

A Mile in Her Shoes

**Educational Materials and Fundraising Ideas to
Increase Awareness of the African Well Fund**

(June 2008)



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building hope ... one well at a time**

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Thank you for requesting the African Well Fund's education and fundraising packet for schools, clubs and groups. This kit contains materials we hope will help you to educate others about the lack of access to clean water in Sub-Saharan Africa and the problems that ensue as a result. Additionally, information is included to help you successfully raise funds to help build wells and other water and sanitation projects in Africa.

Each day in Africa, millions of people, particularly women and children, walk for miles to get water. The chore of fetching water is no small task; it involves walking to the nearest water source and carrying home heavy containers filled with the day's supply of water, often weighing over 40 pounds. Sadly, the water source is not always a safe one.

Our hope is that schools, clubs and groups will teach the enclosed lessons and hold fundraisers to emphasize the importance of clean drinking water. The goal is that children will learn about life in Africa by holding fundraisers that adhere to lesson plans and curriculum.

The African Well Fund is a registered non-profit 501(c)3 organization dedicated to raising funds for building and maintaining water and sanitation projects in Africa. Since our inception in late 2002, AWF has raised over \$400,000 toward our mission, resulting in the construction of over 78 water projects that benefit more than 80,000 people in the communities throughout Angola, Ethiopia, Guinea, Liberia, Niger, Malawi, Rwanda, Sierra Leone, Uganda, and Zimbabwe.

We believe clean water is essential to the economy of these communities, to the health of the people and to the political stability of the continent. We're excited by your interest in this important cause.

Sincerely,

Angela Martens

Angela Martens
Volunteer Coordinator
African Well Fund



Lesson Plans

Links to complete lessons for Pre-K to high school students from several different sources.

Drinking Water: Kids' Stuff

<http://www.epa.gov/safewater/kids/index.html>

A program from the Environmental Protection Agency that teaches Kindergarten through high school students about the importance of safe drinking water.

Lesson plans and activities for grades K-3

http://www.epa.gov/safewater/kids/teachers_k-3.html

Lesson plans and activities for grades 4-8

http://www.epa.gov/safewater/kids/teachers_4-8.html

Lesson plans and activities for grades 9-12

http://www.epa.gov/safewater/kids/teachers_9-12.html

Water in Africa

<http://www.peacecorps.gov/wws/educators/enrichment/africa/index.html>

A resource created by the Peace Corps designed to help Kindergarten through high school students gain knowledge and skills in geography, language arts and other disciplines by studying the use of water in 24 African countries. Highlights from the site include:

Grades 1-2: “Splish Splash: Daily Use of Water”

<http://www.peacecorps.gov/wws/educators/enrichment/africa/lessons/ESread01/index.html>

This lesson focuses on the daily use of water in America, Kenya and Ghana with students learning the differences and similarities in water usage in these three countries and gaining an understanding of the value of water.

Grades 3-5: “Water Uses and Children’s Lives in East Africa”

<http://www.peacecorps.gov/wws/educators/enrichment/africa/lessons/ESlang03/index.html>

This lesson compares the uses of water in the United States to some regions in Kenya and Tanzania with students learning how water defines the roles of children in the United States and in parts of Africa as they examine the cultural impact of water.

Grades 6-8: “Water—The Flow of Woman’s Work”

<http://www.peacecorps.gov/wws/educators/enrichment/africa/lessons/MSgeog02/index.html>

This unit compares water-related work in Lesotho to that in the United States by focusing on gender-specific tasks so students learn about factors that influence gender roles in various societies.



Lesson Plans continued

Grades 9-12: “Water Pressure”

<http://www.peacecorps.gov/www/educators/enrichment/africa/lessons/HSgeog01/index.html>

This lesson looks at the availability of clean water and compares the usage of water in the United States to that in Africa, stressing the value of water and the importance of protecting this natural resource.

