



30 HOUR
FAMINE

World Vision 

Hunger isn't just. But your hunger can be.
JUST HUNGER.



School/Campus



The Just Hunger Manifesto

We all hunger for something. Love. Recognition. Money. Happiness. Acceptance. Safety. Meaning. Our hunger moves us to action.

But what about those who hunger *because they are actually hungry*? Their hunger moves them to action, too.

The dad forced to leave his family to find work when the farm fails. The mom who hasn't eaten for days, saving anything she can find for her kids. The girl carrying her little brother miles to the malnutrition clinic, struggling because she's hungry, too.

A child goes hungry *over there* and we say *that's just the way it is*. But it is not

a *just way*. **It's unjust.** It's *never* been a question of "Is there enough food to go around?" There is. It's *always* been a question of "Are there enough people who care?"

What if there are? **What if we all hunger for justice?** If all of us are moved to new action. To keep kids alive. To give food to all who hunger. *All*, meaning there's no more "us" and "them." **It's all us.** Because justice has always been about *all of us*.

And it's time we all **JUST HUNGER.** That's what these 30 hours are about.

**Hunger isn't just.
But your hunger can be.**

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

—Margaret Mead, American cultural anthropologist

This Leader's Guide is your 30 Hour Famine handbook.

*Mboté!** (m-boat-ay) We're so glad you're joining us for the 30 Hour Famine. This guide is your one-stop shop for a successful, inspiring, and fun Famine event—all the details you need for teaching, games, fundraising and service projects, and more.

We suggest reading through this guide early, so you can start planning ahead. And keep it with you during Famine weekend, too. It's packed with new and engaging content for your Famine experience.

WHAT'S NEW THIS YEAR:

- 1 A new theme—Just Hunger**—highlighting the Democratic Republic of the Congo (DRC), with an in-depth look at the challenges hungry kids face
- 2 A robust 5-week curriculum** to help you prep for the Famine, including do-ahead fundraising activities and a post-Famine debrief
- 3 Brand-new videos, featuring Marie, a child from the DRC,** to put a face to the issue of hunger and engage your students' hearts and minds as they make a difference



And don't forget to check out **famine.ca** for more ideas and suggestions.

*"Hello!" in Lingala, one of the main languages spoken in the Democratic Republic of the Congo

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Want to make this experience even more meaningful? Find a few students to lead the event and hand over this guide to them to plan and execute (with you as a mentor). Many of the top fundraising groups find success when student leaders take ownership of the event—and they have more fun!





Discover

Hunger facts

The ongoing battle

Even though the number of hungry people worldwide has fallen nearly 30 percent in the last two decades, over 815 million people still go hungry every single day.

Progress has been uneven. In some African countries, hunger levels are still so high that they're categorized as "crisis" or "emergency," which means these areas are frequently at risk of famine. The reality is that the hungriest people in the world are also the most powerless—statistically, they're most likely to have low political, economic, and social power. Forces beyond their control keep them hungry, and cycles of poverty and inequality seem impossible to break.

Battling hunger isn't just about making sure people have three meals a day—it's also making sure they have access to clean water, good healthcare, education, and economic opportunities. So kids can have the hope of a healthy, brighter future.

Here's where your hunger for justice comes in. The global hunger rate is decreasing, thanks largely to people like you who care enough to do something about it. But the fight isn't over—so let's keep our hunger moving us to action on behalf of children in need.

 **2.6 MILLION** babies **WORLDWIDE DIE WITHIN THEIR FIRST MONTH OF LIFE**
 *from lack of postnatal care*

EVERY FIVE SECONDS
a child under 5 dies—
and nearly half those deaths are from hunger-related causes



One in 10 people worldwide 
live on less than **\$2.47** CAD per day
THAT'S 767 MILLION PEOPLE

 **844 MILLION PEOPLE** worldwide don't have **access to clean water**

Hunger, inequality, and poverty are still big issues. But by doing the 30 Hour Famine with us, YOU are making an impact for justice!





World Vision: Fighting hunger with experience

Nearly seven decades of experience have shown us that the best way to fight hunger is to equip families with the tools they need to put food on their own tables year-round. Practically, this looks like:

» Empowered farmers

Teaching parents improved farming techniques

» Tools, seeds, and better breeds

Equipping families to grow healthier, more abundant crops and livestock

» Water, water, everywhere

Improving access to clean water to help families reap nutritious harvests

» The right care

Helping children get treatment for basic illnesses, so they're strong enough to fight malnutrition

» Therapeutic feeding

Providing treatment for severely malnourished kids

» Safety nets

Delivering emergency food supplies in areas hit by disasters

» Refugee & internally displaced aid

Distributing food assistance to people who've been forced from their homes

Democratic Republic of the Congo: The daily reality of hunger

Kids growing up in the Democratic Republic of the Congo (DRC) have been impacted by a ton of challenges: civil wars, ethnic conflicts, exploitation of resources, environmental destruction, and widespread inequality. In 2017, more Congolese were newly displaced—forced to leave their homes and livelihoods—than any other people group in the world. Families who were already struggling now have next to nothing. More than 4 million people in the DRC don't have enough to eat. And sadly, it's kids who suffer the most. Things like education become an unaffordable luxury.

But the DRC is also a land with vibrant culture, joy-filled families, and rich

natural beauty. It's home not only to dense rainforests, wide rivers, high mountains, and flourishing cities, but over 200 distinct ethnic groups with a variety of languages, music, foods, and more. Families and friends have strong bonds of love.

By doing the Famine, you're choosing to show love to hungry children and families—and we're grateful! During these weeks of preparation, keep the children of the DRC in your thoughts. They can overcome poverty and injustice—with the help of generous and passionate students like yours!



Meet Marie. She lives in a small village called Tubuluku (the name means “antelopes”!) with her parents and five younger siblings. Because her mom is really sick, Marie’s taken on the duties of caring for her siblings and their household—and she’s only 14 years old. You’ll learn more about Marie’s life in the DRC from the videos you’ll watch during your event.





Engage

Curriculum:

Hungering for justice

It's a good idea to spend some intentional time before and after the Famine to get your hearts and minds ready. So we've created a four week curriculum leading up to the Famine. The goal is to grow your students' understanding of the injustice of global hunger. In this section you'll find short messages, discussion questions, activities, fundraising ideas, and more. With just a little bit of prep from you each week, your students will start to prepare their hearts and minds for their 30 Hour Famine experience!

Things to keep in mind

Get your students involved early!

Week 2 gives you time to plan for a fundraiser—specifically, a themed dinner event. (See page 19 for details!) This'll take plenty of planning, so now's the time to recruit student and adult volunteers to hammer out the details.

It's also a great chance to encourage students to ask friends to join the group.



