



# Impact Report 2013

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Driving sustainable development through youth action

A summary of our sustainable development achievements in 2013

## Why we do our work

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Young people are the most important resource the world has and they are often undervalued, underestimated and expected to underachieve. We're working to change that.

More than half of the world's population, 3.5 billion people, are aged under 25. In some developing countries this accounts for 87% of the population<sup>1</sup>. Many are considered to be amongst the world's most vulnerable.

This "youth bulge" requires urgent and adequate attention. For young people it provides a unique window of opportunity in which they can engage in creating a more sustainable, just and equitable world<sup>2</sup>.

Young people must be subjects, not objects, of the post-2015 development agenda...they must also be active participants in decision-making, and be treated as the vital asset for society that they are<sup>3</sup>.

While youth are amongst the largest stakeholder group, they are rarely given the opportunity to do something about it – either to help themselves or positively affect the issue as a whole. So Raleigh focuses on doing exactly this, working through, for and with youth to inspire and make positive change on: water and sanitation, effective use of natural resources and building the resilience of vulnerable communities.

We also focus on building a youth leadership culture and developing Raleigh youth societies to enable young people to continue their work on these issues for many years to come.



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## We believe that

The world is living beyond its economic and environmental means and this needs to change.

All countries have the right to develop but need to innovate to do it sustainably.

Sustainable development involves key behaviour changes and young people inspire and embody this change.

By working together, communities and young people are inspired to build a better future.

## Who we are

Raleigh International is a charity that harnesses the passion and energy of young people to effect positive change through sustainable development. Our programmes focus on providing access to safe water and sanitation, protecting vulnerable environments, building resilient communities, developing national youth societies and building a youth leadership culture.

Since our foundation in 1984, Raleigh International volunteers have become a global community of more than 38,000 people committed to building a sustainable future, supported by our national and international societies. We rely on the generous support of trusts, foundations, corporates, our alumni and volunteers.

## The Raleigh way

Our approach delivers sustainable development at a grassroots level, bringing transformational change to people's lives in poor rural communities and protecting vulnerable environments.

Our work is delivered with, for and through diverse teams of young people in partnership with local communities and organisations, currently in Malaysian Borneo, Costa Rica, India, Nicaragua, and Tanzania.

Volunteers are trained to undertake action research, raise awareness, share and exchange knowledge with peers, build community infrastructure, develop key resources and support local partners. So, they may be constructing gravity-fed systems bringing safe water to families for the first time; building toilets with those who have never had one; raising awareness of health and environmental issues and influencing positive behaviour change; or bringing communities together to work more closely with each other and share resources.

Raleigh's experiential, challenge-based learning of volunteers in turn develops active young citizens empowered to drive sustainable development.

