

PROJECTCOMPASSION GIVELENT 100%



FUNDRAISING IDEAS

Lives change when we all give 100%

Your inspirational fun-filled guide to fundraising for Project Compassion 2019



FUNDRAISING FOR SOCIAL JUSTICE

This year's Project Compassion showcases the many ways we work around the world with our local partners to offer hope to people most vulnerable to extreme poverty and injustice.

Together, we are the hope that enables individuals to become agents of change and to improve their lives. Lives change when we all give 100%.

Welcome to Project Compassion 2019!

This year's Project Compassion theme is based around Hope and giving Lent 100%.

We are inspired by the many people we walk in solidarity with around the world who take on life's challenges with 100% commitment. The children, women and men in the six stories featured during Project Compassion show incredible positivity and determination around improving their futures.

Project Compassion this year demonstrates how the power of hope has transformed the lives of some of the most vulnerable. By putting community, love, compassion and faith into action, together we can help shape a better future for all because lives change when we all give 100%.

Through your fundraising efforts and your commitment to Project Compassion 2019, you are empowering those in great need achieve a future full of hope for themselves, their families and their communities. The communities we support are sustained by this hope; embodying the change we expect of the world in spite of the very real challenges to human dignity that surround us.

On the following pages, we have put together some great fundraising ideas for you and your school, parish or local community to be inspired by, have fun with, and provide life changing tools to those who need it most.

There are many ways to inspire others to give Lent 100%, it could be doing a good deed, giving it up for Lent or doing the Water Challenge for Caritas Ks. The most valuable thing to know is – every dollar you raise is vital and can provide hope. Your fundraising contributes to programs in Australia and overseas provide communities with the hope they need to change their lives.

Lives change when we all give 100%, so get your friends, family, school and parish involved – together we can give hope for a better future.

On behalf of everyone at Caritas, I'd like to thank you for giving your time, your efforts and your support to Project Compassion.



Richard Landels
Head of Engagement
and Sustainability
Caritas Australia



Life wasn't easy for 12 year old Thandolwayo, living with her grandparents in a village in Zimbabwe.

Every morning she walked 7 kilometres, at risk of crocodile attack, to collect water. She'd then go to school exhausted.

Her hopes to be a nurse seemed impossible, until Caritas Australia helped the village to install solar-powered pumps and two 10,000 litre water storage tanks.

"Now I can bathe every day... we now drink clean, safe water and diseases are no longer affecting us" Thandolwayo says.

She can also concentrate on her education. Water is also being used to mould bricks, with plans for a community garden and fish pond to generate better income.

"Hope is important because it makes me work harder," Thandolwayo says.

Create your fundraising page now!

Create a fundraising page for your parish, school, workmates or local community and encourage your family and friends to support you! Go to lent.caritas.org.au to create your page. You can use some of our ideas, or you can use your own creative idea, its very easy! Sign up today!



100% FUN Pancake Day

Tuesday 5 March, 2019



What's Shrove Tuesday without a Pancake Flip!?

Everyone loves pancakes, which makes holding a pancake flip on Shrove Tuesday one of the easiest ways to get your whole school or community involved to support Project Compassion!



Run a pancake flip relay:

Team members run the length of a track with fry pans, flipping the pancake along the way, handing the pan to their team mate when they reach the end. The next team member then runs back along the same track, flipping the pancake too. Ask for a gold coin donation to enter. The winners get double toppings for their pancake. Ready set GO!

To raise money you can...

Make pancakes, hold a stall and ask your customers to donate to decorate their pancakes with blueberries, chocolate chips or maple syrup or anything you want!



Hold a pancake Flipathon:

Everyone lines up together with a pan and pancake for a sponsored 100 flips. Hold a highest flip or furthest flip competition with an entry fee.



\$150

provides the opportunity for a child like Nguyet, to attend group learning activities with other children living with disabilities, increasing their confidence and their communication skills. Vietnam.



Hold a pancake-making contest:

Who can make the roundest pancake? The biggest? The tallest stack in 5 minutes? Best flip? The most beautifully decorated pancake? The silliest? Entrants donate to compete and receive a small prize (along with their pancakes) as a reward.

Don't forget to share your day on social media #projectcompassion



**100%
FUN**

Fish Friday!



The Catholic tradition is to forgo meat on Fridays during Lent. Go one step further by holding a Fish Friday event to raise money and awareness for Project Compassion. Sell hearty fish burgers, classic fish and chips or fish cakes at your school or parish. Bring people together to celebrate food.