Now, *libaku malam** (lee-bahk-oo mahl-ah-moo), and on to the good stuff!

*“good luck” in Lingala



Week 1:

Just hunger

Notes for leaders

*Boyei bolamu!** (boh-yay bowl-ah-moo)

It's time to kick off your journey to the 30 Hour Famine! This week, we'll start learning about the state of global poverty and hunger.

READ

Start your Famine preparations by reading the Just Hunger Manifesto on page 3 of this guide.



The Just Hunger Manifesto reminds us that hunger isn't the way life is supposed to be. Sometimes, it's easy to turn away from injustices happening around the world. But this year, as we dive into stories from kids who face hunger every day, let's commit to experience the realities of hunger along with them.

*"Welcome!" in Lingala



Poverty limits people. Did you know that hundreds of millions of people around the world can't even afford basic resources like food, clothing, and shelter? How often do we have to think about where we'll get these things? For most of us, the answer is probably "hardly ever."

And the sad reality is that poverty is everywhere. In the Democratic Republic of the Congo, poor families often have to choose between things like medicines and food. That's why we're doing the 30 Hour Famine—to empower families to break out of these cycles of poverty for good.

Our efforts matter. The funds we're raising are going toward World Vision's goal—shared with other global partners—of ending extreme poverty and hunger by 2030! And in the next few weeks we're going to see what hungry kids' lives really look like.



Watch “If You Had a Dollar” (available under “Resources” at famine.ca)

DISCUSS

- » Have you ever been in a situation where you had more than you needed and someone else didn't have what they needed? How did you react? Do you think you'd do anything differently next time?
- » What would it feel like to have to choose between school supplies, medicine, food, or shelter?
- » Spend a couple minutes adding up the cost of everything you're wearing, including accessories. How different would your life be if you had to live on less than \$2.47 CAD a day like the 767 million people in extreme poverty? What would you spend your money on?
- » Before watching this video, what were your perceptions of people who live with poverty and hunger? What things were you unaware of?



» Think of what you're hungry for in life. How would that change if you lived on less than \$2.47 CAD a day?

» What would it take to "do justice" in the fight against global poverty? You're starting with the 30 Hour Famine! What are some more small steps you can take?

WRAP UP

Share these final thoughts with your students:



Chances are, you've encountered poverty here at home. Maybe you've seen people sleeping outside in doorways or on park benches. Maybe your own family hasn't always had enough money to pay the bills. The truth is, extreme poverty hits even harder in developing countries, mostly in Asia, South America, and Sub-Saharan Africa. And in many places, government programs like food stamps or unemployment help are weak, hard to access, or nonexistent. Families have nothing to fall back on in hard times.

Instead of saying "that's just the way it is," let's find a more just way.

Children don't have to die of starvation or suffer from malnourishment. Our choices have the power to bring about a more just world. We can practice justice ourselves in lots of big and small ways.

As we learn more about justice, let's challenge ourselves as a group to use our resources for others. Choose something meaningful to go without for the next month (coffee, junk food, movies, etc.). Whenever you'd normally buy that stuff, keep track of the amount you would have spent. When the month is over, put that total into your 30 Hour Famine donations!

CONSIDER

The 30 Hour Famine helps move us to action for the hungry. During the next weeks, we'll be asking these questions:

- » What if ... the world's resources can go to the people who need them most?
- » What if ... ending world hunger is a goal we can achieve together?
- » What if ... our actions truly make a difference?

Here's the truth: it's all possible. And by doing the 30 Hour Famine, we'll start to see just how our hunger for justice can change lives.

FUNDRAISE

If you haven't already, now is the time to set up your group's fundraising website. If you need help, email us at famine@worldvision.ca. Encourage your students to personalize their own pages and start sending them out to family and friends.

Pass out the 30 Hour Famine Student and Parent Letter to each participant. These sheets have valuable materials for student's fundraising (like what to say and fundraising ideas), as well as the parent

letter. The parent letter answers some of the questions about what students are up to with this whole no-food-for-30-hours thing, and will assist in increasing sign up.

Have your student sign up their friends: tell students they can invite their friends by having them text **JUSTICE** to **888.8FAMINE** (888.832.6463).

And remind everyone that next week you'll all be prepping for your big fundraising event!



Fundraising pro tip:

Plan as many items as possible in advance. Most of next week's time is dedicated to planning your fundraising event, but you and your student leaders can start knocking things out well before then!





Week 2:

Optional hunger fundraiser

You're going to get ready for your fundraiser this week. It's the perfect time to let student leaders take charge!

ENGAGE

This year's fundraiser suggestion is a little different, and it will take some planning and prep ahead of time, but it's sure to be a memorable evening!



FÊTE THE FAIM-INE

French is the official language of the DRC, and to *fête* in French is to celebrate, or feast! The word for “hunger” happens to be *faim* (yes, like “famine”). So for this event, you’re asking your friends and family to join you in a festival to fight hunger! We’re suggesting the DRC-themed dinner, but if you’re feeling up to a challenge, we’ve included some ideas to add on for a next-level event.

Dine internationally: Using the recipe provided on page 59 as a starting point, create a dinner event with a Democratic Republic of the Congo theme. It’ll give everyone a chance to learn more about the culture by cooking traditional food like *moambe*, the national dish, or playing music from the DRC during the event. You can read some Congolese folk stories or sing their national anthem together. Sell event tickets for \$10 to \$20, and recruit volunteers for cooking, setup, serving, and cleanup.



Student leadership opportunity: Have one or more student leaders come up with a simple menu using the recipe on page 63 and help them plan out the shopping and cooking needed.

Step it up: If you want more, throw a talent show into the mix! Highlight individual talents or a group talent—try choreographing a dance, rewriting the lyrics to a pop song and performing it together, or doing an improv show (with audience participation, of course!).

Go even further: Include a silent auction! Have your students create gift baskets—with their own services like yardwork or donations from local businesses—around themes like coffee, gardening, movie night, or others. You can also ask friends and family to donate things like photography or dance lessons, vacation cabins or timeshares, restaurant gift cards, and more.





Student leadership opportunity:

Assemble themed baskets or other auction items, assign someone to track donations for tax purposes, and appoint a day-of event coordinator to handle the silent auction and other tasks.

Step it up: You'll want a dynamic emcee—someone who feels comfortable in front of a crowd!

Simplify: Are these options a little too elaborate for your group? Make one or two traditional DRC recipes and sell the treats to family and friends. Play music from the DRC and decorate the table with the colors of their flag—blue, red, and yellow.

FUNDRAISE

Get everyone involved. This coming weekend is a great time to have students talk to the family and friends about the 30 Hour Famine and why your group is doing it. Make sure to announce your fundraising event and show the 30 Hour Famine promo video (available under “Resources” at famine.ca). Do your best to involve all your students in running the fundraiser.

