Challenge of a lifetime
Action plans that push the limits

Space Race
Alumnus astronaut Tim Peake talks space and sustainability

London calling
Raleigh takes centre stage in the Lord Mayor’s Appeal

Spotlight on sustainability
Practical solutions to save the planet
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 the world.

It is thanks to you, the thousands of volunteers who have committed your time, energy and passion to support us, that we are able to deliver lasting benefits to the countries and communities with whom 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

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 Connections magazine.

Laura Woodward
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

WEBSITE www.raleighinternational.org/raleigh-alumni
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Welcome to our special issue focusing on sustainability...

Every Raleigh day is full of surprises. Looking through this issue, I’m amazed at the ingenuity, passion, energy and creativity that dominate your stories. The alumni we have featured are bringing about change in so many different ways - from marathon swimmers to dazzling carnival floats to postcard projects connecting communities thousands of miles apart to new ways to manage precious natural resources. Even the sky isn’t the limit for our alumni interviewee for this issue, who is getting ready to blast into space.

Each alumni has chosen an issue that is personal to them to act upon but those achievements are drawn together by one common thread: sustainability. We are all working together to find solutions that keep on giving, making a difference to people and places for years to come. Global change starts with individuals like you and me. We can all make a choice to make a difference that really counts. If you are inspired by these stories, visit our website and update your contact details on our alumni pages - do it now! Let us keep you up-to-date with ideas, action guides, events and opportunities. Next issue, perhaps we’ll be writing about you.

Meanwhile, don’t miss our big news on page eight. Thanks to our brilliant trustee, Fiona Woolf CBE, who is now Lord Mayor of London, Raleigh has been chosen as a beneficiary of the 2014 Lord Mayor’s Appeal.

Stacey Adams
Chief Executive Officer

Don’t miss out
To get all our latest news, update your details at:
www.raleighinternational.org/keep-in-touch
BEHIND THE SCENES

SINCE LAST ISSUE, RALEIGH PROJECT TEAMS HAVE BEEN BUSY CHANGING LIVES AROUND THE GLOBE. HERE ARE FIVE SNAPSHOTS OF SUSTAINABLE DEVELOPMENT IN ACTION

SAFE WATER SOURCES, NICARAGUA

For ten years the residents of San Jose community in Miraflor have lived with contaminated water, causing debilitating illness and costing them back-breaking hours sourcing safer alternatives. This summer, Raleigh ICS teams in Nicaragua completed an infrastructure project bringing clean, safe water to the entire community.

COMEDOR CONSTRUCTION, COSTA RICA

The Costa Rican Government offers all students a nutritious lunch - but only if their school has a suitable building. Raleigh volunteers spent this summer building a brand-new dining hall in the remote community of Mayal - which means full tummies, access to education and improved livelihoods for years to come.
**Team Beach Clean, Borneo**

During their ‘Live, Protect, Respect’ campaign, a group of Host Country Venturer alumni from Sabah dedicated a weekend to environmental action. They collected a staggering 30kg of rubbish - mainly plastic waste - that was littering the beaches of Mamutik and posing a threat to both coastal and marine environments.

**Targeting Health, India**

Over 100 people were treated at a Wellness Clinic focused on eyes facilitated by Raleigh ICS teams in India. Settle Curry School hosted the health camp which tackled the long-term aims of raising health awareness and providing health education for the community, alongside local doctors who volunteered their time to treat existing eye problems.

**Tippy Taps, Tanzania**

Forward-thinking teams in Tanzania empowered the local community by their ‘trickle-down’ awareness raising. After installing Tippy Taps (simple solutions for hygienic handwashing) in the homes of key community members, they asked each recipient to pass on the knowledge to four other people, helping them impact over 200 homes. Curious? Watch an award-winning film on Tippy Tap technology at vimeo.com/19752311 or visit tippytap.org for more information.

