



Caritas K's

COMPASSION IN ACTION

Education materials



Walk, run, swim and cycle

In Australia we can **choose** to **walk, run, swim** and **cycle**.

Where Caritas works, people walk, run, swim and cycle because they must. There is **no choice**.

Participating in **Caritas K's** is an invitation for you to **walk in their shoes**.

Caritas K's is a practical expression of solidarity with those throughout our world who must:

walk... to collect water, to the health clinic, to market, to school

swim... to safety, for food

cycle... to hospital, to school

run... from disasters, to get help

Caritas Australia works with communities around the world to:

...break the poverty **cycle**

...**walk** the talk

...**swim** not sink

...**run** for life



So let's work together to challenge poverty today – starting right now!

In 2000, 189 United Nations member states signed up to the United Nations Millennium Development Goals (MDGs). Caritas Australia, through its long term development programs is committed to the achievement of the 8 MDGs listed below.

Your participation in Caritas K's contributes to the realisation of these goals.



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 Secure a global partnership for development

These goals aim to halve world poverty by **2015**.

Walk

walk



The most marginalized members of our global family in places such as Africa have to walk many kilometres each day to go to school or to collect the basics of life such as clean water and wood for cooking. In the past the women of Kighare in Tanzania walked 2 hours downhill carrying a 20 litre water container each day. Often, they were also carrying the family washing and the youngest child. The return trip could take more than 3 hours with the weight of a full water container and wet washing! Caritas have funded a water project in Kighare, bringing water from high in the mountains down 8 kilometres of pipe to a tank in the village which disperses to 19 domestic taps. 8,000 people now have access to this clean and safe water – just a short walk

away at the village tap! As a result the people of Kighare are enjoying improved health and the women now have 4-5 more hours in the day to perform productive activities like growing crops and making handicrafts. This means better nutrition, and saleable items for income production.

The longer you walk for Caritas K's, the less people in Africa will have to walk for water.

Kansay is a very dry region in Tanzania, Eastern Africa which lies on the southern slopes of the famous Ngorongoro Crater National Park. Tourists drive past on the smooth bitumen road to visit the game park with little idea of the extreme poverty that exists for many people living in the area. In the past women and children in Kansay would walk up to ten kilometres a day to fetch water which they relied on for drinking, cooking and cleaning. They would often collect water during the night so as not to miss out. The water was always muddy and diarrhoea was a common complaint among the people. Teresia Simon is 65 and has 12 children. She used to spend six hours each day collecting water from a source located five kilometres from her home. She shared a water source with 600 people and their animals. In addition she had to walk in search of firewood and grew basic crops of maize and beans to survive. Caritas has committed to installing a gravity fed water system which will enable 7,000 people in Kansay to benefit by receiving clean and safe drinking water. This will lead to improved health, increased education, food supply and energy levels for the entire community.

When you walk for Caritas K's, remember that water is life for the people in Africa like Teresia who have to walk for water everyday!



Swim



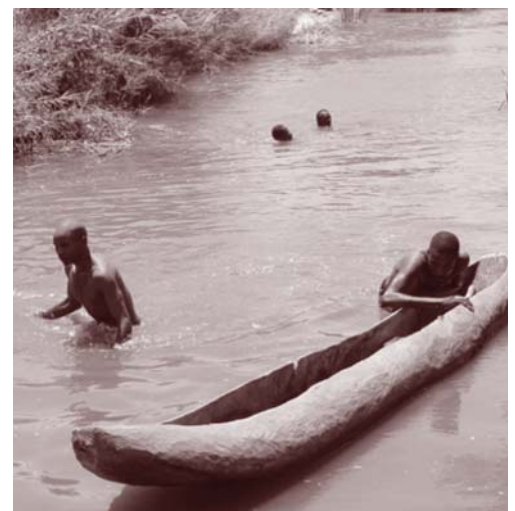
Water, in Bangladesh, is life. Bangladesh is a country dominated by wetlands. Approximately 1.5 million people are engaged in the fishing sector while another 11 million are directly or indirectly dependent on fisheries. Mr Chandidas, married with two children lives on a small area of land with a pond. In 2001 he attended a Caritas funded Sustainable Aquatic Resources Management (SARM) program – a program designed to train men and women in aquaculture techniques and to give them marketing skills. He learnt to cultivate fish in a sustainable and productive way using cow dung and compost to fertilise and using fingerlings to feed the fish. Through

Caritas he applied for a loan to renovate his pond. As well as his fish cultivation, he has now developed a flourishing vegetable garden and has improved the nutrition of his children through increased production and consumption.

There's lots of water in Bangladesh but little time to swim for fun.