If you haven't passed out the student and parent information sheets yet, now's the time!



Fundraising pro tip:

Got other fundraising ideas? Go for it! And if you do something you're particularly proud of, make sure to tell us all about it! Check out the other fundraising ideas on page 32.



Week 3:

Hunger to learn

Notes for leaders

We're going deeper to learn how all of us can practice justice with our lives. This week, remind students that we have to keep fighting if we want to make a difference for vulnerable kids.



Can you guess how many people in the world deal with hunger every day? Maybe 100 million? 500 million? Actually, more than 800 million people are hungry each day. That's one out of every nine people on earth.

Crazy, isn't it? The amount of food grown all over the world is enough to feed all these people—it just doesn't get distributed evenly.

The majority of hungry kids live in developing countries, but that doesn't mean we have to leave them stuck in cycles of injustice. Things like generational poverty from ethnic discrimination or natural disasters often keep their lives from changing for the better. But together, we can help them transform those cycles that seem impossible to break.

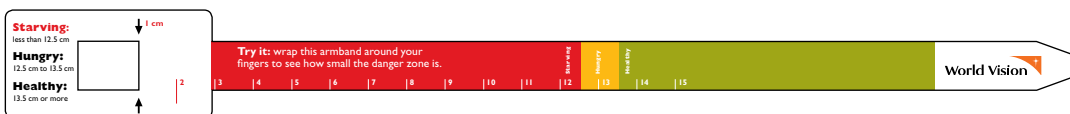


ENGAGE

Pass around the malnutrition armbands and have students wrap them around their fingers. In the field, health workers put these around the arms of children ages 6 months to 5 years to measure undernourishment. Your students might be shocked to learn that many kids' arms are in the red zone.



The injustices of hunger are the reason we need to join together and fight for a more just world. That's why we're raising funds for the 30 Hour Famine, so we can help whole communities get food and training to break out of the cycles of poverty. Together, we can help give them foundations to build stronger futures.





Interested in YouTube links?

Check out [famine.ca](https://www.famine.ca)

FUNDRAISE

This week, talk with students about the different rewards they'll earn based on how much money they fundraise (see kit insert).





Week 4:

Hungry for change

Notes for leaders

It's time to put your hunger into action. As your students get closer to the Famine, remind them of the huge impact they're making. Read them the Just Hunger Manifesto again (page 3), or highlight some of the hunger facts (page 7).



ENGAGE

Share these facts:

- » Roughly one-third of all the food produced in the world gets wasted or lost each year.
- » If even just one-fourth of the food lost and wasted globally could be saved, it could feed 870 million hungry people this year.
- » In the U.S., teens spend about 60 percent of their income on food and clothes.
- » The Canadian government only puts 0.26% of GNI (Gross national income) toward Canadian aid. That means, for every \$100 dollars that flows through the Canadian economy, we give only 26 cents in aid to struggling countries.



Watch **“What’s So Great About Nutrition”** (available under “Resources” at famine.ca)





ADVOCATE! Use your voice for good, it can move mountains!

Advocating to the government lets our leaders and decision makers know that Canadians care enough about the most vulnerable children and our desire to empower them. These leaders have the power to practice justice by passing bills that protect vulnerable children and fund programs via Canadian aid.

Thousands of World Vision youth advocates have raised their voices—they are influencing our government to introduce a law to protect children against the worst forms of child labour, and have successfully asked G7 leaders to fund girls education programs in disaster and conflict zones. This commitment will ensure that millions of girls who are out-of-school because of conflicts or disaster are not left behind. These victories make a big difference.

Go to **worldvision.ca/get-involved/advocacy** to join our Voices for Children advocacy community and learn about our advocacy campaigns. Unleash the power your voice for good!

FUNDRAISE

The 30 Hour Famine is almost upon us! In these final days leading up to the event, challenge your students to make one last push for fundraising. Have them pick their favorite idea from the list on pages 32-33 and make it happen this week. Tell them to aim for at least \$240 more than they've already raised—four more families for a year!**

*Thanks to our partnership with World Food Programme, \$60 helps to provide food for a family for one year. World Vision is the United Nations World Food Programme's largest implementing partner in delivering food to the neediest populations. Countries that will be supported by this funding include, but are not limited to, the Democratic Republic of Congo, Uganda and Afghanistan.

*Prices are based on estimates at time of planning.





Contribute

Everyone can make a difference.

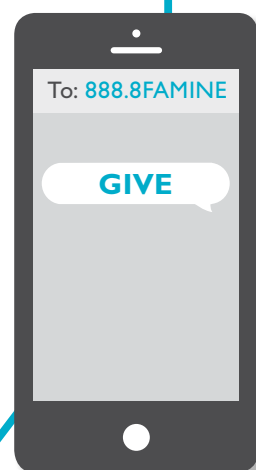
One of the best parts of the 30 Hour Famine is seeing students' passions come out as they get creative to raise money for kids in need. Fundraising is a hands-on way to put the lessons they've been learning this month into action. And it reminds them that the Famine is about so much more than just a fun weekend.

NEW THIS YEAR FOR DONORS: TEXT TO GIVE!

We all love our phones, so we're making it easy to mobilize your students' networks. Here's how:

1. When they ask their friends and family to give, they can tell the donor to text **GIVE** to **888.8FAMINE** (888.832.6463).
2. The donor will get a link to a page where they can donate to the 30 Hour Famine.

It's a super simple way to accept donations—no more carrying cash or checks around!





Make the fundraising fun

Each student's goal should be to raise at least **\$240**—that's enough to give food to four families for a year (and if you ask six people for \$40 each, you've made it!) But if they're hungry to make an even bigger impact, encourage them to take on the 30 Hour Famine Challenge.



THE 30 HOUR FAMINE CHALLENGE

When you raise **\$360**, you'll provide food to 6 families for a whole year.*



THE 30 HOUR FAMINE CHALLENGE PLUS

If you completed the challenge last year, try to double your previous amount—to **\$720!**

As you're helping students put their fundraising goals together, use these numbers to put some meaning to their donations:

\$60

feeds a hungry family for a **year**

\$120

feeds two hungry families for a **year**

\$360

feeds 6 families for a whole **year!**

*Thanks to our partnership with World Food Programme \$60 helps to provide food for a family for one year. World Vision is the United Nations World Food Programme's largest implementing partner in delivering food to the neediest populations. Countries that will be supported by this funding include, but are not limited to, the Democratic Republic of Congo, Uganda and Afghanistan.

*Prices are based on estimates at time of planning

Fundraising ideas

1



Create or update your team fundraising page.

Go to famine.ca to create your page for this year. Tell your group's story and talk about why you're doing the Famine. For help, email famine@worldvision.ca.