PBS Teachers

www.pbs.org/teachers

The PBS-created site provides standards-based lesson plans and activities in the arts, health and fitness, math, reading and language arts, science and technology, and social studies for grades Pre-K–12. Lesson plans from the site include:

Global Water

http://www.thirteen.org/h2o/educators_lesson1.html

A science and geography lesson for third through fifth graders where students collect data on their household water use and calculate how many gallons of water a person uses per day. Students also learn how children in different parts of the world get their drinking water, discover three methods for obtaining drinking water and evaluate the effectiveness of each method.

Eco Challenges

<http://www.pbs.org/wnet/africa/tools/eco/goals.html>

A science and social studies project for middle and high school students where they research and report on two pressing environmental concerns in Africa—the scarcity of clean water and the desertification of farmland—responding to these issues through activities involving art, drama and journalism.

Got Water?

<http://www.pbs.org/wgbh/globalconnections/mideast/educators/resource/lesson2.html>

A science and social studies lesson for high school students where they discover what delivering clean, fresh water to citizens around the world involves politically, economically and technologically.



Springboards

Ideas and suggestions that educators can build lesson plans or activities from.

Every day in Africa, many people, particularly women and girls, have to walk several miles to get water. Have students track their laps during PE or the number of steps they take to the drinking fountain and compare it to the distance walked by many Africans to get water. How long does it take them to walk the 10 miles? How much of their time would it take up if they had to do that a few times a week?

The weight of water that women in Africa carry on their heads is over 40 pounds (about the weight of an average second grader). Have students see how much weight they can carry and how far by filling a box with books or a five-gallon water bottle with marbles or pebbles. How much weight can they carry? How far can they walk? Would they be able to do this every day if it meant getting water for their families?

Have students consider their personal water use. Where does their water come from? About how much do they use during the day? Studies have found that people in developing countries use an average of 10 liters (about 2.64 gallons or about two flushes in a low-flow toilet) per day. How does that compare to what students use? Have students think about sensible ways they can cut down on their water consumption.

More than 15 billion bottles of water are sold every year in the United States. Have students calculate how many bottles they use in a day, a week, a month, year and combine their data with other students' to get group totals.

Students can investigate waterborne diseases and different filtering and treatment methods. Why is it important to have access to clean water? What are some things they can do to keep the water in their area clean?

Have students explore the nations where African Well Fund has helped build water and sanitation projects (Angola, Ethiopia, Guinea, Liberia, Niger, Malawi, Rwanda, Sierra Leone, Uganda, and Zimbabwe) learning about the nations' cultures, environments, political systems and histories. Students can then present this information to other students. ((This line needs to be deleted))

These statistics and facts can be used to inspire and supplement lesson plans, as well as provide valuable information for your fundraising efforts.

- Some 258 million people lack access to improved water in rural areas of Africa today; these people comprise about 37 million households. (UNICEF)
 - Each flush of the toilet uses the same amount of water that one person in the Third World uses all day for washing, cleaning, cooking and drinking. (WHRnet)
 - 12 million people die each year from lack of safe drinking water, including more than 3 million who die from waterborne diseases. (World Health Organization)
 - A child dies every 15 seconds from disease attributable to unsafe drinking water, deplorable sanitation and poor hygiene. (UNICEF)
 - The weight of water that women in Asia and Africa carry on their heads is equivalent to the maximum baggage weight allowed by many airlines—20 kg or 44 lbs. (WHRnet)
 - In some parts of Africa, women expend as much as 85 percent of their daily energy intake on getting water, increasing incidences of anemia and other health problems. (United Nations Human Settlement Program)
 - Estimates indicate that an average of three hours per household per day are being lost to water hauling by those rural households in Africa that do not have access to a minimum level of service such as a hand-dug well or a hand pump-equipped borehole. This results in an average of 40 billion hours being lost each year. (UNICEF)
 - Poor health resulting from inadequate water and sanitation robs the children of schooling and the adults of earning power, a situation aggravated for the women and girls by the daily chore of collecting water (WHO/UNICEF, 2005: 11)
 - The lack of adequate, separate sanitary facilities in schools is one of the main factors preventing girls from attending school, particularly when menstruating. Gender-sensitive school sanitation programs can increase girls' enrollment significantly. (UN- Water for Life Fact Sheet)
 - Currently, in sub-Saharan Africa, a larger proportion of women are infected with HIV than men. When women are living with HIV/AIDS, their suffering has a double impact on their families' water problems (WHO/UNICEF, 2005: 21).
 - Every \$1 invested in children, including money to improve access to clean water and sanitation, infected with
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Resources

