

# KILI 2020

## EXPEDITION



#ClimbForJustice

## WELCOME - KARIBU

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In November 2007, a group of human rights defenders met in Nairobi to share experiences in pursuit of hope, justice and other remedies for Kenyans countrywide. The group however recognized critical gaps in the quest for a human rights state. Harassment, arrests, intimidation and physical attack in the course of their work was a shared concern yet there was limited support for individual human rights defenders facing enormous risk. They were calling for effective ways of supporting these brave women and men. Consequently the National Coalition of Human Rights Defenders-Kenya (Defenders Coalition) was established to support human rights defenders facing danger so that they continue doing their work. Defenders' Coalition now offers critical interventions to defenders at risk through emergency response, protection, relocation, skills and knowledge development, socio-economic wellness support to do human

rights work and to advocate for a conducive legal policy environment for defenders. To date, Defenders Coalitions has touched the lives of thousands of HRDs throughout Kenya. However, supporting HRDs comes with immense financial implications.

To date, Defenders Coalition has depended on donor support, volunteers and in-kind contributions. This has been invaluable. Faced with expanding demand for its services that HRDs count on as they defend rights, Defenders Coalition seeks to diversify its funding sources for sustainability, hence this initiative, “Climb for Justice... Climbing for Human Rights and Justice in Kenya”. “Climb for Justice... Climbing for Human Rights and Justice in Kenya” is rooted in the Defenders Coalition’s ongoing work on consolidation and expanding to benefit more people. We are committed to strengthening our support for the brave frontline human rights defenders at every village of this country who put their lives on the line to protect the Constitution and human rights at a challenging time.

Since the launch of this campaign on 13 August 2019, we have made great strides through marshalling the resilience towards HRDs and build a strong resource hub for a sustainable movement of human rights defenders in Kenya. We are proud that 30 human rights defenders braved the gruesome Mt. Kenya and summited point Lenana on 12 December 2019. From revelations and experience, the conquering summits can be a challenging task that can be equated to the plight and risky obstacles that human rights defenders have to face while championing human rights.

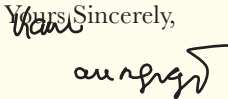
As we begin the second phase of the campaign, on behalf of the human rights defenders in Kenya, I wish to thank the over 700 Kenyans and Friends of Kenya who have contributed to the cause. We have been able to raise KES 5.6 Million out of our target of KES 50 Million.

The second part of the campaign presents an exciting opportunity for defenders, friends, supporters and donors of Defenders Coalition to join us in building a home for human rights defenders, which is a centre of excellence for defenders wellness and safety, organise, network and share knowledge, and build talents in order to continue defending the weak in our society.

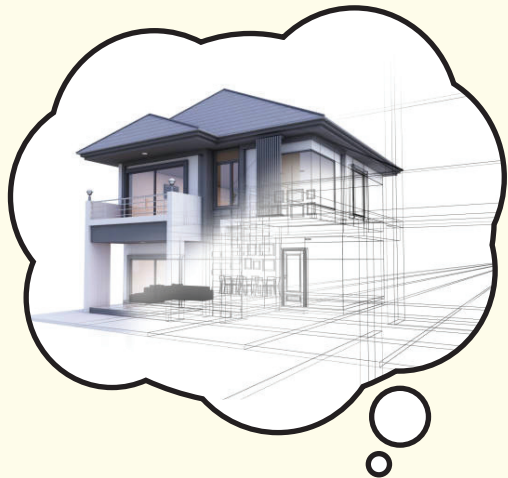
We aim to raise the remaining KES 44. 4 Million through the “Climb for Justice!” campaign which is set to run until December 2020 and culminate with summiting the tallest mountain in Africa, Mt. Kilimanjaro.

The oldest climber who is already signed up is a 69 year old human rights defender. These Climb for Justice! champions are determined to summit Point Uhuru for Justice!

