

8-hour Famine Guidelines

Aims:	To let the students: <ol style="list-style-type: none"> 1. learn more about the need of the developing countries 2. experience hunger 3. learn to care for the needy around the world
Target:	Students aged around 15 or above
No. of participants:	Not limited
Venue:	In/outdoor

Suggested Rundown

Time needed	Programme
15 mins	Your Group: Registration ◆ Divide participants into groups and let them sit on the floor
15 mins	Your Goal: Opening Ceremony ◆ Briefly introduce the meaning and aims of the event ◆ Explain where the donation will go
45 mins	Your Preparation: Ice-Breaking Games <i>Some suggested games:</i> 1) Language Training 2) Bingo (Please see the appendix for details)
90 mins	Your Team: Team Building Games <i>Some suggested games:</i> 1) Great Disaster (Please see the appendix for details)
15 mins	Short Break
120 mins	Your Experience: What is Poverty?) <i>Some suggested games:</i> 1) Searching in the rubbish dump 2) Where is my home? 3) Walk barefoot (Please see the appendix for details)
45 mins	Drinking Break: ◆ Provide the participants with drinks like milk or soyabean milk. ◆ Put up exhibition boards for the participants to read during the break.

90 mins	<p>Your mind: Needs of the world.</p> <p>You can:</p> <ul style="list-style-type: none"> ◆ Arrange an educational talk with WVHK’s staff ◆ Play video about hunger (video are available for borrowing in WVHK) ◆ Prepare a Q & A competition according to the information of the exhibition boards.
30 mins	<p>Your Response</p> <ul style="list-style-type: none"> ◆ 3 ways to response: <ol style="list-style-type: none"> 1) Learn more about the issue 2) Treasure what you have 3) Make a donation <p><i>Some suggested games:</i></p> <ol style="list-style-type: none"> 1) Spread the word 2) Tell the world about hunger <p>(Please see the appendix for details)</p> <ul style="list-style-type: none"> ◆ Pledge for concrete action together <ol style="list-style-type: none"> 1) Complete a pledge list and return to WVHK (A sample is available for reference)
15 mins	<p>Round up and Closing</p>

Support from WVHK:

Thematic Talk:	<p>Duration: Around 45 mins</p> <p>Topic: 1) What is Poverty? 2) Hunger – Do you care?</p>
Educational Materials:	<ol style="list-style-type: none"> 1) Exhibition Boards 2) Videos 3) Pictures <p>For details, please visit our website: http://www.worldvision.org.hk/eng/default.asp</p>
Souvenir:	<p>Free souvenirs for students who have participated in any kind of famine activities.</p>
Pledge list	<p>A sample is available for reference and should return to WVHK</p>

Appendix: Suggested Games

Ice Breaking

1) Language Training

- Time needed: 15 mins
- Purpose:
- To warm up the participants
 - To introduce the language used in some developing countries
- Materials needed:
- Card board (to show the information stated in Table 1 below to the participants)

How to play?

- a) Learn the pronunciation, meaning and the corresponding movement of the following 3 words. Practise together until everyone is familiar with them.

Words	Body Movement	Meaning
A-san-te (Mozambique)	Bow down	Thank you
De-na -da (Brazil)	Jump up and down	You're welcome
Si-ge-na (Philippines)	Wave both hands	Good Bye

Table 1

- b) Two in a group and play "Paper, Scissor and Stone" with each other. The winner will be the commander. He or she can pick any set of the words and body movements above to give the command and the opponent should respond with a different set of words and body movements. For example, if the commander say "A-san-te" and bow to his or her opponent, the opponent should either say "De-na-da" and jump up and down or say "Si-ge-na" and wave.
- c) If the opponent responds with the same set of word and body movement, he or she will lose.
- d) 3 matches are considered a round. Go to find another opponent to start the game all over again after a round.

Variation of the game

- Materials Needed: Few sets of colour card (depends on how many groups you have):
- Each set of cards should be in the same colour.
 - Write alphabets on every card. Every set of card should be able to form any of the three words above. Here is the example:



- If there are more than 6 people in a group, repeat the alphabets.
1. Divide the participants evenly into groups. Each group will be given a set of colour card. Every one in a group will have a card in hand. Do not let the other groups know the alphabets you have.

