



# PROJECT COMPASSION

## FOR ALL FUTURE GENERATIONS



LAXMI,  
NEPAL



TEREESA,  
AUSTRALIA

## FUNDRAISING IDEAS 2023



PRISCILLA,  
ZIMBABWE



THU,  
VIETNAM

This booklet provides you with hints and tips on how you can fundraise for Project Compassion at your school, parish, and in your community.



Caritas  
AUSTRALIA

End poverty  
Promote justice  
Uphold dignity

# WELCOME TO PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



Last year was filled with emergencies and crises that many of us could have never imagined happening in our lifetime. For many vulnerable communities across the world, 2022 proved to be even more challenging and devastating than 2020 and 2021. Yet, despite everything we have endured in recent times, I have faith that together, as one human family, we can continue to work to make the world a more just and better place for all.

Each year, Project Compassion comes as a timely reminder of the importance of solidarity and how a single act of kindness – whether big or small, can make a life-changing impact in the lives of those who need it most.

My involvement with Caritas Australia dates back to when I was in primary school, carrying around my Project Compassion box. I knew then that, through the power of kindness and generosity, I could have a long-lasting difference in the lives of future generations.

The theme of Project Compassion is 'For All Future Generations'. This phrase is a powerful affirmation that the good that we do today will extend and impact the lives of generations to come. It is also a call for all of us to play our part in making the world a better place by working together as sisters and brothers in finding long-term solutions to global issues.

This year, the theme asks us to think about the great 'yes' that Mary spoke when the angel told her she was to become the mother of Jesus. She freely accepted God's invitation to take up a unique place in the history of the human family. The prayer Mary shared with her cousin Elizabeth says, "all generations will call me blessed." Her 'yes' is for all future generations.

Project Compassion 2023 brings us the stories of four incredibly inspiring individuals whose futures have been touched by the relentless work of our partners and by your unwavering generosity. There is the story of 16-year-old Laxmi, who lives in one of the most remote communities in Nepal. After losing her father at a young

age, she was vulnerable to falling further into extreme poverty. But thanks to your generosity, and the support of our partner Caritas Nepal, Laxmi joined a child club, became a leader in her school and is now a mentor to other girls in her village.



This year, we are also bringing you the story Thu from Vietnam who, with the support of the Centre for Sustainable Rural Development, can now earn extra income and care for his wife despite his disability. There is also the story of Priscilla from Zimbabwe. Thanks to your support, she has had the opportunity to learn conservation farming skills to grow drought-resistant crops and farm poultry to support her family during the current food crisis. And finally, there is the story of Tereesa – a Gamilaroi woman from Western Sydney who struggled with homelessness while raising her four children. Through the Baabayn Young Mums and Bubs program, she was able to reconnect with her culture and create a better future for her children.

On behalf of everyone at Caritas Australia, I want to thank your school for your ongoing compassion and support towards the work that we do. These inspiring stories are living proof that your generosity can make a life-changing impact and create better opportunities so that future generations may live to their full potential and thrive.

With gratitude,

*Kirsty Robertson*

**Kirsty Robertson**  
Chief Executive Officer  
Caritas Australia



## SETTING UP YOUR ONLINE FUNDRAISER



With many schools going cashless we know how important it is to fundraise online. Please follow our simple steps on how to set up your online fundraiser and create school and team profiles.

- 1 GO TO [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)
- 2 SELECT 'Start A Fundraiser'
- 3 CLICK 'Sign up'
- 4 SELECT 'Register your School or Parish' If you are a school or parish. If you are an Individual, SELECT 'Sign up as a Fundraiser'. If you are creating a Team, SELECT 'Sign up as a Team'. (optional)
- 5 CHOOSE your message or personalise it. Set your event date and your target.
- 6 SHARE your page.
- 7 START Fundraising!