Yours Sincerely,



Kamau Ngugi  
Executive Director  
Defenders Coalition



DEFENDERS  
COALITION

*A vibrant space for strengthening the promotion and protection of HRD rights and all Kenyans as enshrined in the constitution.*



## MILESTONES

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1. For the last 10 years Defenders Coalition together with other organizations has:
  - Influenced the development of Kenya's human rights laws and policies through advocacy and strategic public interest litigation
  - Encouraged citizens and human rights defenders to hold the government to account, challenge impunity and seek justice by offering support whenever there is a backlash.
  - Mobilized Kenyans and their organizations into joint actions to advance human rights, counter shrinking space and support disadvantaged groups.
  - Promoted duty bearer awareness, improved capacity on the work of HRDs and confronted the systemic challenges and barriers they frequently encounter in their work.
2. In 2017 with other partners at the continental level, worked towards passage of African Commission on Human and Peoples Rights Resolution 376 (LX) of 2017 which called for a conducive environment for civil society organizations and human rights defenders in Africa.
3. Has for the last five years convened an annual HRD awards gala to recognize, celebrate and motivate HRDs for their work in promoting the community and national good.
4. Submitted alternative Country reports to the United Nations Universal Periodic Review ahead of Kenya's review by the United Nations Human Rights Council. These reports have informed the Council's recommendations to the Kenyan government on the situation of human rights defenders.

In summary, the Defenders Coalition protects human rights defenders facing prosecution and persecution. We provide skills, advocacy, safety and protection of defenders who are under duress.



## THE FUTURE WE SEE

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Going to the future, the Defenders Coalition seeks to build a base for defenders to:-

- Build their capacity, knowledge and resilience
- Research and documentation
- Network building and information sharing
- Talent development and management
- Enhance their wellness and safety

## JOIN THE CAUSE

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The “Climb for Justice!” mission offers an opportunity for all Kenyans and friends of Kenya to be part of anchoring human rights in our national culture. Your support to make this happen will help us to:

- Raise funds we need to establish a vibrant Haki Centre as a permanent home for human rights defenders in Kenya
- Highlight the work of human rights defenders in Kenya
- Provide an opportunity for all Kenyans and friends of Kenya to be part of building a just society for all through effective protection and promotion of human rights and social justice
- Inspire and promote a Kenyan society founded on human rights and good governance
- Celebrate Kenya’s spirit of resilience, resistance and sacrifice for the greater good
- Unite Human Rights Defenders and rally them to a common cause, the building and establishment of a home for the Defenders Coalition to ensure its capacity for sustained promotion of human rights in Kenya
- Celebrate our cultural diversity and promote inclusive development



## ONE YEAR LATER...

Climb for Justice campaign was launched on 13 August 2019 in Serena Hotel. The Campaign's main objective was and still remains to raise Kshs 50m to establish a home for human rights defenders in Kenya.

The home will be a vibrant space for the promotion and protection of the rights of all the Kenyan people as enshrined in the constitution.

As envisioned during the launch, the home will be a facility of excellence, and will have amenities including research, training, creativity, history hub and wellness for human rights in Kenya.



## Achievements of the Campaign within the year

1. Championing wellness; Climbers dedicated resources in the preparation for conquering various summits through routine workouts and walks that helped keep their bodies in shape. The preparatory hikes have helped in enhancing physical and emotional wellness.
2. We have raised a total of Kshs 5.6 million, which has come from various individuals, local and foreign donors, Civil Society Organisations and corporates.
3. Climb For Justice campaign has brought together people of all walks of life to support the human rights cause. As of September 2020, a total of 411 people have taken part in the #ClimbforJustice activities, collectively making approximately 8, 726, 400 steps. Each being a call for justice for all human rights violaions.

## Summits Conquered

DESTINATION	DISTANCE( KMs)	CLIMBERS
Mt. Longonot	14	56
William Hill, Keraita	8	78
Elephant Hill, Aberdare	21	94
Lenana Point, Mt Kenya	66	31
Kudu Hills	12	123
Eburru Forest, Naivasha	16	23



# I CONQUERED MT KENYA



"MIMI NILIENDA KWA MLIMA KWA SABABU DEFENDERS COALITION IMTUPUGANIA SANA. NATAKA WAKUWE NA UWEZO WA KUPIGANIA WANYONGE KAMA MIMI AMBAO TUKO HATARINI KWA SABABU YA KUPIGANIA MASHAMBA YETU. KWA SABABU HII NYUMBA YA WANAHARAKATI ITAKAPOJENGWA ITAKUWA YETU NA ITASAIDIA VIZAZI, NIKO TAYARI KUPANDA MLIMA HII TUENDELEZE HII KAMPENI."