In 2013,  
**101,823**  
people benefitted  
from our work



# Our Impact: Access to safe water and sanitation



**2.5 billion** people lack access to improved sanitation.

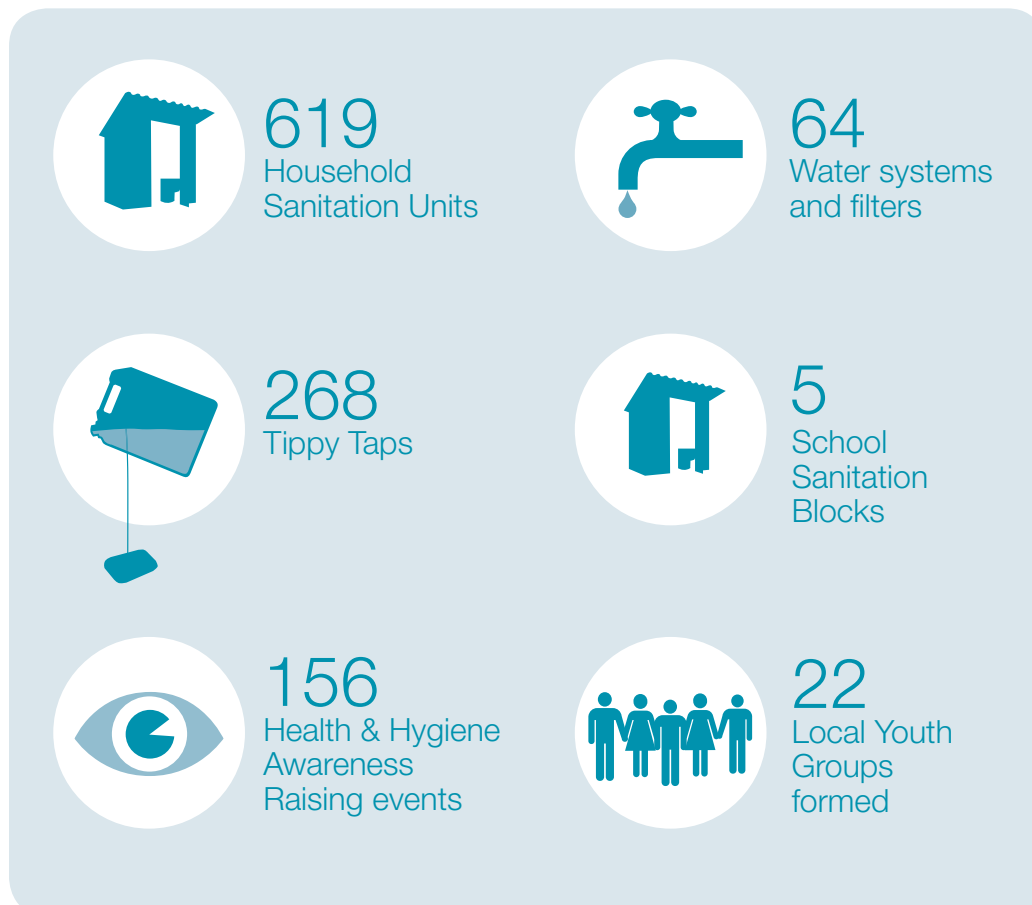
**1.1 billion** people practise open defecation, which leads to major health risks.

**768 million** people do not use improved sources of drinking water<sup>4</sup>.

Greater access to safe water and improved sanitation can have a significant impact on population health, leading to reduced morbidity and mortality<sup>5</sup>.

Volunteers increased access and use of water supplies and sanitation, and promoted better hygiene practices. This helped fight against preventable illness and disease; promote behaviour change; save time and improve water resource management.

To achieve this we completed:



# Case Study

## Water, Sanitation and Hygiene in Tanzania

Mgongo Ward, in Singida, Tanzania is a rural community spread over a large area. It's very green in the wet season, almost desert like in the dry season and is located near Senkenke Mountain. Very few roads connect the villages and there are issues with a lack of infrastructure and electricity.

Raleigh teams, supported by our project partner 'Sustainable Environment Management Action' (SEMA) focused their work on water and sanitation issues. Their research found that less than 3% of people in the community had access to adequate latrines, the majority using temporary, very basic facilities that were often unhygienic due to exposed faeces and flies and no hand washing facilities. Volunteers also found that it took women and children up to 2 hours to collect water for drinking and cooking and that there was a lack of knowledge in how to safely store and purify water.

Volunteers ran workshops in schools to help the local children understand the importance of washing their hands after going to the toilet and before eating. The teams also built new toilets in homes and schools where there had previously been inadequate facilities.

Knowledge and understanding of health and hygiene issues rose by 38%. Access and use of sanitation facilities was increased by 10% through building new latrines in homes and schools. 'Tippy taps' were placed in schools to promote hand hygiene. 500 pledges were recorded for people to build their own 'tippy taps'. New water distribution systems were installed, reducing water collection time to just a few minutes resulting in more free time for other activities.

The local hospital attributed a drastic reduction in diarrhoea cases from 60% to 9% thanks to these efforts.

"Young people are the best source of energy to raise awareness in communities. They have been working hand in hand with the communities on water and sanitation projects. This has been a valuable contribution towards our work in rural areas as they have helped with the construction of latrines, water pipes and trenches."

