest mountain Simon’s group collected two large inflatable boats. The plan was to carry them 30

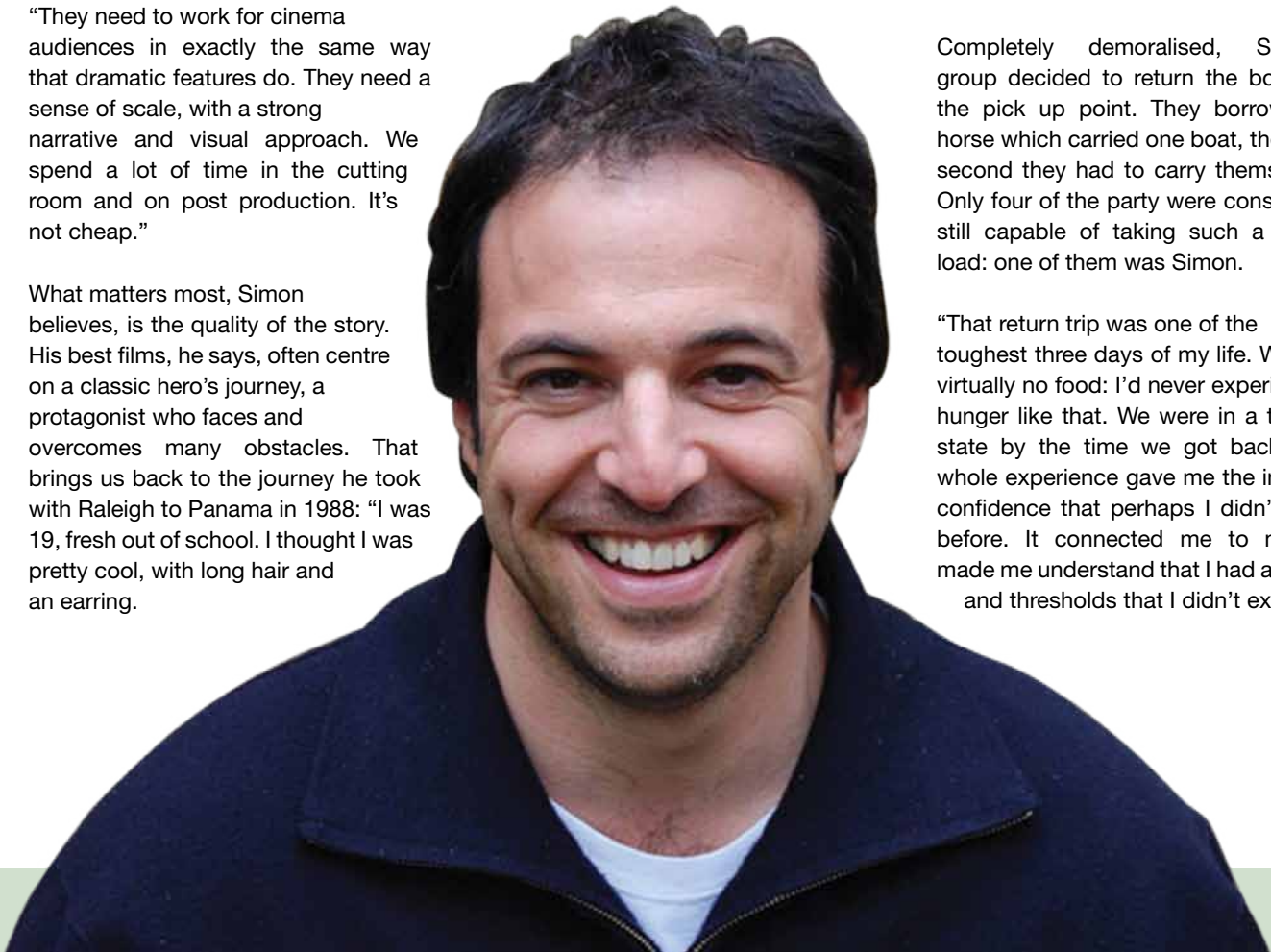
miles through the mountainous jungle, along a cattle trench, to a river, and then float them to the coast.