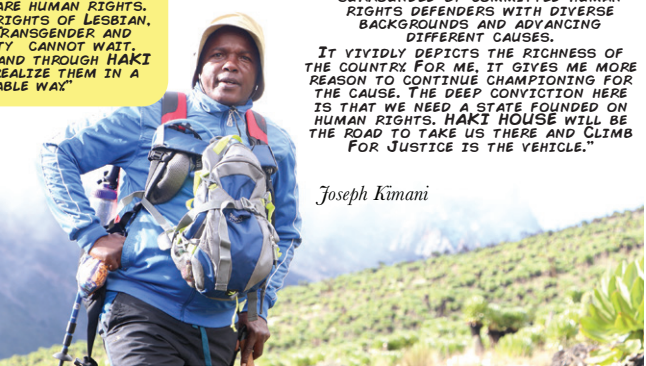
*James Mbugua*

"GOING UP A MOUNTAIN BREAKS YOU AS A PERSON. YOUR WHOLE BODY PERSUADES YOU TO STOP AND TURN BACK. BUT WHEN ON THE TRAIL, YOU GET A GLIMPSE OF THE SUMMIT ONCE IN A WHILE, GIVING YOU HOPE OF CONQUERING THE MOUNTAIN. I EQUATE THIS TO THE STRUGGLE FOR HUMAN RIGHTS AND SOCIAL JUSTICE. SOMETIMES THE PUSH IS SO TOUGH BUT THERE IS ALWAYS LIGHT AT THE END. THE GLIMPSE OF THE SUMMIT ON THAT END IS WHEN WE REALIZE POLICY CHANGES AND A VIBRANT CIVIC SPACE."



"CLIMBING THE MOUNTAIN WAS MY CONTRIBUTION TO THE TRUE LIBERATION OF THIS COUNTRY THE CAMPAIGN PRESENTED AN OPPORTUNITY TO MAKE A STATEMENT THAT ALL RIGHTS ARE HUMAN RIGHTS. RESPECT FOR THE RIGHTS OF LESBIAN, GAY BISEXUAL, TRANSGENDER AND QUEER COMMUNITY CANNOT WAIT. THE TIME IS NOW AND THROUGH HAKI HOUSE WE CAN REALIZE THEM IN A SUSTAINABLE WAY"

*Julz Lwal*



"THIS WAS A LIFE-LIVING EXPERIENCE SURROUNDED BY COMMITTED HUMAN RIGHTS DEFENDERS WITH DIVERSE BACKGROUNDS AND ADVANCING DIFFERENT CAUSES. IT VIVIDLY DEPICTS THE RICHNESS OF THE COUNTRY FOR ME. IT GIVES ME MORE REASON TO CONTINUE CHAMPIONING FOR THE CAUSE. THE DEEP CONVICTION HERE IS THAT WE NEED A STATE FOUNDED ON HUMAN RIGHTS. HAKI HOUSE WILL BE THE ROAD TO TAKE US THERE AND CLIMB FOR JUSTICE IS THE VEHICLE."