**Lissu Peter – SEMA Project Partner**

"You (Raleigh) have made such a point to motivate community integration in the project; the work you have done with the community will change both the kids and community's mind in general."

**Technician from project partner**

"An eco-latrine is important to me because it means I will have my own toilet for the first time. I plan to use the compost on my guava trees. The latrine is good for the environment and I am happy to be setting a good example to the rest of the community."

**Miguel is one of the new eco-latrine recipients who lives in Isiqui, Nicaragua with his wife, two sons and two grandchildren.**

"It was incredible watching a local woman go from carrying a 25 litres water can to the river and back numerous times a day to seeing her turn on the tap 4 metres from her front door."

**Dougie, UK volunteer in Nicaragua**



# Case Study

## Maternal health in India

Residents of six communities in the south Indian states of Kerala and Karnataka suffered from a variety of diseases due to inadequate water, sanitation, and hygiene facilities as well as a lack of understanding about health and hygiene issues.

Raleigh volunteers worked with expectant and new mothers with the aim of boosting maternal health and reducing infant mortality through building knowledge and changing behaviour.

The teams organised wellbeing awareness days and medical screening. 475 mothers had consultations with local nurses and 39.4% were found to have signs or symptoms of anaemia, a debilitating and potentially dangerous condition. Groups also used the time to run information stalls where sessions focused on the importance of washing hands before and after meals, after using the toilet, and before and after handling babies. Information about safe water purification and storage were presented to improve habits and reduce the spread of water borne disease.

Previously, when they were sick, some mothers had stopped giving their children water in the hope of them getting better more quickly.

"I know that diarrhoea and vomiting can be dangerous because it causes dehydration. Now I know how to treat this at home and the importance of taking lots of fluids".  
**Meeakshi**

"Hand washing is important and I learned how to do it thoroughly. I learned a new idea about not buying food from the road side that is uncovered and may be dirty. I also learned about the importance of iron and how to increase this in my family's diet and nutrition".  
**Kusum**



"The biggest lesson we have learnt is the importance of mobilising and motivating the community to get behind your work. The reality is that you can run as many awareness raising sessions as you want, but the community is where the real action will take place. Our work and the support from the community illustrates this and we could not have done any of our work without the support from our village leader, local pastor, Imam, all the head teachers of the schools and the local community".

UK volunteer in Tanzania

## Health & Sanitation in India

Shreeshail from Bijapur, India was part of a Raleigh team in the Hadya community in Southern India. They constructed 20 leach pit toilets; ran 30 health and sanitation awareness raising lessons to school children, local self-help groups and other members of the community. They fixed the school toilets and built a new set of taps by the toilets to promote hand washing and also set up a school toilet monitoring committee.

# Our Impact: Effective use of natural resources



Environmental degradation and the on-going decline in natural resources due to climate change, deforestation, biodiversity loss, land degradation, air and water pollution, and shrinking fresh water supplies are globally recognised issues threatening future development and our planetary boundaries<sup>6</sup>.

Young people are inheriting a planet that has lost 50% of its wetlands, 40% of its forests and 35% of its mangroves. These losses are important because biodiversity is fundamental to sustaining life.

We changed behaviour and attitudes by empowering communities to value and have ownership of the environment around them. Community based natural resource management deals with managing the way in which people interact with their natural landscapes. It brings together biodiversity conservation, protection and restoration, land use planning, and water management.

To achieve this we completed:



# Case Study

## Natural resource management in Nicaragua

San Nicolas is a rural community of around 125 houses and 800 residents in Nicaragua. Community members spoke of increasingly frequent extreme weather including hurricanes, droughts and tropical storms which can cause flooding, landslides and damage to livelihoods.

Annual weather patterns are also becoming increasingly unpredictable and this is a considerable problem for farmers who rely on certain conditions for planting and harvesting their crops.

A key cause of local climate change here is deforestation. Countless trees are felled every day for land clearance, timber and firewood. 50% of households surveyed used around 10 large logs each day to cook food for their families in ovens that are lit for 15 or more hours a day. Only 20% of logs were deadwood, and trees were not replaced.