The following Web sites provide a wide range of information that may help in developing lesson plans, activities, and/or provide supplemental material for research papers or projects.

Africa Resource

<http://www.africaresource.com>

An educational portal that develops and distributes content about Africa.

African Studies Center

http://www.africa.upenn.edu/Home_Page/Country.html

Web resource maintained by the University of Pennsylvania with information on each country in Africa, including the nations where African Well Fund has implemented projects.

African Well Fund Articles List

<http://www.africanwellfund.org/forum/forumdisplay.php?f=20>

Regularly updated news archive with articles about water issues and current events in Africa.

All Africa

<http://allafrica.com>

An international distributor of news and information from Africa.

BBC News

<http://news.bbc.co.uk/2/hi/africa/default.stm>

Breaking news from the continent provided by the British news organization.

CNN

<http://www.cnn.com/WORLD/africa/archive>

Breaking news from the continent provided by the Atlanta-based cable news network.

Digital Library for Earth System Education

<http://www.dlese.org/library>

A geoscience community resource from the National Science Foundation that offers thousands of reviewed resources on topics that include ecology, environmental science, geography, geology and mathematics.

The Groundwater Foundation

<http://www.groundwater.org>

Organization created to educate and motivate people to care for and about groundwater.



Resources continued

National Geographic for Kids

<http://kids.nationalgeographic.com>

This Website for the magazine targeting elementary and middle school students features a variety of information on the world's people and environment.

National Public Radio

<http://www.npr.org>

Public broadcaster with local, national and international news and analysis.

Teaching Resources: Water

<http://www.epa.gov/teachers/water.htm>

A variety of internal and external links from the Environmental Protection Agency that features lesson plans, activities and multimedia resources relating to water.

Time for Kids

<http://www.timeforkids.com/TFK/teachers>

This Website for the weekly classroom news magazine features articles, lessons, activities and information for Kindergarten through high school students.

Vanity Fair: Africa

<http://www.vanityfair.com/politics/africa>

Microsite from the monthly magazine featuring articles on a variety of topics about present-day Africa, as well as links to additional resources.

Worldwater.org

<http://www.worldwater.org>

A site dedicated to providing water information, data, and resources to individuals, organizations, and institutions working on solutions to a wide range of global freshwater problems.

World Health Organization

<http://www.who.int>

United Nation's health organization whose site offers data, statistics and other information on global health issues.



Fundraising Ideas

Here are some suggested events and activities that schools and organizations can do to fundraise on behalf of the African Well Fund. For additional fundraising tips or ideas on setting up a fundraiser, please visit the National Student Speech Language Hearing Association at <http://www.nsslha.org/NSSLHA/chapters/leaders/fundraising.htm>.

Please write “African Well Fund” on the memo of any check or money order sent to Africare.

Funds raised can be mailed to:

Africare

Attention: African Well Fund

440 R St. N.W.

Washington D.C. 20001-1935

Online donations are also accepted via
<http://www.africanwellfund.org/donate.html>.

Please contact the African Well Fund at info@africanwellfund.org to let us know about your fundraisers. Our web site can promote your events beforehand and feature them afterward to help inspire other groups to host their own fundraisers. We can also send you pamphlets and additional information to pass out during your event. One of our volunteers may even be able to attend.