**Want More?**

These are just a handful of the projects our teams have tackled since last issue. Find out more at: raleighinternational.org/blogs
IN TEAMS THEY SWAM 56 KILOMETRES IN 16 HOURS, RAISING FUNDS - A STAGGERING £15,500 - TO HELP MORE YOUNG PEOPLE EMBARK ON RALEIGH PROGRAMMES. BUT JUST HOW DO YOU GO ABOUT ORGANISING SUCH AN AMAZING EVENT? WE ASKED THEM MORE ABOUT THEIR ROUND ISLAND CHALLENGE (RIC).

“I was aware of the challenges that lay ahead when we decided to realise such a bold idea,” says Chong Poh-E, President of Raleigh Kuala Lumpur of the project that she “first thought to be too ambitious.” The timeline starts in July 2012 with the formation of the RIC committee - 17 key members - whose first task was to transform the embryonic idea into a full project proposal and start delegating roles.

Swimmer recruitment started in earnest in September 2012: individual training programmes were issued to ‘sea challengers’ and weekly group training sessions organised to bring the community of volunteers together. The committee also began forging relationships with supporters and project partners to help source the necessary expertise and resources to make it happen.

In December 2012, six months before the event, logistics became the main focus: specialists were consulted, equipment was sourced, key partnerships strengthened and health and safety considered. Blogs were written to raise the event’s profile, press releases published, radio appearances made and more sponsors approached. “The Raleigh Round Island Challenge project has been a great opportunity for Raleigh Kuala Lumpur to grow as a youth organisation,” say the committee in an impressive document charting the journey from idea to execution. “It has provided our members with the opportunity to expand their networking skills as well as develop an array of soft skills.”
On May 2nd 2013, after months of hard work and careful planning, the teams departed from mainland Malaysia for final preparations on the Perhentian Islands including briefings on environmental conservation, safety considerations and rescue procedures.

Finally, the day of the event dawned. After a 4am breakfast, the first teams launched into the pitch-black waves for their four-hour stint. Resting swimmers limbered up with a beach clean-up, before each taking their turn in the marathon swim.

The final teams entered the water at 5pm, reaching a jubilant crowd at the finishing line under a blanket of stars at 9pm. “I am proud to say that we have succeeded even while being battered by waves of adversity,” says Chong Poh-E. “The organising committee has done a fabulous job, all on a voluntary basis. What we have achieved here is worth far more than the funds we have raised.” Dennis Gan, Co-Project Director of Raleigh RIC, agrees: “The experiences gained from organizing this event have indeed been very rewarding. Not only were funds raised but new friends were made, new skills were mastered and challenges were brought to new heights. And now it’s time to buckle up - a new fundraising adventure awaits.”

**Malaysian Sea Challengers**

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**8 months of training**

**138 km swum during the 16 hour event**

£15,500 raised
Alumni action

MORE WATERY CHALLENGES

GREAT GLEN CANOE CHALLENGE

On the first weekend of August 2013 a group of alumni from Tanzania 13B climbed aboard canoes to tackle 100km of Scotland’s Great Glen amidst torrential rain and howling gales. Their goal: to raise funds for Raleigh Tanzania’s Host Country Venturer (HCV) programme.

“It seemed perfect to organise our event a few months after we all returned so that it would involve a mini-reunion for us, and provide vital funds for the work Raleigh undertakes. It feels great to give something back to Raleigh Tanzania, especially as many of us feel it has changed our lives for the better.”

Astrid Wells tells the full story of the Great Glen Canoe Challenge on our alumni blog:

www.raleighinternational.org/ri-blogs/alumni

THE GROUP RAISED A BRILLIANT £1000!

“ON THE FINAL DAY THE WATER WAS INCREDIBLY CALM. LOOKING BACK ALONG LOCH NESS TO BEN NEVIS YOU COULDN’T DISTINGUISH THE WATER FROM THE SKY. THE VIEWS WERE JUST MAGICAL.”
YOUR EXPEDITION IS OVER... WHAT’S NEXT?
GLOBAL CITIZENSHIP STARTS HERE!
TRY THESE FOUR IDEAS TO MAKE YOUR VOICE HEARD

ORGANISE A FUNDRAISING EVENT
Inspired by the RiC swim or the Great Glen Canoe Challenge? Why not organise your own fundraising event to support Raleigh and inspire others? Put the fun in fundraising - from sponsored hikes to race nights and pub quizzes, choose something that suits your message and maximise your support with the wonders of social media.