Raleigh teams worked with our project partner Juan Francisco Paz Silva (Multi-Sector) Cooperative. The cooperative was established to support rural communities as a hub for organic and fair-trade products and also facilitates training, youth groups and women's empowerment groups. The Cooperative employs social promoters who liaise with the communities. The team experienced a lot of challenges in bringing the politically diverse local people together, and focused on building a community centre to provide them with a shared space to take part in activities. They also set up an Environmental Youth Group (EYG) with local young people.

The EYG conducted awareness raising sessions around waste disposal, planted trees (in six nurseries) to aid reforestation and helped to install and train local people on the use of eco-ovens: which require less firewood than the open fires and stoves used previously. The families who have received improved ovens were very pleased with the results. 95% had reported that smoke affected their family's health and as well as the environmental benefits, the new ovens should considerably improve the amount of smoke in their homes in the long term. It is hoped that through the training of community members and the designing and distribution of instruction manuals which show how to make the ovens, that all houses in San Nicolas will be able to have an improved oven should they wish.

Word and practice had spread. Follow-up research found that 79% of the community now had an eco-oven and families reported using less than half the wood as before and saved considerable time collecting wood.

Awareness of deforestation also increased. The community is now planting 3,500 trees are now being planted per year or an average of 184 trees per family. Through the work of the EYG the community reported increased waste management and the team observed improved cleanliness of the streets, houses, schools and the river.

"Before Raleigh came here, I'd never thought that throwing rubbish has any impact on my community, but afterwards I realized what the consequences are and now I never throw rubbish on the floor but put it into a bin."

**Community member**





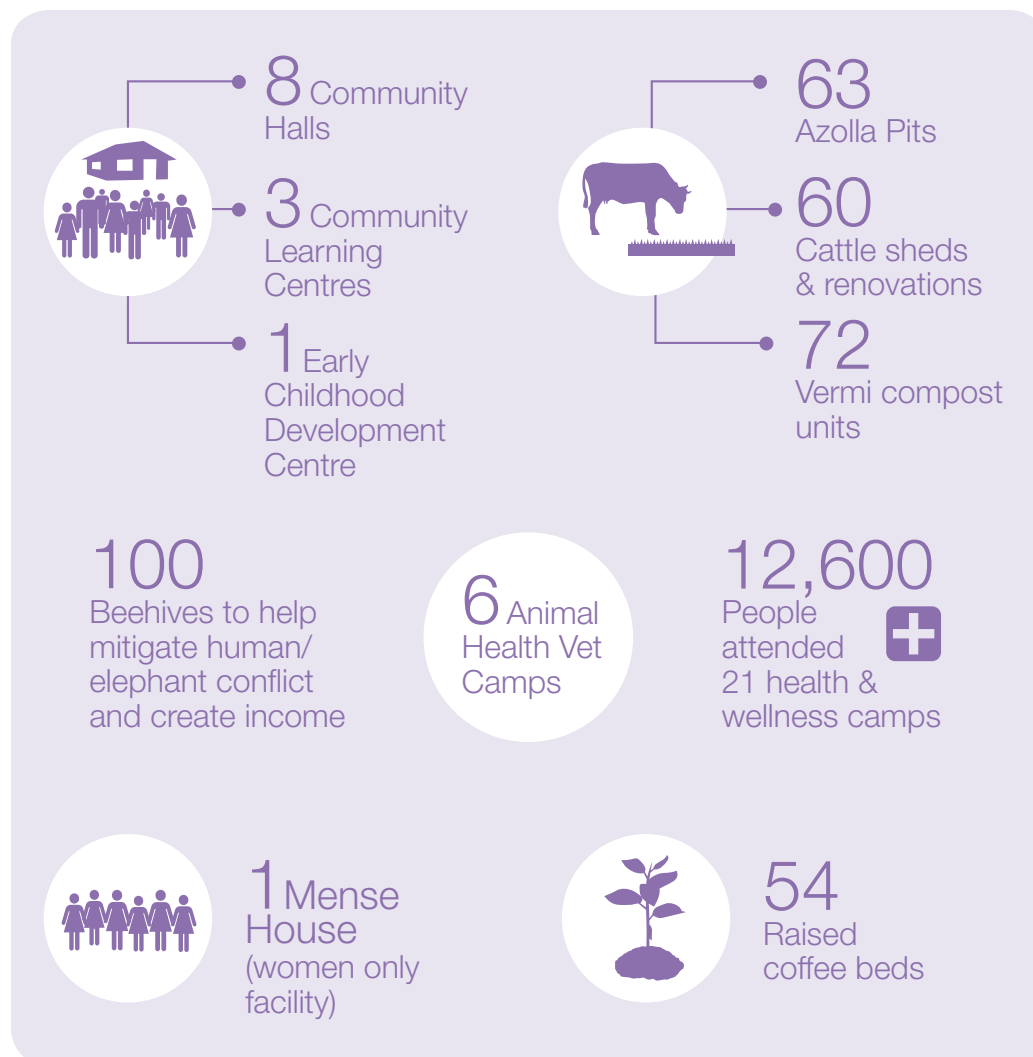
# Our Impact: Improve community resilience



