

CARITAS AUSTRALIA PROJECT COMPASSION

What is Caritas Australia's Project Compassion?

For the last 60 years, schools, parishes, families and communities across the country have been coming together during Lent to raise funds through Project Compassion. Those funds help bring clean water, education, healthcare and sustainable livelihoods to the world's most vulnerable people empowering them to break the cycle of poverty and build brighter futures.

**UNITE
AGAINST
POVERTY**
this Lent



Join Project Compassion this Lent and you'll help children like Sisilia

Growing up, life wasn't easy for 13-year-old Sisilia. In her small village in rural Tanzania, there was no tap or well. So before and after school, Sisilia had to walk long distances to collect heavy containers of water from a canal. The journey was difficult – especially at night when she was afraid of hyenas. And the canal water was muddy and sometimes made her family sick.

Sisilia's life was transformed when funds raised through Project Compassion helped bring clean water to her village. She now has safe water at school, and she and her classmates can now wash their hands after using the toilet and before eating, which helps stop them getting sick. Because Sisilia no longer has to walk to collect water every day, she has more time for her studies too. She now dreams of becoming a pilot!

Cards for Compassion



Project Compassion calls on us all to turn our compassion into action and show kindness to vulnerable communities across the world.

Cards for Compassion are designed to bring these lessons to life, giving children the opportunity to connect what they are learning during Project Compassion with their everyday experiences.

Use the cards to spark meaningful conversations about the importance of kindness and to inspire children to discover practical ways that they can live out compassion in their own lives.

With thoughtful question prompts and engaging activities, the cards will help children reflect both at school and at home on how their actions, both big and small, can make a difference.

For teachers

Incorporate Cards for Compassion into your classroom activities to help students engage more deeply with the meaning of Project Compassion. Share Sisilia's story with your class and use the question prompts to help them reflect on what life is like for children in other parts of the world and how our actions here at home can create a brighter future.

For parents

Use Cards for Compassion to start a conversation around your dinner table or over the weekend. Encourage the whole family to reflect together on why it's important to show kindness, even to those we don't know, and to decide on simple ways to show compassion.



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