*Joseph Kimani*



# KILI 2020 EXPEDITION



## SEVEN FACTS ABOUT KILIMANJARO

1. Mt. Kilimanjaro has beckoned to climbers since the first recorded summit in 1889. The 20,000-foot mountain towers majestically above the African plains.
2. Kilimanjaro has three volcanic cones, Kibo, the highest; Mawenzi at 5,149 metres (16,893 ft);[9] and Shira, the lowest at 4,005 metres (13,140 ft).[10] Mawenzi and Shira are extinct, while Kibo is dormant and could erupt again.
3. Kilimanjaro is the fourth most topographically prominent peak on Earth. It is part of Kilimanjaro National Park and is a major climbing destination.
4. Mount Kilimanjaro is the tallest mountain on the African continent and the highest free-standing mountain in the world.
5. Nearly every climber who has summited Uhuru Peak, the highest summit on Kibo's crater rim, has recorded his or her thoughts about the accomplishment in a book stored in a wooden box at the top.
6. Approximately 25,000 people attempt to summit Mt. Kilimanjaro annually. Approximately two-thirds are successful. Altitude-related problems is the most common reason climbers turn back.
7. The oldest person ever to summit Mt. Kilimanjaro was 87-year-old Frenchman Valtee Daniel.



Climbing a mountain can be a very special experience, similar to meditation because you must be very present in the moment to be safe and successful. This is mentally healthy because it can lessen anxiety, help with relaxation and lead to clarity of thought. Facing your fears can be an intense psychological experience that can lead you to greater things in life. Once you are successful at beating your fears, you become less scared of other things in the world. Mountain climbing can help you see the bigger picture of life because you realize how fragile and precious life can be. This is a psychological state that often occurs in activities where injury or death is a possibility. Being humbled is a psychological advantage because you become a kinder, more grateful individual. This can facilitate healthier relationships, higher life satisfaction, and the desire to accomplish further challenges that make you feel good.

### CHALLENGE BRIEFING

Registered climbers will be led by experienced mountain guides who have been leading expeditions up Mt Kenya and Mt Kilimanjaro for over ten years. They have perfected the art of balancing the challenge by allowing the climbers the chance to enjoy the scenery. Climbers will have a briefing and preparations meeting to be advised on how to get ready and what (gear and clothing) to get for the climb.

## TRAINING PLAN

It takes strength and fitness to carry your own body weight and any other extra weight like a backpack all day long, hiking at altitudes much higher than one is used to, climb over a mountain pass or follow along the route down at the end of the day. The most important kind of activity that can be associated with cardio-training for the mountain is aerobic fitness (running, jogging, aerobic dancing or exercise routines, power walking, nonstop basketball, soccer etc. This kind of exercise stimulates your heart and lung activity for at least 30 to 40 minutes without stopping. Keep extending this time period until you can function at an advanced heart rate for 45-60 minutes without much struggle if any.

We will host prep-activities ahead of the 7th December 2020 for climbers and everyone ready to support the cause. These workouts are a continuation of what we have been doing since March 2020. We will have a combination of High Intensity Interval Training (HIIT) ,Tabata and runs. See the 2020 dates below and the details on how to participate:

Date	Training	Duration
<b>12th September</b>	<b>Elephant Hill</b>	<b>10 hrs</b>
19th September	Arboretum workout	1hrs
26th September	Arboretum Workout	1hrs
3rd October	5-10 kms Run/walk	2hrs
10th October	Arboretum Workout	1hrs
20th October	Mashujaa Festival	
31st October	Aboretum Workout	1hrs
<b>7th November</b>	<b>Williams Hill</b>	<b>8 hrs</b>
14th November	Arboretum Workou	1hrs
21st November	Arboretum Workout	1 hours
<b>28th November</b>	<b>Rurimeria/Elephant Hill</b>	<b>10 hrs</b>
5th December	Gear Check & final brief	2hrs
7th -14th December	<b>Kilimanjaro climb</b>	<b>8 days</b>

# MT KILIMANJARO CLIMB

Trip Dates 7th December -14th December 2020

Climbers assemble in Nairobi with Human Right Defenders for a Press Conference and the flag off. The expedition begins with a ride via private bus to the Kenyan-Tanzania Border and through to Arusha, a town that is located at the foot of Mt. Kilimanjaro. Your home for the night will be a comfortable hotel. You'll be met by our Head Guide who will give you a short briefing on what to expect on the trek before you enjoy a delicious dinner and a good night's rest.