Nearly a third of people live in poverty, surviving on less than \$2 per day<sup>7</sup>. Globally, 123 million youth (aged 15 to 24) lack basic reading and writing skills. 61 per cent of them are young women<sup>8</sup>. Over 70 million youth worldwide seek employment<sup>9</sup>.

We helped to develop the resilience of local communities by contributing to and enhancing their capacity to adapt to, respond to and recover from the social, environmental and economic challenges they face or may face. We supported communities to create versatile, sustainable ways of making money; prepare for and plan to prevent potential environmental problems relating to climate change; and build networks in communities that provide skill sharing and support to further develop capabilities and knowledge.

To achieve this we completed:



# Case Study



## Education in Tanzania

It is estimated that 65 per cent of Tanzanian children enter primary school with no formal early learning experience. This leaves them at a clear disadvantage early in life.

Raleigh teams worked in partnership with Save the Children Tanzania to build the Shinyanga Early Childhood Development Centre (ECD) in the large village of Ndala. The centre aims to provide educational and developmental support to the most vulnerable children (MVC). The EDC is now a critical entry point for reaching the needs of children 0-6 years of age, which may not be captured in traditional school-based interventions. It also helps to address the various other needs of children such as healthcare, food and nutritional support and psychosocial support.

Now completed the EDC is a social institution run by community members, who manage all fundraising and resources for the centre. Building the centre has provided employment opportunities for local fundi (workmen) and on a longer term, provides employment for teachers and cooks. The ECD also provides respite to guardians of the children attending, allowing time for them to work whilst the children are at the centre, and providing a hot meal for each child attending.

In areas such as Ndala, the most vulnerable children and those affected by HIV/AIDS are oftentimes isolated from traditional educational routes. The centre's objective is to promote social inclusion of MVC and other children affected by HIV/AIDS by providing an environment where both orphaned and non-orphaned children are treated equally. By integrating young children affected by HIV/AIDS with other children in the community it helps to reduce negative perceptions and increase levels of preparation for primary education.

"We face many challenges when it comes to education, especially in early childhood. We can now take a step ahead into providing better futures for our children through education".

**Dixon, Village Executive Officer in Ndala**

"The Raleigh International and Save the Children partnership in ECD work is very valuable as it enhances our efforts as global partners in inspiring breakthroughs in the way the world treats children. The partnership empowers communities we work with in areas of community participation, water, hygiene and sanitation and provides better and safe environment for children to stimulate their cognitive, social, psychological and emotional development. The work is really valuable, and I hope we will get more opportunities to work together".

**Augustino, Programme Manager,  
Save the Children**

# Case Study

## Community Learning in Borneo

Many indigenous communities in rural Sabah are typically remote and hard to reach, with low incomes exacerbated by poor infrastructure. Basic services such as education, particularly pre-school, and information are not easily accessible and further serve to marginalise these communities and restrict livelihoods.