Zimbabwean Fish Stew Recipe

INGREDIENTS

- 1 kg of Bream (or other firm white fish fillets), cleaned
- 3 tablespoons oil
- 1 lemon
- ½ brown onion, diced
- 2 tomatoes, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon salt
- 1/4 teaspoon curry powder
- 2 tablespoons tomato paste
- 60 ml water
- 1 bunch spring onion, chopped
- ½ teaspoon black pepper

INSTRUCTIONS

1. Wash your fish and dry with paper towel. Cut it into approx. 5cm sized pieces, rub with 3/4 tsp salt.
2. Heat 2 tablespoons of oil in pan. Fry your fish on medium to high until the skin is a bit crispy and golden brown on both sides. Transfer cooked fish plate - squeeze lemon juice evenly over fish and cover.
3. In the same pan, add the rest of the oil, onions, garlic and curry powder. Fry until onions are soft, add tomatoes, 1/4 teaspoon salt and tomato paste. Cook and stir for another 2 minutes and add in the water.
4. Return the fish to the pan, gently placing it into the sauce. Cover pan and gently simmer on low heat for 3-5 minutes.
5. Garnish with spring onion, freshly ground black pepper and a slice of lemon.
6. Serve with rice or potatoes, share and enjoy!



\$45

can buy school supplies for a student like Thandolwayo in Zimbabwe, who dreams of becoming a nurse.

Fish Friday
Any Friday during Lent

Food always tastes better when it is shared, why not post your dishes on social media?
#projectcompassion



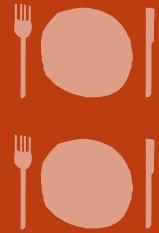
You can use any firm white fish, such as cod or snapper. Ask your fish retailer to prepare the fish for you so all you have to do is cook it.



**100%
FUN**

Caritas Kitchen

The kitchen is the heart of any home, and people worldwide love coming together to share a meal. So why not host a Caritas kitchen and give to those living in poverty at the same time. Sign up at lent.caritas.org.au



\$100

provides First Australians with nutritional local foods for a community bush picnic to strengthen cultural bonds to community and country.

*Serve good food
for a good cause.*

How to create your Caritas Kitchen page:

Simply choose a date and location and register your event.



**CARITAS
KITCHEN**

1 Go to:
lent.caritas.org.au/caritas-ks

2 Read: the Caritas Ks page and then click "Register a team" if your class, school or team are holding an event or "Register as an individual" if you are holding the event yourself.

3 Enter:
Your, or your teams details.

4 Choose: your message, or write your own. Set your event date and set your fundraising target then hit "Create Profile".

5 Share: your event on social media by clicking your chosen "share" button. Eg. tweet, share, email etc.

Food tastes better when shared



You can make a difference in the world just by having your neighbours, family or friends over for lunch or dinner! Or have a morning tea or lunch at work.

Your guests can RSVP, donate, share and chat about the event on your personal fundraising page.

You will receive a host's pack in the post shortly after registering – it's filled with everything you'll need to make your event a fun and successful one. As well as providing a great almsgiving opportunity this Lent and raising awareness about poverty, you can experience global flavours through sharing real food, made with love.



**100%
FUN**

Caritas Ks

Gather your friends, family, school community or workplace and get involved in a Caritas Ks fundraising event! Raise awareness and funds for the thousands of children, youth, women and men around the world who have to cover many kilometres each day for basic necessities like food, water, education or healthcare.

Planning an event in four simple steps:

- 1 Plan your day** - How many people will be participating? Will you be walking, running, swimming or cycling? Where will it take place?
- 2 Go www.caritas.org.au/caritas-ks** and download a Caritas Ks toolkit. It contains everything you need, including promotional posters, fast fact cards and stickers.
- 3 Start fundraising!** If you have people competing in teams, drop us an email and we'll set up a team fundraising page for them (all the details are included in your toolkit). Individuals can order free sponsorship books at the Caritas K's website.
- 4 Tell the world!** Promote your event on social media, get all your participants to share your event and ask for sponsorship from their networks. Don't forget to share photos using #projectcompassion



How to set up your page:

- 1** Go to: lent.caritas.org.au/caritas-ks
- 2** Read: the Caritas Ks page and then click "Register a team" if your class, school or team are holding an event or "Register as an individual" if you are holding the event yourself.
- 3** Enter: Your, or your teams details.
- 4** Choose: your message, or write your own. Set your event date and set your fundraising target then hit "Create Profile".
- 5** Share: your event on social media by clicking your chosen "share" button. Eg. tweet, share, email etc.

If you have an questions about setting up your page please call us on 1800 024 413



The Water Challenge

Over 50% of the children currently in hospital around the world are there simply because they don't have access to clean water.

They don't have taps in their houses, or even in their villages – some have to walk up to 7km each day just to find clean water.

Every day they are challenged to find clean water. Today, we're challenging you to help.