2. Find an opponent (except those in your group) and play the game with the same rules stated above, but the winner can get a card from the loser as a reward this time. Each group should try to collect enough cards to form any of the above three words, but they are not allowed to use their own colour cards to do so. The fastest group to collect the cards they need will be the winner.
3. Those who lose their cards can continue to find opponent until they collect enough card for their group. The host can stop the game after a few rounds and give the participants time to count what they have.
4. If the loser has more than one card in hand, the winner can randomly pick one.

2) Bingo

Time needed: 20 mins

Purpose: - To learn more about the developing countries and their needs

Materials Needed: 1) Bingo Card (one for each participant)
 2) Pen
 3) Bag
 4) Information Cards (to be put in the bag)

How to Play?

- Briefly introduce the general situation of the developing countries, e.g. which countries are developing countries/ the problems that these countries are now facing. Please see the reference information for details.
- Each participant will be given a BINGO card (see picture 1). Ask them to fill in the 9 boxes randomly with the regions/ the developing countries/ the problems mentioned before.

Picture 1

- The host picks out information cards from the bag randomly and read it aloud. If the participants can find the same word on their cards, put a cross on it. As long as the crosses they put can form a straight line, whether is horizontal, vertical or diagonal, participants will shout out “Bingo” to alert others and inform the host. The first to shout out will be the winner.

Reference information:

Region	Developing Countries	Problem they are facing
Africa	Angola	30 years of civil war forced over 4 million people to leave their home. 1,200 landmines were buried in the region.
	Swaziland	16,000 people died of HIV/AIDS in 2005 and left a lot of orphans.
	Congo	70 % of its population are malnutrition.
Asia	India	Over 80% of its population lives on less than US\$ 2 a day because of poverty.

	Mongolia	In 2000 and 2001, the snowstorm killed 500,000 livestock. Thousands of families faced starvation without their animals.
	Sri Lanka	There are an estimated 1,500 street children because of the continued civil war.
	Nepal	The literacy rate of the whole region is only 61.6%. Children are not educated because of poverty.
Middle East	Afghanistan	9 of every 10 women are illiterate. Life expectancy for a woman is 43 years.

Sources from World Vision International www.wvi.org and World Vision Hong Kong magazine "世情"

is the words can be used in the Information Cards.

Team-Building

1) Great Disaster

Time needed: 20 mins

Purpose: - Team building
- To learn the importance of lending out a helping hand

Materials Needed: 1) Music
2) Equipment for playing music
3) Plastic tablecloths
4) Tape
5) Stickers

How to Play?

- a) Stick the plastic tablecloths on the floor to form 5 different regions. The size of the regions should not be the same and the regions should not be big enough to allow all the participants in. These regions are “safe area”.
- b) Play the music and the participants will walk outside the regions. When the music stops, participants should try to get into the regions. Those who cannot get in will be the losers and will be given a sticker to indicate that they have lost in this round.
- c) Reduce the size of the regions after every round.
- d) At the end of the 3rd round, change the rule of the game. When music stops, the participants who can manage to get into the safe area should also try to get in those who have been left out.
- e) Group Discussion

Group Discussion after the game:

1. What happened to you when the music stopped at the very beginning? Were you in the safe regions or not?
2. How did you feel when you were in/out the regions?
3. After we changed the rule (to get everyone in) how did you feel? What’s the different?
4. To round up the discussion:

When disaster like flood, earthquake and storm comes, we all try to escape and get ourselves in the safe regions. It is not easy, but some of us can still get luck. However, there are some people out there who are unable to help themselves, just like the people who have left out from the regions in the game. But if we are willing to give them a helping hand, we may be able to save them. They can also be as lucky as we are.

Remarks:

1. Don’t tell the participants they have to get into the regions before the game starts. This can make the game more exciting.
2. Be careful of the participants’ safety.