In partnership with grassroots NGOs, Raleigh Borneo supports pre-school education, sustainable agricultural practices and the transfer of indigenous culture and knowledge through the construction of Community Learning Centres. These centres and the programmes run within them act as a hub for life-long learning, a catalyst for community connectedness; and provide the knowledge and foster the cohesion needed for communities to live with a sense of self-determination, knowing they have the skills and abilities to shape the future they want for their children.

In 2013 one such Community Learning Centre was completed in the village of Kg. Togudon. Situated in the mist laden hills of the Crocker Mountain Range, local community champion Zita notes the potential of the Community Learning Centre, "This CLC will give important skills to children aged 2-5 like basic education and social adaptability. There are villagers who have basic literacy and I plan to teach them how to read and write. There will be workshops on teaching adults English, organic farming methods and traditional arts and crafts, all of which will help to increase the economic status of the village and increase income."



Community carpenter Dommisin remarks that the process of working with Raleigh volunteers is in itself bringing the community together "...without Raleigh I could not even get people involved to repair the existing buildings, but now everybody is involved; mainly parents of children attending the CLC as they understand that this building is so important. I am so happy to see people helping each other".

Malaysian volunteer Mohana also felt that working on this project has allowed her to create a deeper connection to her wider Sabah community and Borneo identity: "In 11 years of living in Kota Kinabalu (the capital city of Sabah), I have never familiarised myself and connected with this place and culture as much as I have in the last 10 days".

The children of Kg. Togudon now receive the basic education needed to establish a habit of life-long learning and their parents receive the support to expand and develop meaningful livelihoods through the centre.

"Raleigh volunteers have inspired and instilled confidence in community members, which has encouraged them to take a greater role in the future of their community. What is more, female volunteers believe that they have helped to change attitudes towards women in the communities and encouraged them to get more involved".

Excerpt from independent evaluation of Raleigh's work in Nicaragua by Ecorys<sup>10</sup>.

"The project has woken up the community and they have become more involved and engaged. ....their consciousness and responsibility has increased. ....they are more self-managing and identify their own problems and deliver their own projects".

Independent evaluation in Nicaragua by Ecorys<sup>10</sup>, quote from Raleigh project partner Cooperativa Juan Francisco Paz Silva

# Our Impact: Inspiring Young Leaders



**1,497** young people of **40** nationalities developed their skills and confidence to become leaders and active citizens in their own right.

Volunteers surveyed in 2013 agreed that the programme had a positive impact on their:

Leadership and team working	87.8%
Intercultural awareness	85.3%
Global awareness	85.5%
Global perspective	97%
Personal competence	98%
Personal aspirations	84.6%

We deliver our impact through young people so feedback from our volunteers is important to us. They agreed that:

Our projects were sustainable	94.0%
Our projects were of value to the community	91.7%
They were able to make a worthwhile volunteering contribution	90.8%
Personal aspirations	84.6%

**895** young volunteers from UK

**414** young volunteers from Costa Rica, India, Malaysia, Nicaragua Tanzania

**188** young volunteers from other countries such as China, Holland, Germany, Australia

**398** volunteer leaders

**1,895** volunteers in total from 25 countries

**47** young people from underprivileged backgrounds in the UK took part in our Youth Partnership Programme

**754** volunteers were supported with a bursary<sup>1</sup>

**126** volunteer training events for our volunteers

<sup>1</sup>Excludes volunteers on ICS programme

## Young leaders taking action

We continue to support and inspire young people after their volunteering programmes, challenging them to continue to make a difference in their own communities.

Our volunteers initiated **more than 300** formal social actions on their return from our programmes. These actions included creating a video about the issues faced by rural communities in India; writing to their MP about environmental issues; screening awareness raising documentaries and hosting seminars; speaking at high profile events; running workshops; or undertaking further action research and raising health awareness in the host community to support their continued development.



"Once you have volunteered on Raleigh you become part of a wider family, a network that extends across the world. You could meet anyone who has been and instantly connect with them. For although your experiences of a country, projects and people will be unique, together you share an understanding of how Raleigh changes lives, not least your own."

**Amy, UK volunteer**

"Helping these women set up Aishwarya (self-help group) 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".