GET POLITICAL
Politicians can have a great influence on redressing global inequality and poverty. The most effective way to lobby them is by writing to, emailing or speaking with them in person. Their job is to represent you so don’t be shy - get in touch with your political representative today and talk to them about the issues that matter to you.

GET PUBLISHED
Wherever you are in the world, if writing is your thing then get an article in your local paper. Time it to coincide with Fairtrade Fortnight or World Water Day - but make it personal. Include a few Raleigh moments and some photos and there’s every chance your article will get published.

SHARE YOUR STORY
There’s no better way to get others inspired than talking from the heart. Share stories about the communities you lived with, their lack of access to basic services and the simple solutions everyone can be a part of to get others inspired to act. A picture says a thousand words, so why not organise an exhibition to showcase your photos?

MAKE A DIFFERENCE LOCALLY AND GLOBALLY
Choose an action. Start making a difference. Our Action Guides give you know-how and support for each idea, and can be downloaded from: www.raleighinternational.org/home-action/action-guides
LEADING LIGHTS

AFTER VOLUNTEERING WITH RALEIGH IN NICARAGUA, THESE ALUMNI ALL RETURNED HOME WITH A PASSION TO TAKE ACTION AND DRIVE CHANGE IN THEIR OWN COMMUNITIES

MISAESL DORMES Misael Dormes organised a project to enhance the psychological support available to families of immigrants in Nicaragua, working alongside his university psychology department.

“I chose this project because it is part of the Millennium Development Goal of reducing poverty, which is seen here not only by economic issues but also by the lack of knowledge of how to develop oneself and defend your rights. I have also created networks for people to work together as active citizens.”

LOANGER ELLIOT RIVAS decided to work with young children to help kickstart environmental awareness from an early age. His ‘Fruit of my Childhood’ project involved working with 32 children to plant and nurture trees in their school in Nicaragua.

“I hope that the kids will now be aware of what they can do to take care of the environment and that their knowledge and attitude can ensure environmental sustainability.”

DAISY BALDWIN linked up with social enterprise The Hackney Pirates in London to get inner-city children thinking about what community means to them. She helped them connect with Nicaraguan peers and share stories of their neighbourhood. Daisy’s project also raised awareness of child poverty and malnutrition.

“A postcard project tied in with the charity’s focus on literacy and creativity as well as providing a real insight into young people of the same age, who lead very different lives.”

FABIO JAVIER RIVERA organised a reforestation day plus regular clean up days in his community in Nicaragua where volunteers and local organisations strengthened their commitment and active responsibility in environmental stewardship.

“People from my home community, Masaya, are aware of their environmental problems but I felt it was necessary to create opportunities for organised participation – only then can we start to solve these problems.”
A BURST OF ENERGY

STOP THE PRESS...
RALEIGH CHOSEN AS BENEFICIARY OF THE LORD MAYOR’S APPEAL

Raleigh Trustee Fiona Woolf CBE took office as the 686th Lord Mayor of London on 9th November 2013. We are delighted to be chosen as one of the four beneficiaries of her 2014 Fundraising Appeal, which is themed around The Energy to Transform Lives. It also coincides with Raleigh’s 30th anniversary - giving us lots to celebrate.

So what exactly does that mean? Well, it’s a pretty big deal. It’s the first time that our charity has been involved with the appeal and we are really excited about being part of it. It’s a great way to spread the word about Raleigh, and the funds raised - a target of £2 million which will be divided between the four charities - will help provide bursaries for young people from disadvantaged backgrounds to join a Raleigh programme.

The party has already started: at the beginning of their one-year reign, every newly-elected Lord Mayor of London has to leave the safety of the City of London and travel up the Thames to Westminster to swear loyalty to the crown -
a journey that has grown into a splendidly rowdy and joyful festival known today as the Lord Major’s Show. Raleigh’s innovative float at the show was manned by a team of alumni, many of them recipients of a Raleigh Bursary. A huge thank you to all of you who came down to show your support on the day.