Experiencing Poverty

1) Searching in the rubbish dump

Time needed: 20 mins

Purpose: - To experience how the poor make a living

Materials Needed: 1) 500 pieces of newspaper; roll each of them into a ball
2) 100 cards:
- Mark bottle, can, iron sheet or any other recyclable materials on each of the cards. Write down their estimated value in HKD on the cards as well. The value should not be too high. For example a can should cost around HK\$ 0.5.
- The size of the cards should be small. They should not be too easy to find.
3) Vinegar (put a few drops of vinegar on the newspaper to imitate the smell of the rubbish dump)

How to play?

- a) Hide the cards in the newspaper. Make them hard to find.
- b) Participants should try to collect as many cards as possible within 5 minutes.
- c) Calculate the total value of the cards after the game.
- d) Debriefing.

Information for debriefing:

There are some big rubbish dumps in Philippines, Mongolia and Cambodia. Thousands of families which are so poor that they have no other place to live in except rubbish dumps. People living there are usually unemployed. What they can do to earn a living is to pick up recyclable materials from the dump. Since the things they can get do not worth much, they usually earn less than HK\$ 8 per day even they work very hard from dawn to fall. The children, therefore, have no money for education. They spend all their childhood on picking up rubbish to earn their daily bread.

2) Where is my home?

Time needed: 20 mins

Purpose: - To experience how hard can it be to build a house with limited resources
- To learn more about the bad living environment of the poor or the people at war.

Materials Needed: 1) Bamboo sticks (or use newspapers to roll into sticks instead)
2) Newspaper
3) Tapes

How to play?

- a) Around 10 people in a group. Every group has to build a tent which can afford to get all of its members in. They have to finish it within 10 minutes

- b) After finish building the tent, all of them have to go inside and take a picture. The tent should still be intact after that.
- c) Debriefing.

Information for debriefing

In a lot of developing countries, wars and famines force people to leave their homes. For example in Afghanistan, thousands of refugees go to the nearby countries to escape the war. They may have to camp in dessert or barren area. The weather can be very tough and they have to survive in the environment with very limited resources. Even when they get back home after the war, their homes are always burnt down. The only places they can live in are caves or tents.

3) Walk barefoot

Time needed: 20 mins

Purpose: - To experience how it feel to walk barefoot

Materials Needed: 1. 20 linen or canvas bags with 5 and 10 pounds of soil and sand in them

How to Play?

- a) Pick a route which takes around 10-15minutes to walk. Adjust the length of the route depending on the age of participants.
- b) Participants will carry the bags on their head and walk barefoot. They have to finish the route in 15 minutes.
- c) Debriefing

Information for Debriefing

In Hong Kong, we can easily find different kinds of transport to reach almost every destination. In developing countries, however, some areas are very remote and no public transport is available. Even there is transport; a lot of people cannot afford it. No matter how far the destination is, how heavy the things they are carrying, the only option available for them is walking. Some of them are so poor that they cannot even afford a pair of shoes. To walk barefoot for couples of hours is part of their everyday lives.

Remarks:

- 1. Make sure the route is safe for them to walk barefoot.

Response

1) Spread the Word

Time needed: 20 mins

Purpose: - To spread out the message of helping the needy

Materials Needed: 1. Strings
2. Colour Cards
3. Pens

How to Play?

- a) Divides the participants into groups and give them strings, colour cards and pens
- b) Ask the participants to write down their feeling after this event on one side of the colour cards and share with their group mates.
- c) Ask the participants to discuss how they can help the needy around the world and write them down on the other side of the cards.
- d) Punch a hole on the cards and use a string to tie them together. Hang the cards up in the campus for a week to spread the message out.

2) Tell the world about hunger

Time needed: 30 mins

Purpose: - To spread out the message of helping the needy

Materials Needed: --

How to Play?

- a) Every group will have 15 minutes to review what they have learnt and how they feel. Put their opinions together and create a 30 seconds advertisement to promote the message of helping the needy or stopping poverty.
- b) Every group will perform their advertisement (30 seconds) and share the rationale behind their performance (30seconds).
- c) Form a judging panel to decide the best group among the participants according to the following criteria:
 - i) Creativity
 - ii) Expression of theme
 - iii) Cooperation
- d) All the participants can also be the judges for this competition by voting together.