

AIM HIGH!

WE'RE HELPING YOUNG PEOPLE IN POVERTY BUILD A FAIRER FUTURE. RAISE MONEY FOR CAFOD, AND HELP THEM TO AIM HIGH.

ABDI GREW UP IN ONE OF KENYA'S POOREST SLUMS

BUT THEN HE JOINED A CAFOD-SUPPORTED SPORTS CLUB

"NOW I'M IN THE KENYAN KARATE TEAM - AND SPORT HAS UNITED THE COMMUNITY!"

AIM HIGH!

**RAISE MONEY TO CHANGE LIVES
THIS HARVEST FAST DAY**

**GET A KICK OUT OF IT:
TOP IDEAS FOR FUNDRAISING**



"DANCING COMES NATURALLY TO ME. I ENJOY GETTING LOST IN THE MUSIC."
Soriya, 16, from Cambodia, lost her father because of AIDS. Our partners have helped her family earn a living through dance.

Through sport, dance, music and drama, we're helping young people in poor countries to aim high. Working together, they're learning new skills – and challenging violence, discrimination and the root causes of poverty.

Raise money for CAFOD and help them fight for a fairer future!

TOGETHER WE CAN!

CAFOD helps St John's sports society to work with hundreds of young people in one of the poorest slums in Kenya. Life is hard for people growing up here. Poverty and a lack of affordable schools and jobs often lead to drugs, crime and violence.

But when boys and girls join St John's, their lives take a turn in the right direction. They play sport – football, netball, karate, tae kwondo – but they also learn confidence, teamwork and self-discipline. They do voluntary work and clean the streets. And when there's been violence between different ethnic groups, they've stood together to promote peace.

THE KARATE KID FROM KENYA

17-year-old Abdi joined St John's when he was eight. "Without St John's my life would be a disaster," he says. "Other young guys use drugs, and there's peer pressure to get involved. But learning karate has changed me. People around here say this guy is a good person, disciplined, he doesn't roam the streets. People may laugh, but it feels good to help."

Abdi is now so good at karate that he's in the Kenyan national team. He's become a local hero and an inspiration to everyone around him. And when there was rioting after a disputed election, he and his friends were ambassadors for peace:

"People at St John's didn't fight. Because we are teammates it has helped unite us. St John's brings people together. Sport has united the community."

Thanks to CAFOD, St John's is now free for children under 16. But you can help us change many more lives.

Organising a fundraising event is easy, especially if there's a whole team of you doing it. Decide how much money you hope to raise, and use our target poster to power towards your total.

WALK FOR THE FUTURE: A good old sponsored walk is one of the simplest and most effective ways of raising money.

THE BIG MATCH: Challenge a rival school or a local team to a sports match for CAFOD. Both teams pay to play. Teams of young people in poverty will be the real winners.

ON YOUR MARKS FUNDRAISER: Check out our guide to holding a sports fundraising day at school to raise money. Or hold a 12-hour game of football, netball or basketball. You could even challenge your class to a sport-a-thon: can you keep a ball in the air for an entire day? Or hula hoop around your waist for an hour?

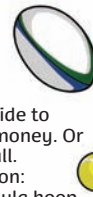
A QUESTION OF SPORT: Download ones of our quizzes and train your brain.

DANCE FOR THE FUTURE: Hold a sponsored dance event and help dancers around the world to stand up for what they believe is right.

STARS IN YOUR EYES: Dress up as your favourite sport or music personality – and pay to enter.

THE HARD YARDS: Put in the hard yards on a CAFOD mile. Run it, walk it or bike it. You'll be helping young people across the world to change their lives.

There are more great ideas at cafod.org.uk/fastday



**THE MOTTO OF ST JOHN'S IS
"PAMOJA TUNAWEZAI!"
IT MEANS:
"TOGETHER WE CAN!"**

With the Olympics approaching, it's a great time to celebrate teamwork, sport and the quest for a better future. Let's be ambitious. Let's aim high this Harvest Fast Day.

RESOURCES FOR LEADERS

CHECK OUT OUR YOUNG PERSON'S GUIDE TO HARVEST ONLINE TO HELP YOU AND YOUR YOUNG PEOPLE AIM HIGH

- CASE STUDIES FROM YOUNG PEOPLE AROUND THE WORLD WHOSE LIVES HAVE BEEN CHANGED BY SPORT

- BLOGS FROM UK STUDENTS WHO HAVE TRAVELLED TO KENYA TO MEET YOUNG PEOPLE INVOLVED WITH CAFOD PARTNER PROJECTS
- LEADERS' NOTES WITH IDEAS FOR LESSON PLANS

- A WEEK OF REFLECTIONS FOR FORM TIME, OR ASSEMBLIES ON THE AIM HIGH! THEME LEADING UP TO HARVEST FAST DAY
- YOUR GUIDE TO HOLDING A MINI-OLYMPICS FUNDRAISER

FIND OUT MORE AT: CAFOD.ORG.UK/FASTDAY