3



Go viral.

Help your students set up their fundraising pages, then have them ask friends and family to fund their Famine using their favorite social platforms. Challenge them to make short videos, in groups or as individuals, for a more personal ask when they share the link to their fundraising page.

2



Host a cultural night.

Invite your church or school to a ticketed night exploring the culture of the Democratic Republic of the Congo. Cook traditional food, play Congolese music, and give everyone a chance to learn about their country. Find details on page 19!

4



Show off your talent.

Sell tickets for a talent show, and have students show off their sweet skills. Consider choreographing a dance or learning a song as a whole group. More suggestions for this event are on page 19.

More fundraising ideas

Has your group come up with a great fundraiser? Let us know about it!

Shake it up with a raffle.

Ask local businesses to donate cool stuff for a gift basket full of prizes—and raffle it off. This is an easy one to combine with another fundraiser like a bake sale.

Host a parents' night out.

Charge a set amount per kid for parents to drop off their kids for an evening, and make sure you have a tip jar for extra donations. Don't forget to plan games and activities to entertain the kids.

Share at School.

Carve out some time for a couple students to tell the whole school about why you're doing the Famine and what a difference their support can make in kids' lives. This is also a perfect time to use the Text to Give number on page 29!



Use the classics.

For tried and true fundraisers, host a bake sale or a car wash. You can refresh these ideas by incorporating a theme, like desserts from Africa. Make sure students explain the purpose of the Famine and how donations will change lives.

You mean business.

Plenty of companies like donating to a good cause. Ask local businesses to sponsor your event in tiers of \$360, that's enough to feed six families for a year (plus, let them know they can get a tax-deductible receipt from World Vision!). Or, they can donate materials you'll need for the Famine event. Remember to thank them publicly during Famine weekend.



Lend a hand.

Have your students go around their neighborhoods offering to do yardwork or handy-man jobs at their neighbors' houses in exchange for a donation. This is a great way to spread the word about the 30 Hour Famine outside your school.

Change for change.

Split up into teams and see who can collect the most change during the next week—at school, on the sidewalks, or under the couch cushions at home. The winners get bragging rights for a year!

Give 'em a good deal.

Create student "coupon books" with offers like babysitting, yard work, or car-washing that family or friends can redeem at an agreed-upon date.

Step it up: Sell these at the silent auction, if you choose that fundraiser!

Community service in style

Serving others during the Famine will teach students how to live out justice in their everyday lives and communities.

Feed the hungry—locally.

Food pantries or soup kitchens can be a great place for groups to serve. See if you can volunteer during a mealtime, so kids can interact with the people they're helping.

Collect clothes.

Get in touch with a women's shelter or foster children's organization and ask

them what their biggest needs are, then host a donation drive for a couple weeks. During your Famine, try to spend some time with the people receiving the items. Or write notes of encouragement to accompany the donations.

Spread joy.

Put on an event at a local nursing home, like a game or music night. This is a great way for students to show love to elderly folks who are often lonely.

Connect with #30hourfamine

Here's how to get ready for your 30 Hour Famine!

- » Log in to your team page at famine.ca.
- » Customize your page with information specific to your group.
- » Share the link with your students and remind them to customize their personal pages.
- » Encourage everyone to use **#30hourfamine** whenever you're posting about the event on social media.
- » If you haven't already, join our World Vision Canada Facebook group (facebook.com/worldvisioncan). Share stories with other Canadians and share your #30HourFamine experience!

And remember, if you have any questions, you can email us anytime at famine@worldvision.ca.

30 HOUR
FAMINE

World Vision 





Just hunger



It's time to get hungry for justice.

This section suggests a schedule for your 30 Hour Famine event. But don't forget, it's really up to you! Try things out and adjust based on how your students respond. **This is YOUR Famine experience!**

Here are a few things you'll need:

» **Laptop and projector**

for watching videos

» **Game props** and materials

» **Notebooks and pens**

for the students' reflections

» **Fluids (water and juice)**

because hydration will keep everyone happier—stick with 100% juice, not sugary drinks

» **Sleeping bags and pillows—**

no one wants to be hungry *and* tired

We know that not everyone can go without food for 30 hours— if that's the case for some of your students, have them fast from something else instead! This could be technology, drinking anything besides water, etc. It'll still be a good experience, even if they have to sneak into the kitchen to scarf down a sandwich!



30 Hour Famine sample schedule

Remember, this schedule is a suggestion. Change as needed to fit what's best for your group.



Make sure your students are drinking lots of fluids! Take plenty of time between activities to get everyone rehydrated.

FRIDAY

| | |
|-------------------|--|
| 12:30 p.m. | Start your Famine (on your own, after lunch) |
| 6:00 p.m. | Check-in |
| 6:30 p.m. | Opening ceremony |
| 7:30 p.m. | Game: Nzango |
| 8:00 p.m. | Group reflection #1 |
| 9:00 p.m. | Game: Shelter Set-Up |
| 9:45 p.m. | Group reflection #2 |
| 10:15 p.m. | Game: The Keys to Prosperity |
| 11:00 p.m. | Group reflection #3 |
| 11:45 p.m. | Hydrate, lights out, and sleep |

SATURDAY

| | |
|-------------------|---------------------------------------|
| 8:00 a.m. | Game: Fishbowl |
| 8:30 a.m. | Group reflection #4 |
| 9:00 a.m. | Game: Resource Race |
| 9:30 a.m. | Group reflection #5 |
| 10:30 a.m. | Community service |
| 1:30 p.m. | Game: Hungry for Knowledge |
| 2:15 p.m. | Group reflection #6 |
| 2:45 p.m. | Group fundraiser |
| 4:30 p.m. | Game: Water Challenge |
| 5:00 p.m. | Group reflection #7 |
| 5:30 p.m. | Final reflection and closing ceremony |
| 6:30 p.m. | Break your fast! |



WATER BREAK:

Don't forget to hydrate!

Sample event breakdown

FRIDAY, 12:30 P.M.

Start your Famine

Eat a healthy lunch around noon and don't overdo it. The Famine clock starts ticking at 12:30 sharp!



Student leadership opportunity: Send encouraging texts and reminders to other students in the afternoon as things get going.

FRIDAY, 6:00 P.M.

Check-in

Students arrive! First thing, make sure all students turn in their donations and paperwork. Have an adult on hand to take care of things like medications, if needed.



Student leadership opportunity: One student oversees the check-in process, and another is in charge of collecting donation envelopes. Track donations in order to do the "big money reveal" during the closing ceremony.





FRIDAY, 6:30 P.M.

Opening ceremony

Bienvenu!* (bee-en-veh-noo) Let the Famine begin! Get everyone in the mood with upbeat music. Set out ground rules for the event so your students know what to expect.