In Africa communities cannot live too close to the water source as mosquitoes carrying malaria breed on the water. In the village of Mvungwe in Tanzania in Eastern Africa, the flat, dry land meant the people struggled to grow enough food to survive. Yet just a few kilometres away flowed the wide Pangani River. The land between the village and the river had the potential to grow crops if only it could be watered. The community identified their problems and together they worked with Caritas to come up with the great idea of diverting the local river into a channel which could be used to irrigate nearby land for farming. Everyone in the village participated. The women dug the channel, whilst the men cut rocks from the mountains some distance away. One hundred and fifty seven ton truckloads of rock were driven to the river. The young men placed the rocks in their canoes a few at a time and then dived and swam to place each rock in such a way that the level of the river was altered and thus could be partially diverted to flow down the channel. The channel has a gate so the water flow in the main channel can be turned on and off, just like our irrigation systems in Australia. The irrigated farm land now produces corn, watermelons, capsicums, chillis and carrots. The people of Mvungwe have a healthy varied diet and whatever food is leftover is taken to market to be sold for income.

When you swim for Caritas K's, think of the people of Mvungwe who had to swim their way to a better life.



Run

run



The Sudan in Africa is home to hundreds of thousands of internally displaced people. 1.2 million have been forced to run for their lives as a result of inter-ethnic conflict in the Darfur region. In 2004, Khaltoum and her seven children were forced to flee their home in southern Darfur after terrifying attacks by a militia group called the Janjaweed. They spent weeks hiding in the mountains before finally reaching a displacement camp. Caritas has been providing emergency relief – clean water, basic foodstuffs, proper sanitation, health care and shelter for Khaltoum, her family and thousands of others in the camp. Life for the people in Darfur in southern Sudan has become a daily fight for survival.

When you run for Caritas K's, remember Khaltoum and the people of Sudan running for their lives.

Vellapallam in southern India lies on the coast and boasts a fishing community. Fishing communities are very close. All their income comes from the sea. Usually the husband catches the fish and the wife sells it at market. For many families like Kuppammal's there is no insurance or welfare to fall back on during hard times. When the tsunami hit on Boxing Day 2004, Kuppammal and her six children were working by the edge of the sea. Kuppammal had just returned to the family home with her two youngest children to get some drinking water when she heard screaming and felt water crashing through the house, rushing up to her knees. She picked up her two youngest children and 'ran and ran and ran'. They survived by climbing up a coconut tree. Two of her children who were playing by the water's edge when the tsunami hit were killed. Kuppammal's family lost all their household goods, their fishing catamaran was damaged and their fishing nets were lost. Caritas has assisted her community by providing replacement fishing boats, fishing nets, crates and scales – all tools of the trade that fishing communities need to complete sales of their fish to earn incomes to feed their families. New permanent shelter is also being built for families like Kuppammal's.

When you run for Caritas K's, remember Kuppammal and her community, who had to run for their lives when the tsunami hit their village on Boxing Day 2004.



Cycle



Bangladesh, with a population of 140 million, has 14 million suffering from some sort of physical disability. In Bangladesh it is usual that the disabled are hidden away from the public eye. Caritas supports a local group called Bangladesh Protibandhi Kallyan Somity (BPKS) to assist those with disabilities. The employees are all disabled members of the community. A workshop has been established where tricycles and wheelchairs are made to provide for those who have difficulty getting around. As well as providing much needed equipment, the program provides a source of employment and independence for people who would otherwise be unemployed and

dependant upon others. One of the participants said, "Before this program was established I wanted to end my life. Now I fear I will not have enough time left to do all that I want to do."

When you cycle for Caritas K's think of all the people in Bangladesh (approx. 140 million) who must ride a bike to school, to market – to survive.

Bac Kan province lies in the north of Vietnam, about a six hour drive from the bustling city of Hanoi. Caritas partners are working with the villagers of Bac Kan, supporting them in developing better farming practices. Productivity in this area is low as most farmers only own small amounts of agricultural land which is situated on steep terrain and they use traditional farming practices which yield poor crops. Since Caritas partners began working with the community a committee has been established which comprises both men and women. Community members have participated in workshops and received training in more efficient farming techniques. Farmers are able to share experiences and those who have already cultivated new varieties of crops are able to share their first hand knowledge with others, helping to build relationships between neighbours. Thio and Ven are leaders in their village. Ven (pictured right) grows maize, rice and soya beans. She wants to be able to grow enough food for her family to eat all year round. She dreams that her children will be healthy and able to go to school. Ven would like to buy another bicycle as her family of five has just one bicycle and when one of her children takes the bike to school the rest of the family have to walk. This makes life very difficult when they must go to the market which is far from home. To achieve all of this she would like to take out a loan to buy one buffalo to plough her land and wants to try new types of crops to maximise use of her paddy fields.



On your bikes for Caritas K's!