A Mile in Her Shoes Penny Fundraiser

Collect a mile’s worth of pennies (84,480 pennies lined up makes a mile) in honor of those who have to walk miles to get water. Place containers like cups empty coffee cans or empty water bottles by toilets, sinks and water faucets and encourage everyone to drop a penny in the container whenever they use water.

Alternative Gift Fair

At the holidays, set up a boutique where shoppers make donations to nonprofit organizations for everyone on their holiday list. Invite volunteers from the African Well Fund, community organizations and other nonprofits to set up tables, share information about their causes and give out cards and certificates for donations received.

Basketball Shoot-Off

Host a shooting contest and get sponsors to donate a specified amount for every basket you made (like a penny per basket) or to offer a flat donation. With several sponsors, the amount can quickly add up. When different sports are in season, you could also host contests for home runs or goals.



Fundraising Ideas continued

Penny Wars

A friendly competition between schools, grade levels, home rooms or groups with the object of getting as many points as possible during the “war.”

Each group will need a large, enclosed container with a slit large enough to insert coins and bills, such as a sealed one gallon plastic milk container or coffee can, and labeled with the group’s name.

The containers should be placed somewhere that can be supervised by an adult at all times. Kids put their pennies in their group’s container and earn one point for each penny collected. While larger donations are welcomed, each non-penny coin or bill reduces the number of points from that container by the amount of the coin. (e.g., a nickel reduces the points by five, a dime by 10, a dollar by 100, etc.). Containers are emptied and counted daily.

The totals for all groups are publicly posted daily to encourage friendly competition. A prize can be awarded to the winning group at the end of the fundraiser.

Matching Donations

Ask local churches, businesses or community groups to match the donations you collect.

Ten Mile Walk

Host a walk-a-thon based on the fact that people in many parts of the world have to walk up to 10 miles to get water. Ask for sponsors to donate per mile or to offer a flat donation.

Water Bottle Sale

When the weather gets warm or at events like football games and carnivals, sell bottled water and donate the proceeds to the African Well Fund. You can also put out an empty can or bottle to accept additional donations.

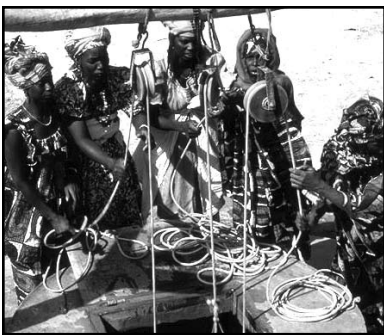


Fundraising Success Stories

Get inspired!

See what other students, schools and groups have done to raise money for the African Well Fund by visiting the Current News section of the Press Room at www.africanwellfund.org. Share the details of your own fundraisers by contacting us at info@africanwellfund.org.

- Sixteen-year-old Angela Carducci organized Sing Well, a chorale performance held at St. Peter and Paul Church in Hamburg, N.Y., to raise nearly \$3,000 for AWF.
- Joyce Clements' first grade students at Linda Verde Elementary School in Lancaster, Calif., collected pennies totaling more than \$200 for AWF while improving their math skills.
- Fifth graders at Phoenix Country Day School held a walk-a-thon for AWF, raising over \$11,000.
- Siobhan Owen, a Canadian Girl Guide, has organized two successful fundraisers for AWF, collecting nearly \$2,000 total.
- Andie Huff, a six-year-old in Santa Cruz, Calif., collected over 1,000 pounds of food for a local food bank and a mile's worth of pennies (84, 480 pennies or \$844.80) for AWF.
- The student government at Arlington High School in St. Paul, Minn., sold water bottles to raise money for AWF.
- The children at Evangelical Free Bible Church in Clark in Summit, Penn., collected over \$250 for the African Well Fund during their Vacation Bible School program.
- The eighth grade students at Reading-Flemington Middle School New Jersey collected over \$3,000 for African Well Fund by selling candy.
- Minneapolis Jewish Day School students raised over \$4,600 for AWF through a read-a-thon.