We're challenging you to save 5 litres of water every day for 7 days in the lead up to World Water day on 22 March. When the day comes, join your classmates and take your bucket of water on a 3 kilometre walk of solidarity with so many other children around the world.

By showing solidarity with children in the developing world, you'll learn an important lesson about water.

But even more importantly, you'll be helping raise money to help improve access to clean water for children around the world.

Raising money to change lives

By joining the Water Challenge, you will help raise funds to provide water pumps and tanks in communities where clean water is hard to reach. Today, over 50% of children in the world's hospitals are there because of water related disease and dehydration.

Join the Water Challenge, and help children around the world get access to clean, safe water.

How it works

Collect and carry up to **5 Litres**

Firstly, save water!

Students can save up to 5 litres of water every day by making some simple changes to their routine:

- **Take shorter showers**
- **Don't leave the tap running when you clean your teeth**
- **Use the half-flush on your toilet**

Keep this up for the five days before March 22 and you'll see how simple it is to make a difference to your water usage.



United Nations Sustainable Development Goal #6
"Clean, accessible water for all."



\$50

will provide a school like Peter's in the Solomon Islands with five metres of guttering to collect valuable rainwater.



GIVE IT UP For Lent

100% FUN Help end poverty, give back today. Lives change when you give 100%.

Challenge yourself and change lives this Lent.

What will you give up?

Take on the challenge to create lasting change. Give something up for 40 days. Get your friends and family to donate.

Have you stuck to your New Year's Resolutions? It's not too late, because you can jump back on board and give something up for Lent!

Whatever it is you'd like to give up – coffee, chocolate, hot chips, your credit card, driving your car daily, text messaging, eating red meat, fave telly program. Do it during Lent and feel great.

Traditionally, Lent is a time where Catholics may fast, or give up something and consider giving to support others in need. And there's still time!



Here's an idea to make it even easier. Start fundraising online, get sponsored for your efforts and raise money for Caritas Australia's Project Compassion.

Let friends, family, colleagues and classmates know what you're giving up for Lent, and invite them to donate to support your commitments.

1 Go to: lent.caritas.org.au/giveitup

2 Read: the Give it up Page and choose your vice.

3 Enter: Your details

4 Choose: your message, or write your own. Set your event date and set your fundraising target then hit "Create Profile".

5 Share: your event on social media by clicking your chosen "share" button. E.g. tweet, share, email etc.



100% More fun ideas for FUN your fundraiser!

Recycle

Easter is a time of new beginnings, and when we look to the future it can be handy to shed some of the things from the past.

That makes it the perfect time to organise and recycle your preloved treasures. Participants donate quality goods that they no longer need, then open the stall to the public, wider community or school group. Sell the items to people who can see a useful place for them in their future. All proceeds go to Project Compassion.

Community collection

Raise money for Project Compassion by cleaning up your school and neighbourhood.

Search your local area for discarded cans, plastic bottles and glass bottles. This fundraising activity not only cleans the community, but it also sustains a better habitat for animals and saves the planet's natural resources. At the end of the pick-up take the collection to your local recycling centre, swap it for cash and donate it to Project Compassion.



Silence in solidarity

Hold a sponsored silence event in solidarity with those around the world who can't speak up for their rights. You could get sponsored to give up talking for a day, organise a one-hour silent reading, host a silent dinner in solidarity, or commit to one hour of silence every night at home during Lent.

Good deeds

Ask your friends and family to donate \$2 to your Project Compassion donation box every time you do a good deed, demonstrate an act of forgiveness or help with an extra chore around the house during Lent.



100% More fun ideas for FUN your fundraiser!

Get creative

Get creative with arts and crafts or photography, and hold a stall, exhibition or auction to fundraise for Project Compassion. Get together with your community and host an arts and crafts day inspired by the hope you are giving to the most vulnerable communities.

Whether you are taking photographs, creating pieces of art or want to get crafty, try to share the stories of hope from Project Compassion.

The Caritas supported programs in Indonesia, Australia and Vietnam offer hope to those most vulnerable by staying connected with their communities through activities that support wellbeing and inclusivity as well as generating income for them.



\$250



can provide mentoring and skill-building programs for a community of Dayak people like Tati's, giving income generating skills in ecotourism, enabling them to maintain important cultural links to their land and the forest.

Dog walking

Why not offer your dog walking skills around your community with a donation to Project Compassion. Ask your parent or guardian to help you and make some furry friends along the way!



Michaela makes bush balms and soaps with native ingredients.



Nguyet crafts flowers out of paper to sell on her online business.



Tati makes orangutan souvenirs creating income for her community.



