



Ready to change lives, one step at a time?

You've come to the right place!

Under the theme of **Walk My Way**, you can help students 'meet' others living in developing countries who have a very different life to ours and 'walk' in their shoes for a moment.

As part of your reflection and learning, this pack gives you all the information you need to set up a walk-a-thon at your school, including:

- Ideas to get your class walking
- How to organise a walk-a-thon for your whole school
- Many whole school, chapel and classroom ideas for walking
- Photocopiable forms including permission and sponsorship sheets.

To help with your students' learning, you'll find all the classroom and worship resources you need on our website, including:

- Classroom worksheets and focus questions
- Prayers and Bible verses
- Photos, stories, and videos
- Teaching ideas for Junior Primary through to Secondary.

Simply go to **alws.org.au** and click on 'Schools & Churches'.

If there's anything further you need, simply get in touch.

Happy walking!
Vicki, Julie and Christian



Four main reasons people in developing countries walk:

1. People walk to get water

Perhaps the single most important reason people in developing countries walk is to find or collect water.

Most water in developing countries is collected by women and girls. They can walk for hours to collect water from the nearest source. All over the developing world, collectively, people (mostly women and girls) spend 200 million hours per day collecting water.

2. People walk to get food

For many people in developing countries, their small patch of land is away from their home. This means that they need to walk to and from their crops most days. It can be a long and tiring journey to go back and forth each day.

People also walk to and from the markets to buy and sell food.

3. Children walk to school

In developing countries all over the world, children walk to school out of necessity – there is simply no other option. Young people often walk many kilometres to school and then walk home again in the afternoon. The long distance is one of the main reasons that children drop out of school earlier than they might, and a reason why pushbikes in developing countries are so important.

4. People walk to find safety

People fleeing from danger, persecution or drought are often forced to walk (run) away from their homes to safety. These journeys are often dangerous, exhausting and sometimes end in other countries, many days or weeks away from people's homelands. These people are internally displaced, become asylum seekers and often end up as refugees when they can no longer move back home because of safety concerns.

Ideas to get your class walking

1. **Walk to school day** – encourage students to walk to school on a given day to empathise with children who need to walk a long way to school each day.
2. **Walk for water** – begin each day for a week with a fitness walk to collect the water you will need for the day. Have buckets or containers to do this.
3. **Walk to a refugee camp** – research how long it takes someone in Africa to walk to a refugee camp (can be 800km or more). How long would it take your class to collectively to walk this? Walk a little bit each day keeping a tally as you go.

What are you feeling after this? How do you think it would be for people walking this far needing to hide from soldiers and wild animals, with not much food and water?

4. **Crazy Shoes day** – wear shoes to school that you wouldn't normally wear.
5. **Art competition** – buy old shoes from the op shop and have students decorate in their art lessons. Raise money by students picking the winner.
6. **Sock Bling Day** - where all students wear crazy socks to which they may attach all sorts of things or just wear bright socks. Students pay a coin or note to enter this activity.
7. **Family Movie Ticket Package** - **OR....as one school did** - the P & F offered a prize of Family Movie Ticket Package and students were able to enter the 'raffle' bucket – 1 ticket for every \$10 they had in sponsorship. (Ticket named and put into 'bucket' and had to be paid to office prior to event). Classes dressed in theme and there was a parade prior to the Walk. Along the pathway were reminders about the reason for the Walk. References in Chapels leading to the Walk referred to how 'we have already won the lottery living here in Australia'



Activity around Carrying Water

Calculate how long it will take you to carry 5 litres of water 5 kilometres and 500 metres.

Mark out 50 metres and put 5 litres of water in a container.

Carry the container 50 metres and record the time it takes you to walk the 50 metres.

Find the average time of four lengths, either on your own or as a group of four.

Calculate how many times you would have to walk the 50 metres to walk 500 metres.

Multiply your time by this.

Calculate how many times you would have to walk the 50 metres to walk 5 kilometres.

Multiply your time by this.

Calculate how much time would be saved by having a shorter walk.