Notes from Educators

Below are stories from some educators whose groups have learned about the African Well Fund and raised money. Please share your stories with AWF by contacting us at info@africanwellfund.org.

- An eighth grade teacher in New Jersey tied the work of African Well Fund to her class' unit on clean drinking water. She gathered statistics and information on global water conditions and encouraged her students to do something to help those with limited access to clean water.

“Mindful of the fact that authentic learning takes place when it is connected to the real world, my students were moved to start a fundraising program with a goal of \$100,” she said. Students brought in cases of candy, sodas and snacks to sell for \$1 during class. During the course of the drive, the class collected over \$3,000.

“We held a team meeting during which the history of the unavailability of clean water was presented with statistics, music and a discussion of the impact of raising enough money to build two wells in Africa,” the teacher said. “It was a multi-curricular success that also brought in the concepts of service and character education.”

- A vacation bible school for kids in kindergarten through sixth grade in Pennsylvania connected its theme of “Serengeti Trek” to raising money for African Well Fund.

“Our church was transformed into the Serengeti, we took our kids on a week-long safari,” one leader said. “We wanted the children to have an opportunity to put what they were learning at Serengeti Trek into practice.”

To do this, the school created a Water Well in its sanctuary with a meter to gauge how much was being raised during each nightly offering. A letter was sent home to parents explaining the fundraiser. The school used the African Well Fund Educational Kit to get facts that were shared with the children.

“At the beginning of every night’s program, the children were told a little bit about what life was like for the people in Africa, in particular the lack of clean water,” the leader said. “Every night the kids came in more excited than the night before to give their offering.”

To pump up more excitement, the school made the fundraiser a challenge between the boys and the girls to see who could collect the most money. The boys wound up winning.

“Children raided their piggy banks, did extra chores and asked for donations from their



Notes from Educators continued

friends and families,” the leader said. “In four days, 75 children raised just over \$550 for our well offering. The children were very proud of their accomplishment and their parents were very thankful for the opportunity their children were given to participate in such a worthy project.”

- Fifth graders in Phoenix held the “Walk for a Well” event to raise money for African Well Fund. The fundraiser was connected to the Africa and water conservation units the students were studying.

“The kids really learned something,” their teacher said. “I have gotten many e-mails complementing the project, saying what a difference it has made to the kids. Water has become a constant topic at the dinner table for many of the families now.”

The students were charged with collecting pledges and donations for the 3.5 mile walk, while parent volunteers organized entertainment for the event, which included an African drummer and a stilt walker. Volunteers also helped count laps and handed water and fruit out to walk-a-thon participants.

The goal of the walk-a-thon was to raise \$1,200 but the class ended up collecting more than \$10,000.

“It is amazing what empowering young people can do,” the teacher said. “Fifty-eight 10 year olds walked over 3.5 miles to raise money and awareness. Their passion and determination generated over \$10,000.”

- A first grade class in Southern California used an African Well Fund penny fundraiser to help it learn to count.
show different combinations that equal the same amount,” the teacher said. “This is a complicated process for them and I have been developing approaches that involve hands-on learning over the last several years.”

The students began bringing in their pennies and counted them out together. A student helper would exchange the pennies for larger coins, like five pennies for a nickel, two nickels for a dime and so forth. The teacher used two coins; one for the daily collection and one for the total collection to help the students better understand how their pennies added up.

“This allowed for real coin application and, most importantly, made coin counting very relevant and interesting to the students,” she said.



Notes from Educators continued

The students also had their donations matched by their teacher and her husband. With this, they learned how \$1 could become \$3. The students brought in \$68 and, through matching, raised a little more than \$200.

In addition to the math lessons, students also learned that many children around the world do not have shelter, clean water or access to schools, something that greatly affected many of them. *“Many of my students come from homes where the families are living day-to-day and are sometimes feeling overwhelmed by life,”* the teacher said. *“Having an opportunity to help energizing experience for them.”*