The Lord Mayor’s Show kicks off a year of glittering, gaudy and breathtaking events, all aimed at raising funds for the four worthy causes. If you know people from London, get your city colleagues to abseil down the Lloyds Building, organise a company team for the Human Table Football Tournament or take the plunge at the City Dip.

If that all sounds rather energetic and your passion doesn’t quite stretch to jumping off buildings or into open water, could you give your time and join us in collecting money on the Lord Mayor’s Appeal Day - **Friday 16th May 2014**?

To find out more and sign up for these events, visit:

[www.thelordmayorsappeal.org](http://www.thelordmayorsappeal.org)

[www.raleighinternational.org/support-us/lord-mayors-appeal](http://www.raleighinternational.org/support-us/lord-mayors-appeal)

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**LONDON CALLING:**

**GET INVOLVED**

**THE CITY DIP, 30TH MAY 2014**

City residents, businesses, schools, sports clubs and livery companies take part in this annual sponsored swim for the Lord Mayor’s Appeal. Enter as an individual or as part of a team to swim 5,000 meters.

**HUMAN TABLE FOOTBALL, 13TH JUNE 2014**

In celebration of the 2014 World Cup – enter your team in a day of football fun in Guildhall Yard. Show off your ball skills and beat your rivals all the way to the trophy. Entry £500 for a 4-person team.

**LLOYDS OF LONDON ABSEIL, 18TH SEPTEMBER 2014**

Raise sponsorship and abseil off this iconic London building. The CEO of Lloyds of London has agreed to partake in the abseil if the Lord Mayor does it too. The Lord Mayor has accepted the challenge!
With over seven billion people on the planet and counting, the pressure on natural resources is growing fast. Left unchecked, our consumption of commodities such as land, water, soil, minerals, plants and animals will lead to catastrophe. Take water, for example: by 2025, 1.8 billion people - a quarter of the global population - will be living in regions of absolute water scarcity, according to the Food and Agricultural Organisation of the United Nations. Now that’s a sobering thought.

Community-based natural resource management (CBNRM) refers to the stewardship of these commodities. It deals with the way in which people and natural landscapes interact, bringing together land use planning, water management and biodiversity conservation. By increasing our scientific and technical understanding of the issues, we can implement environmental governance to conserve and preserve these precious natural reserves.

CBNRM is also integral to the concept of sustainable development. On a macro level, it addresses the future sustainability of global industries like agriculture, mining, tourism, fisheries and forestry. It also recognises that people and their livelihoods rely on the health and productivity of their immediate environment, and that their actions as Stewards of the Land play a critical role in maintaining this health and productivity for present and future generations.

By working at a local level in rural communities, particularly in vulnerable and remote regions where natural resource scarcity is already affecting livelihoods, Raleigh’s CBNRM projects are tackling these issues head on - with tangible results. In this feature we report back on the successes of our latest CBNRM project in Nicaragua, part of Raleigh’s International Citizen Service (ICS) programme.
WHAT PROBLEMS DID YOU IDENTIFY IN LOS HORNOS?

We started by interviewing all 72 families in the community. This region of Nicaragua is very dry and suffers from severe deforestation - a big worry for the subsistence farming community who need moist, fertile soil to feed their families. We found that, on average, 75 trees were cut down each week, translating to 3,552 trees annually. Although the community planted 2,684 trees a year, the existing situation was not sustainable. Furthermore, burning the wood on basic kitchen stoves in poorly ventilated rooms was creating health problems for the women in the community.

We also noted that there was no waste management system and that rubbish was accumulating in the streets or being burnt.

Awareness of the environmental degradation this caused to soil, air and water, and the potential harm to crops was scarce. Finally, we noted that the community was largely reliant on just two crops - maize and beans - as their main food source. The problems with this are two-fold: a lack of dietary variety leading to health issues, and the potential for the crops to fail, leaving the community little to eat.
HOW DID YOU TACKLE THE PROBLEMS?

We planned a series of events to raise the community’s awareness of some of the key issues, which included an environmental fair, presentations and action days. We started with waste disposal, organising a community litter pick which made an instant impression on the main street and playing field, helping to change the mindset about littering. We built bins around the community and dug a waste disposal site within five minutes’ walk. As young people ourselves, we especially wanted to engage the younger members of the community so we established a youth environmental group and worked with them on a number of activities including a theatre performance at the region’s famous music festival.