This is also the perfect time to recognize students who went above and beyond with their fundraising or prep assistance! Have fun with superlative shout-outs—Most Social Fundraiser, Creative Genius, Best Supporting Actor, etc.



Watch “Marie’s Story: Intro” (available under “Resources” at famine.ca)

Discuss

After the video, take some time to talk as a group:

- » What are you excited about for the next 24 hours?
- » What are you worried about?

Video note

The video begins with words from Micah, a prophet in Jewish and Christian traditions: “What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

Over the years, many people have found these words to be helpful as a reminder that loving others and pursuing justice are critical parts of living out one’s faith.

*“Welcome!” in French



Game Variations

Each of these games can be adapted for larger or smaller sizes. If we suggest evenly numbered teams but you have an odd number of students, you can hop into a team to make up the difference. If we suggest a specific number for each team but you have fewer or more students, vary the number of students per team as needed. For games where teams are competing against each other, consider rotating the opponents in different rounds of the game.

FRIDAY, 7:30 P.M.

Game: Nzango

Context:

Changing communal attitudes toward things like kids' health is a two-way street—success depends on everyone's involvement. In this traditional Congolese playground game (it's turned into a national sport in recent years!), teams' cooperation will give a picture of what it's like to work together for a common goal.



Watch “Marie’s Story: Play” (available under “Resources” at famine.ca)

Set up

- » Clear a large space of any objects or furniture.
- » Divide your students into two even teams. Hand out disability cards (find them at famine.ca) to each student; depending on the size of your group, it's okay if some students get duplicate cards.

Time: 10-20 minutes

Challenge: Physical

How to play:

1. Split the group into two even teams (if you have a big group, consider having multiple games going at once, with about eight people per team). Ask each team to line up at the same time, facing each other, about five feet apart.
2. Pick one team to be on “offense” while the other is on “defense.” Play a Congolese dance song from the Spotify playlist for some fun background music. Then start a chant to provide rhythm (“one, two, three, kick!” is a good one). The first pair of opponents starts the game by jumping and then kicking to the chant. When you chant “kick,” each player will kick out either their right or left leg. Think of it kind of like Rock, Paper, Scissors!
3. The team on “offense” wants the leg they kick with to be the opposite from their opponent. For example, if Team Offense thinks the Team Defense player will kick with their right leg, the Team Offense player will want to kick with their left leg. If the players kick with the opposite feet, then Team Offense wins the point. When the same leg is used (when both kick with their right legs, for instance) Team Defense wins the point.

4. One pair at a time, rotate through each opposing pair down the line and return to the first players when everyone’s faced their opponent.
5. The game is over when one team reaches nine points. Feel free to play a few rounds!

Amusez-vous bien!* (aa-moo-zay voo bee-en)

*“Have fun!” in French



Watch “Marie’s Story: Health” (available under “Resources” at famine.ca)



You can end the game at any amount of points if you want to make it longer or shorter. See page 41 for size variations.

FRIDAY, 8:00 P.M.

Group reflection #1

Have students discuss these questions, either in small groups or all together.

They can also use their discussion journals to write down thoughts:

» How did being hungry impact your energy level for this game?

» For those who had to take on disabilities, what was your experience like?

» Reflect on Marie's story—how has her mom being sick impacted her family?



FRIDAY, 9:00 P.M.

Game: Shelter Set-Up

Context:

Sometimes families and kids are forced to leave their homes because of conflict or drought and have to leave with nothing but what they can carry. This variation on a scavenger hunt gives students a small window into the challenges these displaced kids face.

How to play:

1. Give teams about five minutes to go through items they personally brought for the weekend and the supplies you provided, gathering anything useful. Remind them not to pillage other students' belongings, unless they have permission from a teammate.
2. When everyone's reassembled, set a timer for 30 minutes of building time (or less, for a challenge!).
3. Teams must build an independent, freestanding shelter that every member of the team can fit under at the same time. The winning team can be judged on either speed or sturdiness.

See page 41 for size variations.

Set up

- » You'll need fort-building basics, like cardboard boxes, duct tape, old sheets, milk crates, and newspapers. On top of these, students can use the stuff they brought with them! Sleeping bags, pillows, sweatshirts—it's all fair game.
- » Split students up into evenly-numbered teams, about six people per team.

Time: 45 minutes

Challenge: Teamwork



WATER BREAK:

Don't forget to hydrate!
Or, as they say in French, "*Cul sec!*"*
(cool sehk)

*"Drink up!" (dry the bottom of your glass)



Watch "**Marie's Story: Shelter**" (available under "Resources" at famine.ca)




FRIDAY, 9:45 P.M.

Group reflection #2

Now's a good time for students to pull out their discussion journals so they can jot down thoughts.

- » What was your initial reaction when you saw the supplies you had to use to build your shelters?
- » What were the most challenging parts of this activity? The best parts?
- » Did you have everything you needed? What items could have helped you make a better shelter?
- » Take a minute to think about Marie's house that you saw in the video. How is her living situation different from yours?



 This one needs some prep beforehand—like setting up stations—but you can ask a student leader to help before the Famine starts.

FRIDAY, 10:15 P.M.

Game: The Keys to Prosperity

Context:

Lots of kids around the world like Marie have very adult responsibilities. She has to do chores, take care of her siblings, earn money for food, and fetch water while her mom is sick and her dad is caring for her. All of this leaves no time for school and little time for fun. It's a lot of responsibility for a 14-year-old. This game will mirror challenges faced by children who have take care of their families' survival.

How to play:

1. Start the game by saying, "Let's imagine what it's like to be in Marie's place. Imagine your parents are ill and you have to take responsibility for your family. You can't go to school anymore, but instead you have to do everything to provide for you and your siblings."

Set up

- » You'll need to set up three stations far enough apart to give students room for the different activities.
- » You'll also need a set of keys or print a image of a key to hand to the winning team as a symbol of their care for their household.
- » For the activities, you'll need the following: plastic water bottles, plastic hangers, six empty soda cans, and a few thick rubber bands.
- » Divide students into small teams, so they have enough space to complete the activity at each station.

Time: 20-30 minutes

Challenge: Mental



2. “To earn the keys of prosperity, you’re going to have to complete each activity at the stations around the room. You’ll have one minute per station, but you can try them more than once if you need to.”
3. Then send teams around the room to the different stations. If they don’t finish the challenge in one minute, move them on. They can come back around later. They must finish all three to complete the game.
4. The goal is for students to earn the keys by “unlocking” different stations as they complete the challenges. Once they unlock all three, hand them your set of keys and congratulate them on metaphorically taking on the responsibility of providing for their family.

See page 41 for size variations.

Station 1: Water Bottle Flip

You’ll need one water bottle and a table.