DAY 1

After a hearty breakfast, you will be driven up to the Mt. Kilimanjaro National Park Gate (for about 2 hours) through Kilimanjaro semi-tropical foothills to Marangu (1,850m asl), situated on the south-eastern side of the mountain. The day is about finding and connecting with your feet, thanks to a delicious 4-5 hour gradual ascent through the forest to your camp at Mandara hut (2,720m asl).

Day 2

You will awake bright and early in your hut and set off after a team breakfast. You'll venture directly to a steep climb through the last swathe of rainforest. This will soon give way to rolling alpine meadows dotted with giant heather. Once you leave the forest canopy, Kilimanjaro's twin peaks – snow covered Kibo and rocky Mawenzi - lie directly ahead, dominating the skyline. You will gain approximately 1000 metres in altitude through this day's hike, and that takes between 5-7 hours. You will then arrive at Horombo huts (3,720m asl) where we shall spend the night.

Day 3

**Time to acclimatization, no surcharge is added-** After breakfast, you will spend the day trekking around the mountain in order to get used to the altitude. Statistics show that an acclimatization day like this effectively doubles the chance of making it to the summit, so this time is well spent! The day is not exactly wasted as there are a few walks you can make in the vicinity of the hut - the most popular of which is to the base of Mawenzi Peak, the dramatic eastern summit of Kilimanjaro or the Zebra rocks. This walk takes four to five hours round trip, and will get you to an altitude of 4,600m before you return to the hut - this will stand you in good stead later on.

Day 4

**Time To Trek and Summit!**- After breakfast you will continue your ascent into the Alpine desert habitat. From Horombo there are two trails to the "Saddle"- the area located between the peaks of Mawenzi and Kibo. This section is very stony and eroded. You will arrive at Kibo hut for dinner and a night's rest. The summit is now a further 1195m up and you will make your final ascent the same night to reach the summit standing at 5895m asl. It will take 5-6 hours to summit

Day 5

**This is a long and demanding day!** The guides wake you soon after midnight and you start out in darkness. The gradient gets steeper. You will then reach Gillman's Point (5,681m asl) in time for dawn. Your reward is the dramatic spectacle of the sun rising over the ice fields and craggy peaks of Mawenzi. From here, it takes another 2 hours along the crater rim to reach Uhuru (Freedom) Peak (5,895m). Your descent (approx 3-4 hours) retraces the route back down past Kibo Hut to Horombo Hut for a well-deserved dinner and rest. This takes 11-15 hours

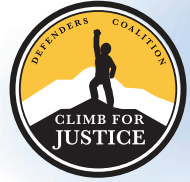
Day 6

All things that go up must come back down again, and that is how you'll spend the day. After breakfast and back to "civilization" at the Marangu gate, you will have the opportunity to enjoy a full hot shower, grab a cold coke or beer for the first time and celebrate the end of your adventure.

Climbers will be awarded their Summit Certificates. Those climbers who reached Gillman's Point (5681m) are issued with Green Certificates and those who reached Uhuru Peak (5895m), receive Gold Certificates. After celebration you will be transported back to Arusha for a long overdue-comfy bed and well-earned shower. Dinner and celebrations will proceed from here!!!

*Please note: Safety conditions or weather may cause the itinerary to change without warning. Hike times are estimated, calculated to form a comfortable pace throughout the ascent.*

# ONE STEP ONE BOB



Supporters of the Climb for Justice campaign continue to make thousands of steps every day to show forth the work of defending human rights. Every step they take and sweat they break in the name of just supports the struggle, risks, pain and sacrifice that HRDs make in their work.

30 passionate human rights defenders purpose to conquer Mount Kilimanjaro, the tallest mountain in Africa in December 2020. Each hiker will make approximately 140,000 steps throughout the 8-day round trip expedition which covers a total walking distance of 96 kilometres.

We appeal to you to hold the hands of these 30 brave human rights defenders and friends of Kenya to support them through the #OneStepOneBob initiative. You can donate funds equal to the number of steps that you wish the HRDs to make on your behalf while on the mountain!