“We came up with various Heath Robinson ideas of how we would transport these very heavy inflatables but none of them worked. In the end we lashed them with rope, turned them into back packs and carried them in 20 minute shifts through eight foot high muddy trenches. It was horrible, and incredibly painful. By the time we got to the river we were completely exhausted with bad backs and foot rot.

“We inflated the boats thinking we were home and dry. Then there was a great storm and the river rose dramatically. We got completely washed out, all our supplies were water logged: everything, including our radios, were trashed.”

Completely demoralised, Simon’s group decided to return the boats to the pick up point. They borrowed a horse which carried one boat, the second they had to carry themselves. Only four of the party were considered still capable of taking such a heavy load: one of them was Simon.

“That return trip was one of the toughest three days of my life. We had virtually no food: I’d never experienced hunger like that. We were in a terrible state by the time we got back. The whole experience gave me the internal confidence that perhaps I didn’t have before. It connected me to myself, made me understand that I had abilities and thresholds that I didn’t expect,





that I could adapt myself to anything. It taught me not to give up, to overcome challenges - physical, mental and emotional - and that by overcoming those challenges you can grow as a person.”

That confidence and ability to overcome challenges came into its own when, 17 years later, Simon decided to take redundancy from his job as an executive producer for an independent TV production company. He had an idea he wanted to pursue.

He'd heard an episode of Desert Island Discs with Philippe Petit, a Frenchman who, in 1974, slung a tightrope

**“IT TAUGHT ME NOT TO GIVE UP, TO OVERCOME CHALLENGES - PHYSICAL, MENTAL AND EMOTIONAL - AND THAT BY OVERCOMING THOSE CHALLENGES YOU CAN GROW AS A PERSON.”**

between the Twin Towers in New York, and walked and danced between them. Simon had finally found the hero whose journey he wanted to portray, but this was just the beginning.

“Man on Wire was a product of tenacity. I really believed in this story, and felt very lucky to have found it” reflects Simon, but the obstacles he now faced were enormous: he had to find a director, raise the money and negotiate a continually precarious relationship with the central character in his documentary.

“I had to persuade Philippe to entrust someone else with his story, something he instinctively didn't want to do. It took me eight months to secure the rights and that was just the start - it was a constant negotiation with him throughout the production process, and sometimes it got very fraught.

“I'd never done a feature film before, I was completely new to the way theatrical films were financed and the

marketplace for them - I was blagging it really. It was a struggle and, in the end, I had to push very hard.”

As producer, Simon had to show the kind of leadership he had once mistrusted, before his Raleigh trip.

“I was basically driving the whole project. There are so many obstacles in the process of setting up and making a film that unless there is someone utterly committed to making it happen, it doesn't happen.”

Man on Wire won Simon his first Oscar. His latest award involves a very different hero: the unassuming, unacknowledged musician Sixto Rodriguez, who was doing low paid, manual work in Detroit when he was eventually tracked down by two of his South African fans.

“One of the big themes in Searching for Sugar Man's is humility. A man who was denied fame and wealth but lacks bitterness, who found his riches elsewhere. Perhaps it touches the zeitgeist of these difficult economic times.”

Simon's current project, The Green Prince, is about the Palestinian son of a founder of Hamas, who worked undercover for the Israeli security services. Does being a double Oscar winner mean there are fewer obstacles this time?

“It's a little bit easier when you have a track record,” Simon agrees, “but there are always huge challenges. It still comes down to the quality of your story, your passion and commitment, and having a clear idea of the end game. I often think: if it's easy, it's probably not worth doing.”

**Would you like to share your story with the alumni network?**

**Whether you've moved on to bigger and better things or a quieter pace of life, we can feature you on these pages or online. Get in touch with us at [alumni@raleighinternational.org](mailto:alumni@raleighinternational.org)**

**UNTIL NEXT TIME...**

**Don't just put this copy of Connections down. Get in touch with someone from your expedition that you haven't spoken to in years. Check out the alumni web pages and blog for ideas to get involved.**

**Or drop us a line.**

**We'd love to hear from you.**







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