Name	Time taken to carry water 50m	Time taken to carry water 500m (multiply by ?)	Time taken to carry water 5km (multiply by ?)	Difference between time taken to carry 500m and 5km
Average				

Discuss:

Are there any other factors to consider when comparing the time for 500 metres and 5 kilometres?

Source: <http://www.globaleducation.edu.au/teaching-activity/delivering-water-9-10.html>



Walk-a-thon - whole school or class day

Planning Timeline

- Is staff supportive? Make sure the whole staff is on board and understands the reasoning behind this activity.
- Do you want a theme? – eg a country/ colour/water – each participating group dresses up for the event.
- Decide on how much you want to raise - \$26 can help one refugee child in Kenya go to school.
- Decide on a date. Any clashes with other school events, especially other school fundraisers?
- Enter the date in the school calendar
- Can chapel offerings go towards the project? Can student council organise some incidental fund raisers? See right re 'money thermometer'.
- Keep in touch with your ALWS Community Action Officer (Vicki, Julie or Christian) especially re background information on the cause.



Photo: ALWS



Two terms out

Inform parents through school newsletter and class newsletters of the cause, how much you want to raise, include photos if possible (use resources from ALWS web site).

Organising class – spend time thinking, learning, getting excited

Inform local newspaper of the event. See if they will attend and/or accept a report with photo for publication.

One term out and lead up to walk

Organising class: invite guest/s to open the Walk – eg local MP, local councillor, ALWS representative, someone who has been to the country.

Prepare posters for display around the school, ask someone to be photographer for the walk,

P and F – ask if they are willing to organise a snack pack eg, muesli bar, bottle of water, piece of fresh fruit. (similar to what a refugee might receive on arriving at camp). Packs can be sold for eg \$3, profits go towards the walk. Students order ahead of the day. P&F might also organise drinks for sale to parents and other adults.

Theme – is there a theme/ country etc dress up idea that could compliment the walk?

Coffee van – if you know a barista who will donate time and coffee. Profit goes toward walk.

Organising class: ask principal if school is prepared to pay for a pizza lunch for the class that raises the most money. (So that all money raised goes towards the project.)

Prepare sponsor forms, lap record sheets (see attached)

Organise a 'money thermometer' which can be shared at school gatherings eg assemblies, chapels

Have students make announcements at assemblies eg share photos in a power point, reminders for students, encourage looking for sponsors, remind school of aim and how much that would be for each class and each student so that each student has a personal aim

Contact local congregation. Have a student give a presentation at the end of a service, invite members to walk on the day or sponsor students or make a donation, or buy a snack or come and watch.

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Organising class: choose students to be ambassadors. Ambassadors are assigned to a class, speak to that class a couple of times during the term to advertise and promote. Can buy a cheap white T shirt eg Kmart and have students paint / write slogans to advertise the walk.

PE teacher – with the PE teacher plan a possible course (including the length of the course).

PA system – handy for the presentation by the guest and the opening, can give some commentary during the walk. Make announcements eg if it is time for a class to finish walking, welcome a class arriving to do the walk.

Organising class: prepare a ribbon, scissors for the opening

Organising class: how will laps be recorded, who will record the laps walked, when do you want all money to be returned eg a week after the walk, money can be received after a set date, but to decide on the winner of the pizza lunch, must decide on a date and a time which will be the cut off.

Prepare posters, slogans to place around the walk track to motivate the walk to add atmosphere.

Welcome to Country – is there an indigenous student who can do this?

Organise music for the walk, a ribbon which the invited guest will cut to open the walk, invited guest / guests lead the first lap.

A bigger school might want to stagger the times for starting the walk to avoid congestion. Our students are all present for the opening, older students leave and return later to do the walk. This might be necessary, especially if you have Kindy and Prep children doing the walk after the opening.



If you have students dressed in theme you may want to include a Parade prior to the commencement of the Walk. This is a great opportunity for parents, special friends and community members to attend and give support.

After the walk

Organising class: clean up! Ambassadors visit classes to thank students and teachers for participating in the walk and remind class re return of money before closing date for the pizza lunch, but also say that money can still be received after that date.

Ambassadors visit classes each morning to collect money.