100% Check out some of our FUN previous fundraisers

Cross-country compassion

Unity college students in Queensland took the initiative to fundraise for Project Compassion during their school's annual cross-country event by combining it with Caritas Ks.

The students raised awareness of Project Compassion through sponsors and fundraised over \$5000 to help those who need it most.

Additionally, on the final day of term, students made a journey around the school grounds with buckets of water to walk in solidarity with men, women and children around the world who carry litres of water every day in order to survive.

What an amazing achievement by these inspiring students!



Share    

We'll also be posting inspiring Project Compassion videos, stories, updates and fundraising ideas throughout Lent on our Facebook, Twitter, YouTube and Instagram pages. See something you like? Hit Share and tell your network about it!



Lemonade for Aid

Inspired by the success of running a little lemonade stand at a family gathering to raise money for their local charity, six and four year old sisters, Kate and Lucy knew just what to do for Project Compassion...

When Kate received her Project Compassion box from her school, St Andrews, in Malabar – The girls were ready to take their fundraising to a whole new level! With the help from their dad and using the same idea from their previous lemonade stand, they grew their enterprise by setting up an even bigger lemonade stand. They managed to turn a regular Lemonade stand into an inspiring way to make change, promote justice, and uphold dignity for people all around the world.

Kate and Lucy raised over \$500 for Project Compassion by selling their own recipe of sugar free lemonade for \$3 a pop.

Refreshing AND Inspiring!!!



Fashionable fundraising

Maia, a year 4 student from St Thomas More put her creativity to good use by launching her own T-shirt project to help children in Nepal to go to school.

Maia came home from school one day and asked her mum for \$14 to send a child in Nepal to school for the year.

"They didn't have enough money. I think it's important for kids to go to school."

Maia started to think bigger: she likes drawing cartoons, and she always wanted to make t-shirts. So, Maia combined the two. With the help of some friends, Maia had her unicorn-pig drawings screen printed onto t-shirts, which sold for \$25 each.

Using her creativity and entrepreneurial skills, Maia raised over \$1000 for Project Compassion 2018!



100% FUN Promote, share, connect, enjoy!

Social media top tips



Don't forget to keep your followers up to date with new share pics, videos and updates of your awesome event using #projectcompassion.



Make sponsorship simply irresistible with easy, click through links to your team or individual sponsorship page.



During your event try going Live to attract last minute donations! Eg. facebook live, or post video from your phone.



Tag your family and friends so everyone can see them getting into the action and supporting Project Compassion.



If your school or parish has a community page, post there to reach even more people.



Attract participants and sponsors by keeping your posts short and fun.

Create Your Own Fundraising Page



You are only limited by your imagination!

If you are holding your own type of event to fundraise for people living in poverty you can now create your own fundraising page on the Project Compassion website in five easy steps!! You can host any type of event you want!

- 1. Go to** lent.caritas.org.au and click "Fundraise".
- 2. Choose** whether you are a school, team or individual holding and event.
- 3. Enter:** Your details.
- 4. Choose:** your message, or write your own. Set your event date and set your fundraising target then hit "Create Profile"
- 5. Share:** your event on social media by clicking your chosen "share" button. Eg. tweet, share, email etc.

If you are hosting a Caritas Ks event, a Caritas Kitchen, the Water Challenge or Give it up for Lent please see the instructions on how you can set up these pages earlier in this booklet. If you have an questions about setting up your page please call us on 1800 024 413. We are here to help!

#projectcompassion

	Like us @CaritasAU		Follow us @CaritasAust
	Watch us caritasaustralia		Follow us @caritasaust



\$325

provides the initial training course for a rural midwife who can help mums like Salma in Bangladesh to safely give birth to their babies.



Thandolwayo, Zimbabwe



Tati, Indonesia

THANK YOU!

**PROJECT
COMPASSION**

Lives change when we all give 100%

Your inspirational fun-filled, guide to fundraising for Project Compassion 2019



Peter, Solomon Islands



Michaela, Australia



Nguyet, Vietnam



Salma, Bangladesh

Banking Information



caritas.org.au 1800 024 413
lent.caritas.org.au #projectcompassion

For direct deposit: BSB – 062 217 | A/CNO 1007 2446 | BANK – CBA | REF. PC
Or call 1800 024 413

For Credit card payments: go to www.caritas.org.au/projectcompassion and click on the "donate" button, or call 1800 024 413

For cheque/money order: Make cheques payable to Caritas Australia and post to GPO BOX 9830 in your capital city.

Set up your Fundraising page: Go to lent.caritas.org.au and following the instructions in this booklet for the type of page you want to set up. All money raised through your fundraising page goes to support those living in poverty through Project Compassion.

Please bank your funds raised through Project Compassion by 31 May, 2019.