We then spent time aiming to reduce the harmful effects of conventional stoves. After working alongside the community to build the sufficient number of bricks, we installed improved ‘eco-stoves’ in many of the houses which consume less firewood and have a chimney to drastically improve smoke ventilation. Throughout the training and constructing of the eco-stoves many community members were involved to ensure that they have the skills to produce the same eco-stoves themselves in the future.

We also established 15 family vegetable plots plus one in the local school, giving guidance on how to build and maintain additional plots. Our project partner, the Cooperativa Juan Francisco Paz Silva provided organic compost, seeds and training on organic farming and how to make compost using readily available resources. This will help families cultivate a variety of nutritious fruit and vegetables to accompany their existing diet.

WHAT CHANGES DID YOU SEE?

Our research revealed that although the community knew deforestation and climate change were problems, they didn’t have access to information about how to mitigate their effects. By delivering tailored training sessions to the community alongside the infrastructure, each beneficiary was better equipped to protect themselves and their environment against climate change and manage natural resources as a community. The youth group will be a driving force, championing key issues and leading the way to a more sustainable management of the community’s natural resources. Galvanising young people and ensuring that community members were empowered with new skills and understanding has made us confident that Los Hornos has the ability to continue the project in the future.

Doña Mercedes, 78, had stopped cooking due to respiratory problems. Two weeks after the completion of her eco-stove she told us:

“I USED TO FEEL AWFUL WHEN COOKING BECAUSE THE SMOKE WAS ALL OVER THE KITCHEN, BUT NOW THAT RALEIGH HAS MADE THIS NEW STOVE THINGS ARE A LOT BETTER. IT IS A VERY GOOD THING THAT YOU HAVE DONE FOR ME AND I THANK YOU GREATLY.”
Open fires in homes are dangerous and have negative health effects

Community involvement in construction ensures shared knowledge and raised awareness

Rocket stoves in Tanzania use fuel more effectively

In Borneo CBNRM helps protect biodiversity

Planting trees to combat deforestation in Nicaragua

Building eco-ovens in Nicaragua

Beach clean in Costa Rica
At the tender age of 16, Tim Peake had his eyes fixed on a career path - to become an army pilot. Accepted into Sandhurst Military Academy at 17, he was advised to take a year out to gain some life experience. Already an active member of the cadets, Tim was used to spending his weekends wet and uncomfortable but his Raleigh expedition to Alaska in 1991 took him well beyond his comfort zone.

“The cold was very challenging with deep snow on the ground and freezing temperatures at night which only crept into single digits in the daytime. We were working up to our waist in fast-flowing water monitoring salmon populations as well as repairing and building up dams. Half the group went down with mild hypothermia and medics had their work cut out delivering a flow of hot mugs of tea to people in sleeping bags. The places we were working were so remote: inaccessible by land, we were dropped off by speedboats into areas populated by black and grizzly bears to cut new forestry tracks. Living in harsh, demanding conditions makes for a great expedition - otherwise it’s just a holiday.

During the second phase we kayaked around Prince William Sound to undertake research on the coastline. It wasn’t long after the Exxon Valdez oil spill so we were monitoring ecology and assessing the impact of the disaster. We were also tasked with mapping the coastline using huge Magellan GPS machines - brand new technology at the time - which were the size of housebricks. It hadn’t been accurately mapped before so this was important and exciting work - we frequently had humpback whales following our team and we saw sea lions and eagles. Getting to visit somewhere so remote with so little human impact was very powerful: I quickly realised how special this environment was and how important it was to work hard to keep it in that condition.

My kayaking instructor, who was ex-Parachute Regiment, had a huge effect on me - he was a very inspirational man who led us through tough times. Our kayak team only had 50% of the necessary food supplies for our time away and we were forced to fish every day to supplement our diet. It was the first time I had experienced the effects of real hunger in myself and those around me, how it changes people’s personalities.