How to play:

1. Have each team member take a turn tossing a bottle of water from 5 feet away, trying to get the bottle to land upright on the table. Give each person one chance to toss, then start over.
2. Once a team has three successful upright landings, they’re done with the challenge.

Station 2: Ladder of Hangers

You’ll need six hangers.

How to play:

1. Have one team member hold the top hanger still, up high, in place. The next team member must balance the second hanger on the middle of the first, then the next has to hang the third on the second hanger, and so on (Barrel of Monkeys style!). All six have to balance without falling in one minute.

Station 3: Rapid Fire

You’ll need six empty soda cans stacked in a pyramid on a table and a few thick rubber bands that won’t break with stretching.

How to play:

1. Have each team member take a turn shooting a rubber band from 5 feet away, trying to knock the cans completely off. Players should take only one shot at a time.
2. Once a team has knocked all cans off the table, they’re done with the challenge.



Watch “Marie’s Story: Child Protection”

(available under “Resources” at famine.ca)

FRIDAY, 11:00 P.M.

Group reflection #3

Have students gather in small groups once again, with discussion journals, for a debrief.

- » How did you feel as you completed the different challenges?
- » What was frustrating about this game? What motivated you to finish the challenges?
- » With this game, you put yourself in Marie's shoes in a small way. What does it mean for her that she has to take on all of these responsibilities and not go to school? How do you think she feels?

» t's a heartbreaking reality that some children have to run their own households in the absence of their parents. Where have you seen instances of young people stepping up to take on challenges "beyond their years?" Reflect on the differences between the support networks families have in Canada, and the support networks Marie's family in the DRC has.

FRIDAY, 11:45 P.M.

Hydrate, lights out, and sleep

Before bed, remind students to hydrate! Water's essential at this stage, as is a good night's rest. Let students know their bodies will thank them the more water and sleep they get—a full day of Famine adventures is in store tomorrow.





There's some minor prep required for this one.

SATURDAY, 8:00 A.M.

Game: Fishbowl

Time to warm up those brains! It's been almost 20 hours without food, so waking up might be rough.

Context:

There are so many barriers to keeping kids from being able to go to school: things like child labor, lack of ID, unaffordable materials or school fees, and harmful cultural beliefs. The words your students will be guessing in this entertaining game (a combination of the games Taboo, Password, and Charades) all relate to education and some of the challenges kids experience.

How to play:

1. Each player draws a word from the "fishbowl" and has their team guess it, using the specific rules of each round. In every round, each player gets one minute to have their team guess as many words as possible. When they get a word right, they keep the paper so they can add up their points at the end. If they haven't guessed a word when the time's up, it goes back in the bowl. The round goes until all the words have been guessed. When all words are guessed, count up each team's papers for points.

Set up

- » We've provided some education-specific words to use (find these at famine.ca), but you can add your own, too.
- » Print and cut them up into small slips with one word per piece of paper, then toss them into a hat or bowl (the "fishbowl").
- » Divide students into two even teams. See page 45 for size variations.

Time: 10-30 minutes

Challenge: Mental and teamwork

2. Start with the Taboo round. The player can't use hand gestures or body movements, and they can't speak any part of the mystery word on the paper. For instance, if the mystery word is "Batman," they can't say, "a superhero who drives the Batmobile," but they can say, "a superhero whose real name is Bruce Wayne."
3. Put all the words back in the bowl and start the Password round. This time, players can only use one word to describe the mystery word—so choose wisely. (If you want to be really tough, even "um" counts!)

So, if the mystery word is “Batman,” the player can say “Superhero,” but not “Batmobile.”

4. Finally, move to the Charades round—no words at all this time!
5. The team with the most points at the end wins. If there’s a tie, use one of the variations below as a bonus lightning round!

Variations: *Try sound effects only, facial expressions only, or puppet master charades, where one student controls the movements of another.*

SATURDAY, 8:30 A.M.