Students can prepare thank you notes eg to P and F, invited guest/s, congregation for their participation, staff who were especially helpful. This can be done after there is a final figure. These people will be interested in how much was raised.

Prepare a short report for newsletter, with photos.

Send a photo and info into your ALWS Community Action Officer with permission to share!



Photo: ALWS

Walk-a-thon Obstacle Course

Have 'stations' along the route with different instructions at each one eg:

Refreshment station – only 1/3 random participants get food and others get dry biscuit – ration on journey

Every 10th/20th person has to go back and repeat one lap as they have been 'attacked by wild animals/ bitten by scorpion'

Random students get 2 extra laps added to their total as they 'were given a ride with a UN truck'

Some students have to stop and wait for 5 minutes to acknowledge that someone in their 'group died en route'

Some stations have facts that have to be read or read to students regarding how far some

people walk to fetch water/how many days they travel to refugee camp etc. (See links on our website for appropriate facts)

Lose half a lap as you have to collect firewood on the journey

Lose 1 lap as had to collect water or have a rest day

Gain 1 lap as found a family member or friend you thought you had lost touch with.

Have a REFLECTIVE ACTIVITY/TIME at the end of the walk – assembly or classrooms. Prepare some questions for teachers to ask their students about how they felt...

Just
\$26
can help provide
Teachers +
Text-books
+ Table

Fundraising for the walk-a-thon

Once students learn more about refugees and other people in developing countries, it's great to be able to offer them a practical way they can help.

Just \$26 can help provide Teachers + Textbooks + Table for a refugee child in Kenya. (Is that \$1 per child in your class??)

You'll find a photocopyable Sponsorship Form at the end of this pack. You can simply give one to each student for taking to their family and friends.

OR, you might like to give them the option of creating an online fundraising page. This allows them to easily send the page to potential sponsors via email or Facebook. *(NB: no location or school information will be present on the student's page. Please also ask students under 18 not to post a picture of themselves on the page for child protection reasons).*

Students can sign up here: **walkmyway.org.au** – click on Schools and follow the links.

Make it a competition

You can create a Class Team online fundraising page and pit Year 5s against Year 7s – who can raise the most to help others??

Students with individual pages can join the Class Team, or you can simply have a Team page that you send around for support.

Create a team fundraising page here: **walkmyway.org.au** – click on Schools and follow the links.



Photo: ALWS

WALK MY WAY
STEPPING OUT TO BRING LOVE TO LIFE

Checklist for Walk-a-thon planning

Things to do	Completed	Comments
Staff on board. Have an initial staff meeting.		
Decide on the date		
Decide on the cause		
Inform parents via newsletter/ Facebook page		
Enlist the support of the P&F Association snack packs for students? Price? Tea and coffee for parents?		
Inform local newspaper of day/time/ purpose of event		
Invite local MP to open the event		
Make posters for the event - put around school		
Decide on theme / cause		
Set up 'Raffle Ticket' idea if using		
Coffee van		
Ask principal about pizza lunch for winning class		
Prepare sponsor forms/permission forms/lap record sheets/online fundraising page (if using)		
Organise and make money thermometer		
Students to announce at assemblies		
Invite local congregation		
White T shirt slogans to wear on day or advertise the event		
Plan course		
Organise obstacles and signs if doing the obstacle walk-a-thon		
PA system booked		
Ribbon and scissors for opening		
Inform students of money collection procedure		
Prepare motivational slogans to place around the track		
Welcome to country organised		
Walking music organised		
Thank you students/parents/teachers/ local MP/congregational participants		
Collect and count money		
Report for Newsletter		
Report/photo to relevant ALWS representative		

Permission Form



Event name: Walk My Way Walk-a-thon

Date of event: _____

I give permission for my child, _____

to take part in the **Walk My Way** Walk-a-thon on

_____ (date)

at _____

(name of place or school)

During the event I, _____

can be reached on _____ (phone number)

In the event I cannot be reached please contact:

Emergency contact, _____

Any additional comments: _____

Signed: _____

Date: _____

Sponsorship Form



Name of participant _____

Event Title _____

Event date _____

Laps completed _____

[illegible]