   #Climbforjustice

**Mpesa Paybill:** 810896 **Account:** Your name

**Cheque payable to:**

The National Coalition of Human Rights Defenders-Kenya

**Bank Details:**

NCBA Bank Account: 1001188727



An initiative of **DEFENDERS COALITION**

## HOW TO PARTNER WITH US

We invite you to be part of the Climb for Justice campaign. We have opportunities for individuals and organizations to participate in the climb; sponsor the champions climbing Mount Kilimanjaro; and contribute financially towards the overall goal of raising Kshs 50 Million in support of the work of human rights defenders in Kenya. We welcome sponsorship in the following sponsorship categories:



### PLATINUM- KES 1,000,000 and above

Listed as “platinum sponsor” on NCHRD-K event website and all promotional materials.  
Sponsor Logo most prominent on team t-shirts and any other branding material  
Sponsor prominently acknowledged in all publications and interviews related to “Climbfor justice”  
Prioritized & frequent acknowledgement at any of the media & any public events related to the climb.  
A commemorative plaque and certificate of acknowledgement from NCHRD-K



### GOLD- KES 500,000-999,999

Sponsor Logo at the team T-shirts  
Sponsor Logo and link located beneath the platinum sponsors on the NCHRD-K event website and all promotional materials.  
Sponsor acknowledged in all publications and interviews related to “climb for justice”  
Prioritized & frequent acknowledgement at any of the media & any public events related to the climb.  
A commemorative plaque



### SILVER- KES 100,000 to 499,999

Sponsor Logo on team Tshirts.  
Sponsor Logo and link located at next level on sponsor page of event website.  
Sponsor acknowledged in all publications, website and interviews related to the “fit for justice” climb.  
A certificate of acknowledgement from NCHRD-K



### BRONZE- KES 99,000 or significant contribution of product and/or services

Sponsor logo (in organization) on team Tshirts.  
Sponsor acknowledged in all publications, website and interviews related to the “fit for justice” climb.  
A certificate of acknowledgement from NCHRD-K

*Aside from the health and social benefits of participation, climbers will be recognised with a commemorative certificate from the Defenders Coalition*

*Human rights organisations will be given a commemorative plaque for continuing to support the work of human rights defenders.*

*Corporate participants will not only get a commemorative plaque but also a public endorsement of their role for supporting the constitution and human rights in the country as a sustainable model for doing business.*

*We/I would like to support the 'Climb For Justice' campaign by*

**Cheque payable to:**

The National Coalition of Human Rights Defenders-Kenya

**Mpesa payment:**

Paybill number 810896 Account: Your name

**Bank Details:**

NCIBA Bank Account: 1001188727



**PLATINUM**  
KES 1,000,000 & above



**GOLD**  
KES 500,000 -999,999



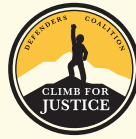
**SILVER**  
KES 100,000 -499,999



**BRONZE**  
KES 99,999 & below



**OTHER**



## SUPPORT CARD

*We/I would like to support the 'Climb For Justice' campaign by*

1. Donating

*Kenya shillings*

payable By  Cheque  Mpesa  Bank Transfer

2. Climbing Mt. Kenya for justice

- On the 7th December for a day hike
- On the 7th-12th December 2019 to the summit
- Donating towards a HRD champion climber
- Joining climbers in the preparation hikes

3. Registering as a Virtual Climber

4. Volunteer time and skills towards fundraising efforts

Name \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

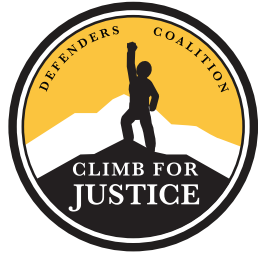
Please do not acknowledge my pledge publicly

#ClimbForJustice

# Five ways to support the Climb for Justice

1. PARTICIPATE IN THE 2020 PREP-HIKES
2. EXPEDITE MT KILIMANJARO ON 7TH - 14TH DECEMBER 2020
3. SPONSOR A HRD CHAMPION CLIMBER
4. DONATE TO THE CAUSE DIRECTLY
5. VOLUNTEER TIME AND SKILLS

# #ClimbForJustice



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