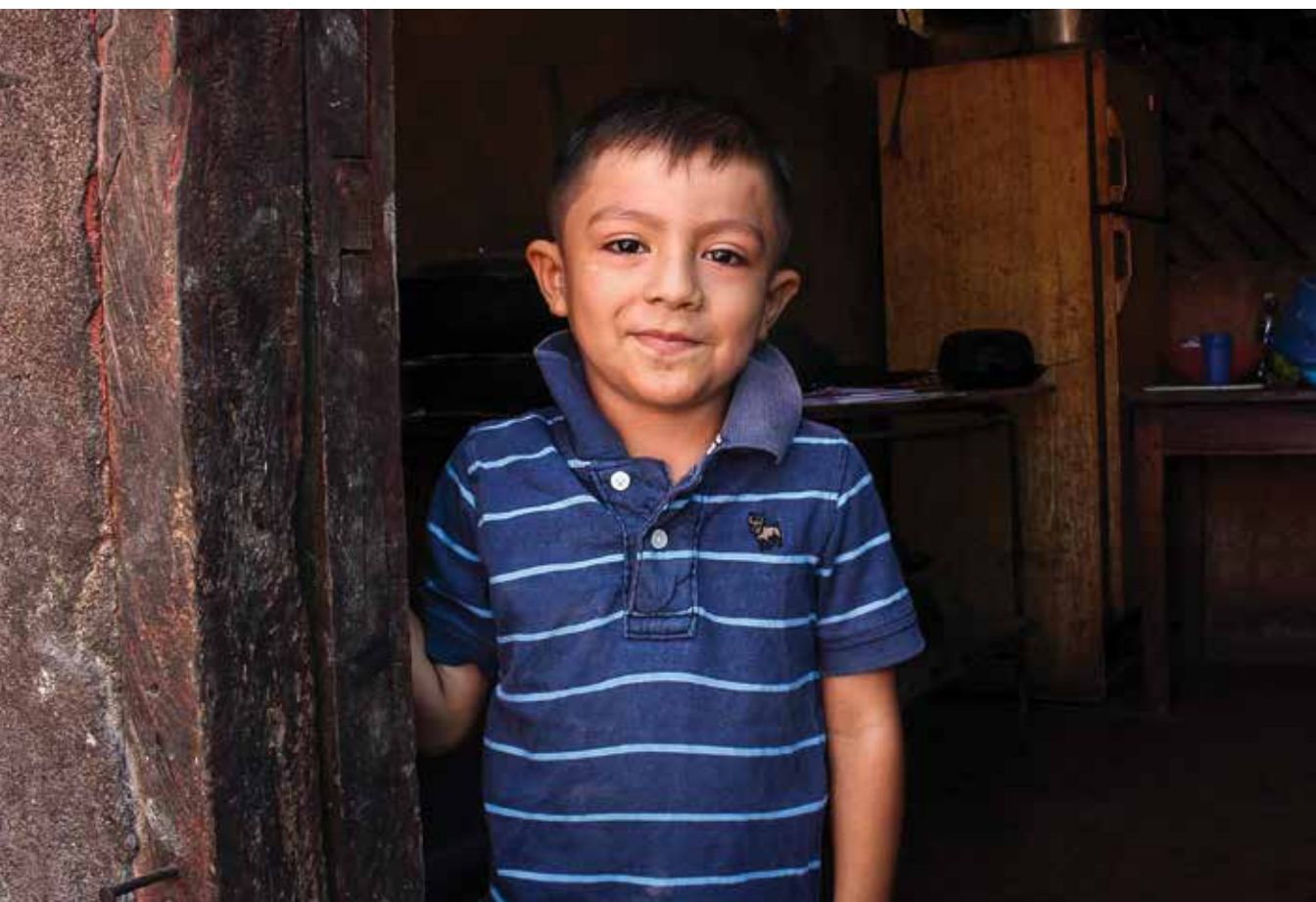
Group reflection #4

Check in with everyone. If students are struggling to remember the point of not eating, use this time to reflect on some lessons and stories you’ve covered.

- » When I say the word “school,” what words pop into your mind first?
- » How did watching this video about Marie and her education change your perspective on your own education?
- » If Marie could go to school, how do you think her hunger would affect her in the classroom?



Watch “Marie’s Story: Education” (available under “Resources” at famine.ca)





This game requires more prep than the others, but it can all be done ahead of time.

SATURDAY, 9:00 A.M.

Game: Resource Race

Context:

In many of the places World Vision works, families often have to make difficult decisions between resources like food, shelter, medicine, and tools. They struggle to afford all they need and sometimes get caught in circumstances beyond their control, like natural disasters that wipe out their homes or fields. This version of Capture the Flag gives students a glimpse of the choices these families face as they try to build stable lives.

How to play:

1. The basic rules of Capture the Flag apply: two teams are trying to steal items from the other team's guarded areas.
2. Send runners from one team into the opponent's resource area; if they can get past the guards and back to their side without being tagged, they get to keep the resource for their team. If they get tagged at any point, they have to return the resource and start back at their home base.
3. In this game, teams are trying to balance their resources as evenly as possible. And there's a twist. You, the leader, get to act as the "natural disaster." Whenever you choose, call

Set up

- » Get an equal amount of props to represent five kinds of resources (you'll want lots of each resource!): health and nutrition, education, economic, water and disaster relief. Use a different type of item for each resource. For instance, stuffed animals represent health, books represent education, etc. Then, label each individual item "food," "seeds," "school supplies," "farming tools," "vaccinations," and more.
- » Make sure each side has an uneven number of resources (so they have to steal from the other side to balance it out!), then set up the groups of resources behind a line for each team to guard.
- » Divide students into two even teams. Have each team appoint a captain (who will provide direction for which resources the team needs), at least one guard for the resources, and runners to steal from the other side.

Time: 20-30 minutes

Challenge: Physical and teamwork



out a type of natural disaster, like tornado, volcano, or earthquake, and anyone who's running with a resource in their hand has to put it back. You can do this once, or multiple times if you want the game to last longer.

4. To win, a team needs to have the most balanced resources, not the most items at the end of the set time! For instance, if they have eight health and nutrition items but no shelter or economic ones, they won't beat a team who has lots of different resources. And for

another twist, if you see students making alliances or trades during the game to get a balance of resources, award them the win—community development works best when we all work together!

Variation: You can turn this into a version of hide and seek instead: hide a few of the resources around the building, release everyone individually to search, and at the end of a set time—about 10 minutes—whoever has the best balance of resources wins. See page 45 for size variations.



Watch “Marie’s story:
**Economic
Empowerment**” (available
under “Resources” at famine.ca)

SATURDAY, 9:30 A.M.

Group reflection #5

In small groups, students can journal and share their reflections.

- » In the game you just played, was it harder than you thought it would be to get balanced resources?
- » Were you affected by any of the “disasters”? If so, what did it feel like to lose something you had worked so hard for?
- » What would it be like if your family had to choose between basics, like food or medicine?
- » Reflect on this part of Marie’s story. How does she have to balance her resources to take care of her family? How do you think she feels about this responsibility?



WATER/JUICE BREAK

Get some energy before you head out for community service!

SATURDAY, 10:30 A.M.

Community service

Now’s the chance to put your values into action and give students a firsthand look at justice in their own contexts. Flip back to page 34 for our suggested service ideas.



This one takes some prep beforehand.

SATURDAY, 1:30 P.M.

Game: Hungry for Knowledge

Hopefully you had a great time serving and are ready to dive back into another engaging and thought-provoking game!

Context:

This game aims to increase your students' knowledge of hunger, food security, and how World Vision works to fight for a more just world.

How to play:

1. Ask each question on the cards to the whole group. The first team that's ready with an answer can yell it out first, but if they guess wrong, call on the next team that thinks they've got it.
2. Teams earn points by answering questions correctly. You can announce a winner when one team reaches 10, 15, or 20 points.

Set up

- » The multiple choice hunger trivia cards can be found under "Resources" at famine.ca. You can print them out or use them digitally.
- » Divide students into 3-5 teams. See page 45 for size variations.

Time: 15-20 minutes

Challenge: Mental



Watch "Marie's Story: Food"

(available under "Resources" at famine.ca)



SATURDAY, 2:15 P.M.

Group reflection #6

Have students answer questions using their discussion journals.

- » How did the community service go for you? Was it what you expected? Why or why not? How was your energy level?
- » What was the most surprising hunger fact you learned during this game?
- » You've gone a whole day without food by now. How does being hungry change how you're hearing these facts?
- » You know that you'll get to break your fast soon. But for Marie, there is no end in sight to her hunger. Put yourself in her place: What would it be like to not know where your next meal is coming from?

SATURDAY, 2:45 P.M.

Group fundraiser

Even if your group has already done a fundraising event, now's the perfect time for another quick, easy one! For some ideas, go back to pages 32-33 in this Leader's Guide.



Student leadership opportunity:

Let the students take charge here running the fundraiser (be sure to talk to them before the event so they can plan in advance).





This one takes some minor prep beforehand.

SATURDAY, 4:30 P.M.

Game: Water Challenge

Context:

Many families around the world don't have a water source—let alone clean water—near their homes, so they walk an average of six kilometers (that's almost four miles!) a day just to get enough water for cooking and basic cleaning. And it's often contaminated, which makes them sick. This relay race helps students understand what those kids are up against.

How to play:

1. One at a time, send a team member with their empty canister to the water source. Teams are trying to fill up their empty bucket from the shared water resource. The point is speed, of course, but precision matters too—the less they spill, the faster their team's bucket will fill up.
2. Whichever team fills up their bucket first wins.