**Rosie, UK volunteer**

### As a result of Raleigh programmes...

"Local young people are more confident and have a greater involvement in their communities now".

"The community are now more aware of youth issues and the importance of young people. In Los Hornos, the volunteers liaised with the community leaders to try and encourage greater involvement of young people in decisions and as a result, the community committee has agreed to create a position for the youth on their group".

#### Independent evaluation in Nicaragua by Ecorys<sup>10</sup>

"Through my social action I have hopefully inspired others to either take part in something similar or to actively engage in community projects around similar issues raised" . . . "it has been like another stepping-stone towards more volunteer work and investigating further into issues that the programme brought to my attention. Suffice to say, like the beginning of becoming a global citizen, realizing and actively acknowledging global issues."

**Charlotte, UK volunteer.**



“Miriam undertook an initiative that aimed to provide information to adolescent girls about sexual and reproductive health issues through participatory art projects.

During her ICS placement Miriam observed that a significant number of the community were teenage mothers and was alarmed to hear they felt they missed out on their teenage years.

Her social action came about when Miriam discovered that her home town also had a high rate of teenage pregnancy. She gained the support and the resources of the Municipal House of Adolescent and Youth and some US Peace Corps volunteers. A 14 year old participant said afterwards “This is a chance to talk about all that I cannot talk to my mom or my dad about. They are issues that interest me”

In the second phase of the project, Miriam became a local organiser for the Young Voice, UNFPA campaign aimed to influence men’s attitudes towards women.

Miriam stated that “ICS is a programme that encourages the idea of volunteering. I think it’s the best way to contribute to the society in which I live.”

Miriam, Nicaraguan volunteer

Rojjar joined the International Development society at her university. She became a main committee member and helped organise their two day international development conference. The conference focused on alternative development and consisted of panel discussion and seminars, as well as having a networking event. As well as helping organise the speakers, publicising the event and being in charge of the accounts and catering, Rojjar led one of the seminars in the conference and spoke about her experience in India with Raleigh ICS, encouraging audience members to get involved. The conference was attended by 250 people, and 27 attended Rojjar's seminar.

#### **Rojjar, UK volunteer in India**

Katie gave a presentation to 15 young people aged 5-14 on recycling, explaining which waste materials in the home could be recycled and why recycling is important. She then took the young people and their accompanying adults on a tour of the local recycling centre and gave the children the task of putting the waste items in the appropriate recycling bins. She said the younger children particularly enjoyed this, especially when they got to throw the glass bottles into the glass bin. She hoped that this would show them that recycling is both important and fun. To end the day she gave a short talk about her ICS placement and volunteering opportunities.

#### **Katie, UK volunteer in Nicaragua**



Daniel delivered two talks to children at a primary school. He talked about how you don't need special skills or experience to get involved in volunteering and he spoke to the children about what conditions in India are really like. He expanded on this idea by setting up a pen-pal programme between one of the older classes in the school and the village in Uyyamballi where his project was based. He hoped that this would give the UK primary school children a better grasp of what life is like in rural India, and would be of benefit to the children in India too.

#### **Daniel, UK volunteer in India**

**During Werner's ICS placement he learnt a lot about global and environmental awareness and decided to share this new knowledge through volunteering for a mobile library initiative. He is part of a team that provides interactive reading lessons and support to young children in rural communities.**

Werner said that his ICS experience "gave me the confidence to continue raising awareness and in a more dynamic and interactive way". A school teacher commented that "Before the kids were bored to read the same texts. Now curiosity has increased the amount of reading and the mobile library brings beautiful books".

#### **Werner, Nicaraguan volunteer**

## References

- <sup>1</sup>Youth Voices on a Post 2015 World. <http://www.youthpost2015.org/wordpress/report/youthvoices.pdf>
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- <sup>9</sup>International Labour Organization. 2013. Youth Employment. <http://www.ilo.org/global/topics/youth-employment/lang-en/index.htm>
- <sup>10</sup>Ecoerys (October 2013) Evaluation of ICS: Raleigh Nicaragua



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