

**DO**



**ONE**

**THING**





Extreme adventurer, highly respected inspirational speaker and conservationist Braam Malherbe, together with rowing partner Wayne Robertson, are rowing on the vessel Mhondoro to Rio de Janeiro, launching the DOT (Do One Thing) Challenge. We take a look at this endeavour that aims to highlight the importance of sustainable living.

**T**heir journey, covering a distance of 6 700km, has been undertaken to highlight the importance of sustainable living and to inspire the international community to Do One Thing (#DOTChallenge) for the planet in an effort to ensure a sustainable future. Their focus will be on the vital importance of protecting our Earth, mostly the plight and preservation of the oceans, on which all life depends. 'Fifty percent of the air we breathe comes from phytoplankton and it is under serious threat,' says Braam. He continues: 'We would like each person on this Earth to Do One Thing to protect our only home.'

Braam and Wayne will be on the ocean for the next two to three months, rowing 24/7 in two-hour shifts. This carefully planned schedule ensures that someone is always awake at night to avoid the many ships crossing the ocean. They began their journey on 7 February and have already covered more than 2 500km. 'We have had very little sun, which means our solar panel doesn't always charge the batteries effectively. We are, however, managing the power and making water is our top priority,' says Wayne.

Braam and Wayne have also faced a few storms, during one of which the boat rolled over, leaving them under the water for five minutes. Braam describes the incident: 'Waves broke over the boat and we were turned completely upside down a few times. On one of these occasions, the boat didn't roll back up, leaving us upside down. We had to slowly move to one side without damaging the instruments. The boat then came back up, but we were under the water for about five minutes. Very, very scary.'

For Malherbe, who is no stranger to world-first expeditions, this row will be the first he has attempted on the ocean. All his expeditions have been driven by a purpose and he believes that when

you have a purpose behind the ego, nothing is impossible.

Robertson, who joined the expedition only a week before departure, has crossed the oceans many times. As a yachtsman and master skipper he is very familiar with the unpredictability of life at sea, but this is his first time as an adventurer. More than that, he took up rowing only the week before the expedition and rowed this particular boat for the first time as they left Cape Town harbour on 7 February.

'It is vital that Wayne and I interact and get to know each other. From my past expeditions I have learned the power of humour as well as the importance of open, honest communication. If I have the slightest inkling, whether justifiable or not, that disturbs me about Wayne, I share it and Wayne does the same,' explains Braam.

'The physical challenge is big and the blisters are there in force, but our hands are already hardening under the torn callouses,' says Wayne. He continues: 'We are rowing listening to music and audio books, which make it easier.'

The purpose and significance behind this epic row is very important: the DOT movement. DOT (Do One Thing) is a simple acronym that is so much more than a trend, a fad or a catchphrase. These three little letters boldly aim to unite the world in the hope that, together, we can save our planet. By connecting like-minded individuals on a global scale through its website ([www.dotchallenge.org](http://www.dotchallenge.org)) and app, the DOT movement encourages every human being to Do One Thing to protect and preserve our planet from further destruction and harm.

Braam and Wayne still have a long way to go, but their spirits are high and as they develop their friendship on the ocean, they are practicing the power of teamwork. They are together 24/7 in





extreme conditions and, largely due to the storm and a lack of sunshine, they also travelled with almost no communication for a few days. 'It is a challenge as we would like to communicate more, not only with our families but also with all our followers who are waiting for updates from us,' says Braam. 'We would like to inspire everybody to "pull together" with us. If each one of us can Do One Thing for the planet, we can ensure a sustainable future. In nature, if you are not an asset, you are a liability. We, as humans, are not exempt from this fundamental principal.'

The DOT Challenge team has started a fundraising campaign and is asking the public to actively participate in its success. Malherbe says: 'By purchasing a DOT (<http://bit.ly/DOTChallenge>) you show the world your support for this global initiative and contribute to the wellbeing of the planet you

call home. Everybody is welcome, from individuals to corporates and companies. Every DOT purchased goes to the DOT Foundation ([www.thedotfoundation.org](http://www.thedotfoundation.org)). This will help the DOT movement go viral, to enlighten and empower people of all ages to become better custodians of our finite Earth by providing opportunities for training and employment, to provide public education and advocacy to save the planet, to promote bio-diversity, conserve natural resources and counter global movement. It will also help to develop the DOT Challenge app - our free tool to make the all-important daily lifestyle changes needed to save our planet.' **SG**

**Track Malherbe and Robertson live via the DOT app <https://appsto.re/us/jsSNgbi> and on the website: [www.dotchallenge.org](http://www.dotchallenge.org)**