

Breaking the Cycle - Summary



Expedition details

Distance: 22,040km
Dates: 21st October, 2009 to 16th August, 2010
Time: 10 months / 299 days
Start Point: Point Almadies, near Dakar, Senegal
Finish Point: Cape Hafun, Puntland State of Somalia, Somalia
Number of countries travelled: 20
Finished 4 days ahead of schedule

Mission Statement

The purpose of the project is to learn firsthand about the causes and consequences of extreme poverty and through the story of the expedition which unfolds, educate and inspire actions which will assist in making communities more sustainable and resilient to the issues. Essentially this is about giving a 'leg up' NOT a 'hand out'.

Vision

Each part of the journey had a specific focus on an issue related to extreme poverty so that by the time the expedition was complete, every main topic was addressed. Travelling by bicycle gives a close connection with the people and the land and so the vision is to present the issues of poverty from a new perspective, linked within the story of cycling across Africa in a continuous line from west to east between the continent's widest points.

Benefits

Education Program

The Victorian Department of Education and Early Childhood Development supported the *Breaking the Cycle* expedition by developing an education programme that achieved quality learning outcomes for students in key areas of inquiry relating to Kate's experiences. This includes deepening students' awareness and understandings of African cultures, geography, environmental sustainability and the causes and effects of extreme poverty. Many Australian schools became involved in this program. Plan also contributed resources for this program.

Expedition Partners

Plan International of Australia, UNESCO, Millennium Promise, Edun Live, Afar Pastoralists' Development Association, World Bicycle Relief, Taakulo Somaliland Community, 500 Supporters' Group, Help Us Grow, Tidene

- By visiting projects being run by these expedition partners (and other connections), Kate and her team were able to explore the causes and consequences of extreme poverty to a greater depth. The initiatives were carefully selected so that the 15 stories presented give a balanced view of the main issues.
- While publicising the work of these partners Kate and her team encourage people to contribute to and support these organisations and their specific programs.

The Breaking the Cycle Story

www.btcycle.com (detailed blogs and images)

Documentary – working in collaboration with Horizon Films (www.horizonfilms.com.au)

Book

Publicity – [Tamara\(at\)trumpetpr.com.au](mailto:Tamara(at)trumpetpr.com.au)

Gold sponsors

Nando's, Ausenco, Restons Solicitors, Coca-Cola South Pacific, Coca-Cola Amatil, Ericsson, Range Resources

Issues Addressed

Millennium Development Goals: a set of eight time-bound, measurable targets which set the course for the world's efforts to alleviate extreme poverty by 2015. In their simplified version, they are:

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria and other diseases
7. Ensure environmental sustainability
8. Develop a global partnership for development

Absolute or extreme poverty: Unable to meet the basic needs of human life

Extreme poverty is a complex condition which exists as a result of any combination of a number of causes such as:

- **Political** – war/conflict, history (colonialism, slavery), corruption, persecution;
- **Environmental** – climate change and variability, geography, land degradation and desertification, natural disasters;
- **Social** – population pressure, health (HIV/AIDS, malaria, TB, medical facilities, etc), gender equality, education/illiteracy, empowerment of women, exploitation (child labour, human rights), birth registration, water and sanitation, food security and agriculture, disability;
- **Economic** – foreign debt (cancellation of), unfair trade rules.