

# Waves of Change

Text: Julie Graham  
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BRAAM MALHERBE

**World-renowned** adventurer, TV presenter, highly-sought after international motivational speaker, author, and extreme conservationist, Braam Malherbe, is the kind of guy whose passion knows no bounds.

Malherbe's philosophy that "nothing is impossible" is not just something he thinks, but a sentiment he lives by on a daily basis. He has run along the entire coastline from Namibia to Mozambique (3,278 km) for Operation Smile, raced 768 km over 24 days to the South Pole with race partner, Peter Van Kets, and has even bigger adventures in store for 2016 and 2017. He hopes that these adventures will inspire others to start making active changes in the conservation of the Earth.

Malherbe's next big expedition is the DOT Earth Challenge with Van Kets. This 15-month circumnavigation of the globe following the Tropic of Capricorn is scheduled to begin in 2017 and they will

only be able to use non-motorised means – therefore they will be running, walking, and rowing around the world. The two adventurers are more determined than ever and want to use this journey as a way to raise awareness about the huge environmental challenges facing our planet today. "We, as adults, have committed the single greatest crime against humanity by almost exhausting the resources of a finite Earth; we have seriously compromised our children's future. The DOT Earth Challenge aims to put this right," explains Malherbe. DOT, which stands for Do One Thing, is aimed at encouraging people globally to take part in healing our planet by the simple act of doing one thing to protect our precious resources. "DOT is, essentially, many small things creating a ripple effect," he says. "It's a numbers game with great results."

Malherbe is extremely passionate about the Earth and he speaks ardently about

the very real tools we have to facilitate healing. "If you think of one of the most pressing issues facing humanity's survival and, indeed, the survival of all species, it is climate change without a doubt," he says. Through launching DOT as a social media app in September this year, Malherbe hopes to reach people on a global scale and get them thinking about what they can do to help preserve the planet. "Twenty years ago, you had no real way of reaching a million people quickly. Today, you can reach a billion in just one click! This means, in our planet's stressful time, we, the perpetrators of the stress, can turn things around more rapidly than we ever believed possible."

As a teaser to the DOT Earth Challenge in 2017, the duo plans on embarking on a world first: a totally unassisted row from Cape Town to Rio de Janeiro, covering 6,700 km, which they plan to complete in



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three months. The reason for the row is to raise awareness about the importance of protecting the Earth and its biodiversity, and to get people involved. All 7.2 billion humans will be invited to participate in the row through the DOT App. "Pete and I do not succeed in our mission by simply reaching Rio. We succeed if we all pull together to fix the mess we have made. Our goal is to have someone doing one thing (DOT) for the Earth for every stroke we pull. That's around 2.3 million DOT's," explains Malherbe.

Van Kets, a master sailor, is no stranger to the ocean and its immense power. Malherbe is currently undergoing an intensive sailing course in Langebaan and plans to get ready through a series of sea trials with Van Kets and intense training on his rowing machine. The carbon fibre boat is completely self-sufficient and has a desalinator to turn salt water into fresh water for drinking. The front of the boat has a small capsule for one person to sleep in while the other rows. Malherbe explains that they will never stop rowing and the two of them will work in two-hour cycles: two hours sleeping, two hours rowing. As part of the challenge is to raise awareness regarding the plight of marine life, do

they intend on eating fish on the journey? "According to top marine biologists, the oceans will be fish-free as early as 2048. We're going to try and do the whole trip fish-free. There are unfortunately problems of flying fish because they are surface feeders so they chase their food to the surface and they come out of the water to catch their food. Sometimes, if there is a boat in the way, they can go smack on the deck and then they're dead. If that happens, we're not going to waste the fish. But we're not intending on eating fish," explains Malherbe. Instead, their diet for three months will consist of powdered and dehydrated food – something Van Kets and Malherbe are both very familiar with from previous expeditions.

The voyage is scheduled to begin on 26 December 2016, at the start of the internationally renowned Cape to Rio Yacht Race, and Malherbe plans to grab the world's media right from the start. "By the time we embark on the DOT Earth Challenge in 2017, we want to reach about a billion people. That's about a seventh of the world's population. Can you just imagine the changes that can be made?"

Malherbe's infectious energy and unwavering drive to change the world is

extraordinary, one cannot help but be inspired. To start, just Do One Thing.

For more information, please visit [www.braammalherbe.com](http://www.braammalherbe.com). ■

#### Malherbe's documentary recommendations:

*Cowspiracy* is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today.

In *Racing Extinction*, a team of artists and activists expose the hidden world of extinction with images that will change the way we see the planet.

#### One&Only Guest Speaker Series

On 15 September 2016, Malherbe will be presenting his *Success to Significance* talk as part of the One&Only Cape Town's popular guest speaker series. To book, call +27 21 431 4511 or email [reservations@oneandonlycapetown.com](mailto:reservations@oneandonlycapetown.com).