On expedition you have to work as a team, you have to work on getting to know people - you can’t just sit on the sidelines. That social interaction was a fantastic part of the whole experience. I still keep in touch with a couple of guys from the Falkland Islands who were on my expedition - I found it amazing to speak with someone who had grown up in that distant environment.”

On returning to the UK, Tim began what would be an 18-year military career which took him all over the world. Logistics were a key issue once again: working as a resupply helicopter pilot, Tim provided humanitarian support, bringing vital resources to those in need and managing the local environment. “Both my time as a pilot and now as an astronaut have put me in a very privileged position, granting me a unique perspective on the world. Even though I haven’t yet set foot in space, I’m in touch with colleagues on board the International Space Station - which is primarily a research laboratory with equipment to monitor many different aspects of climate change, from glacial retreat to disintegrating lakes and erosion. In more recent years it has also become an incredible earth observation platform. Looking back at the earth, one of the most remarkable things that you notice is that there are no borders - just big continents and big oceans, and you just don’t see the borders between them. You see the world from a completely different perspective.

Within the space industry, commercial companies are coming up with incredibly advanced products because of the criteria that space requires. One of our key ideas, and hopes, are ‘Technology Transfer Programmes’: we take sustainable technologies that have been developed
for space, which are at the forefront of technology and innovation, and ask: “how can we turn this around and use it for the benefit of people back on earth?” The International Space Station, for instance, requires self-sufficiency in terms of recycling water, life support systems, having a clean environment and generating its own power. Last week in a class on Water Regeneration Systems, I learned that 75% of the urine produced on board is recycled back into potable water - which is pretty efficient! And that’s just urine - atmospheric moisture, water vapour and other liquids are also regenerated. The actual amount of pure water that we have to carry up with us is very little. These are the areas that we can learn from - where people on the planet are struggling for drinking water, we can draw on these systems to help communities provide their own drinking water. We are constantly striving for better efficiency - 10 years ago solar panels were far too expensive and generated far too little power but today they are a very practical and efficient solution. The benefits from the Space Industry are slowly seeping into our lives back on earth.

Astronaut Chris Hadfield became famous when his version of the David Bowie song went viral but, before that, he had already generated over a million followers on Twitter purely from his photography: he has a very good eye for capturing images of earth which were like pieces of art, raising awareness of the beauty of the planet and addressing many environmental issues. Like many astronauts, Chris was also doing voluntary science education and outreach programmes to raise awareness in his own time. We are all constantly trying to raise awareness using all means available - channels like social media, through industry, through government, through education. That will form a large part of my mission as well - raising awareness across the whole of Europe about what we are doing on the Space Station, why it’s good and why it’s important - and how it actually reflects back and benefits Planet Earth.

I didn’t have a Twitter account until last year when I was assigned to a ‘Nemo’ mission where I spent 12 days living underneath the ocean in an underwater habitat as part of NASA’s exploration branch. We were researching an asteroid mission, using the ocean as a neutral buoyancy environment (as close to zero gravity as we can get) to give us a good idea about the kinds of tools and techniques and procedures that we’re going to need to use. It was such a fantastic, unique experience that I started tweeting then, in order to get that message out - and I’ve been tweeting ever since. I really enjoy it - the feedback is incredible and I realise that people are genuinely very interested and excited about what we are doing, about space and specifically about the technology. The process is having a fantastic knock-on impact in inspiring young people and adults to get involved.”

WE TAKE SUSTAINABLE TECHNOLOGIES THAT HAVE BEEN DEVELOPED FOR SPACE AND ASK “HOW CAN WE TURN THIS AROUND AND USE IT FOR THE BENEFIT OF PEOPLE BACK ON EARTH?”

FOLLOW TIM ON TWITTER: @astro_timpeake

View images of space and find out more about technology transfer programmes on the European Space Agency website: www.esa.int

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 help you get involved. Or drop us a line. We’d love to hear from you. alumni@raleighinternational.org
DON’T MISS OUT ON THE LATEST RALEIGH EVENTS AND NEWS. VISIT OUR WEBSITE, UPDATE YOUR CONTACT DETAILS AND STAY CONNECTED.

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