Set up

- » You'll need two large empty buckets or containers, placed as far apart as you can get them. In the middle of the playing area, fill an extra-large bucket with water.
- » Gather smaller containers or canisters—these can be anything from glasses to Tupperware to measuring cups to water bottles. Make sure there are as many small containers as teams. Get creative!
- » Split students into evenly-numbered teams. You can divide your group in half for two teams playing against each other or go with smaller teams that are all fighting for the water source. If you choose this option, you'll want to have one empty bucket per team, but stick with only one water source.

Time: 15-20 minutes

Challenge: Teamwork

Variation: If you can't play this game outside, swap out the water for craft pom-poms instead. Students still need to fill up a bucket from a source full of the pom-poms using the relay race rules. See page 41 for size variations.



SATURDAY, 5:00 P.M.

Group reflection #7



Watch “Marie’s Story: Water”

(available under “Resources” at famine.ca)

Have students answer questions using their discussion journals.

- » What was it like to share a limited water resource with other teams?
- » Did your team get enough water to sustain you?
- » Think about how many times you use water in a day—for drinking, in the bathroom, etc. How do you think things would change if you had to go get water from a faraway source every time you wanted to use it?

SATURDAY, 5:30 P.M.

Final reflection, closing ceremony.

It’s been a long—and awesome—30 hours, and you’ve just about made it through!

Reflect:

- » What have you learned in these 30 hours?
- » How has the experience impacted you?
- » What surprised you?
- » What are you hungry for now—beyond food? Anything justice-related?

Next, take some time to give out superlatives, with fun shout-outs like:

- » Loudest stomach growl
- » Best attitude
- » Soundest sleeper
- » Biggest all-around helper

Can I get a drumroll please?

After you've recognized these "bests," announce your group's fundraising grand total! Make it a dramatic moment with lots of buildup, to celebrate how hard you all worked. Tell students how awesome it is that they've taken action on behalf of children in need,



Watch "Marie's Story: Closing"

(available under "Resources" at famine.ca)

Don't forget, it's not too late to keep collecting donations.

Remind students to bring in all donations. You can also give them an extra week if they want to tell their friends and family about their Famine experience before asking for final donations.

Time capsule letter

Hand out paper, pens, and envelopes, and have students write "time capsule" letters to themselves.

READ



You've learned so much in these last 30 hours. Your eyes have been opened to care more about the injustices that children live with around the world. By choosing to feel some of their struggles, you've made a true impact on on real kids' lives and on your own life.

Sometimes after an experience like this, when everyday life comes back around, it's surprisingly easy to let these feelings of compassion or commitment fade away. So you're going to take just a couple short minutes to write a letter to yourself. Reflect on your takeaways—what you've learned, what you've experienced and what you don't want to forget. When you're done, put it in the envelope, seal it, and address it to yourself so I can mail them back to you.

P.S. You should do this activity, too! Think about what you've noticed in your students this weekend and write down ways you've been moved to work for justice.

Give students 5–10 minutes to write their letters. Then collect the (sealed and addressed) envelopes.

Keep the letters for 6–8 months, and hand them back or snail mail them when you think it's the right time. Set a reminder in your phone so you don't forget!

Close your Famine experience with something you think will be meaningful for the group—sharing a slide show of event pics, singing a meaningful song, a big group hug—whatever works for your group! Then go eat together!

SATURDAY, 6:30 P.M.

Break your fast!

Invite parents or friends to bring items for a potluck to share and celebrate all you've experienced together. Another idea is to break your fast with a meal your students serve at a shelter or rescue mission. (It'll drive the message home more if your students serve others before themselves.) You could even break your fast with *fufu*, a traditional dish from the Democratic Republic of the Congo.

YAM FUFU

Makes about 16 servings of 2-3 pieces

Ingredients:

- 4 pounds of yams (use large white or yellow yams) or equal parts yams and plantains
- 1 teaspoon butter (optional)

Instructions:

Place yams in a large pot, cover with cold water, and boil until soft (about half an hour). Drain and peel the yams. Add butter. Mash with a potato masher, then beat and stir with a wooden spoon until completely smooth and sticky like dough. Shape the fufu into golf-sized balls, and serve immediately with a meat stew or any dish with gravy. To eat in the traditional way, tear off a small handful with your fingers and use it to scoop up bites of meat and sauce.

Kolia mboté!* (kohl-ee-uh mm-boat-ay)

*"Have a good meal!" in Lingala



Merci 



So, what's next?

Thank you for helping children through the 30 Hour Famine. Here are some other ways you can continue to be a change-maker.

- » **Be sure to send in those funds so your efforts can start making a difference right away!** See page 62 for instructions.
- » **Find out more ways to live out justice** at worldvision.ca/get-involved.
- » **Sponsor!** Students and their families can sponsor a child in need at worldvision.ca/30-hour-famine/sponsor-a-child.
- » **Advocate!** Famine participants can join us in justice advocacy at worldvision.ca/get-involved/advocacy.

How to send in your funds


1 Gather your students' donations.

Go through with each student individually—total the cheques and cash, then add what each student raised through online donations.

2 Complete the Group Impact Sheet.



Write each student's name and donation total, and mark which rewards they earned.

3  **Don't mail cash.** It can “disappear” too easily in the mail. Instead, exchange all cash donations with your church for a single cheque. Write the word “cash” in the memo line. Make cheques payable to World Vision Canada.

4 Double-check your math and make a copy of your Group Impact Sheet.



This will help you remember who gets what rewards when

they arrive.

5 Put all cheques and your original Group Impact Sheet in an



envelope and send it to:

30 Hour Famine

I World Drive

Mississauga, ON

L5T 2Y4

Any other materials are yours to keep for future 30 Hour Famine events and for your use. Also keep a copy of your Group Impact Sheet for your own records.

Thank you!

The 30 Hour Famine wouldn't be possible without leaders like YOU. We're so grateful for your efforts.

Thank you for raising up students to hunger for justice. Hopefully, your experience going hungry together will make the lessons sink in deeply. You may have had some ups and downs through the weekend, but the payoff is real and lasting for vulnerable kids—and for your students! We hope this experience sticks with them long after the Famine.



30 HOUR
FAMINE

World Vision 



famine@worldvision.ca
famine.ca

World Vision is a Christian relief, development and advocacy organization working to create lasting change in the lives of children, families, and communities to overcome poverty and injustice. Inspired by our Christian values, World Vision is dedicated to working with the world's most vulnerable people as a demonstration of God's unconditional love. World Vision serves all people regardless of religion, race, ethnicity, or gender.

30 HOUR
FAMINE

World Vision 