**DON'T FORGET  
TO SHARE YOUR  
EVENT ON SOCIAL  
MEDIA BY CLICKING  
THE "SHARE"  
BUTTON ON YOUR  
FUNDRAISING PAGE**



# 4 GREAT WAYS TO ENHANCE YOUR FUNDRAISER

HERE ARE SOME SUGGESTIONS TO TAKE YOUR FUNDRAISING TO THE NEXT LEVEL - FROM CHARITY TO JUSTICE

Caritas Australia believes that fundraising should be FUN! It's also an opportunity to raise awareness about important issues, and a chance for the community to take part in a social justice action. Everyone who contributes is empowered, and able to stand in solidarity with the communities we serve, and those who benefit from our actions. A better future for all generations starts with your support.



## STEP 1 ACT CHARITABLY

Fundraise and collect funds using your Project Compassion donation box. Funds collected go to long-term integral human development programs and emergency relief programs.

## STEP 3 ACT IN SOLIDARITY

"Walk a kilometre in their shoes" by trying some of the solidarity actions set out in this booklet, for example, Caritas Ks.

## STEP 2 RAISE AWARENESS

Show one of the Project Compassion films, display the printed materials around your community, school or parish and include notices in your local bulletin or newsletter. Don't forget to use social media to boost your campaign awareness.

## STEP 4 ACT FOR SOCIAL JUSTICE

Take social justice actions to help build a movement that creates lasting change, and address underlying issues. You could do this by supporting climate justice. Many of our partners are experiencing the harsh impacts of climate change.

# FUNDRAISING HINTS AND TIPS



## PANCAKE TUESDAY

Pancakes are an integral part of Shrove Tuesday and all around the world the tradition of pancake flips and races are bringing communities together for the Lenten season.

Project Compassion is never complete without pancakes. It's the most fun way to kick off your fundraising!

## PANCAKE BREAKFAST

It's the most fun way to get everyone involved because who doesn't like pancakes for breakfast? Charge per pancake or all you can eat for a fixed amount! Plenty of sugar, lemon, chocolate sauce or maple syrup needed. Promote the day well in advance. Why not sell vouchers for pancakes ahead of time - that way you know how many you are going to need.



## SPONSORED PANCAKE FLIP

Transform your traditional pancake day with a sponsored pancake flip. Challenge contestants to flip one pancake as many times as they can in one minute, or time the amount of time it takes them to complete 100 flips.

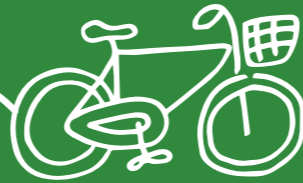
## PANCAKE RACE

Contestants are to run a length of a race with markers to show racers when they must toss their pancakes. Flags or traffic cones are good for this (try 3 tosses in 100m).

## GET DECORATING

Hold a decorating competition and ask for donations to decorate their pancakes with cut up fruit, chocolate chips, whipped cream or maple syrup - the possibilities are endless!

# CARITAS Ks - KILOMETRES FOR COMPASSION



Get sponsored to walk, cycle or run to raise much needed funds to help vulnerable communities for Project Compassion.



Create your own fundraising page which you can share with your friends and family to get donations and update them on your progress.



Create your fundraising page at [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)

Register to fundraise online by visiting: [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion) or calling 1800 024 413.

**COUNT YOUR STEPS DURING LENT WITH A PEDOMETER OR WALKING APP. AIM FOR 10,000 STEPS EACH DAY, AND ASK YOUR FRIENDS AND FAMILY TO SPONSOR YOUR STEPS.**

- Raise money in solidarity by holding a walkathon around a local park or at your school.
- Forgo the bus or car for a week during Lent and get sponsored to cycle or walk to school or work.
- Hold a fun run or get sponsored to enter an existing marathon and support our most vulnerable communities.



# CARITAS KITCHEN



What could be a better way to get your community together than the kitchen! It is the heart of every home and a great way to bring people together for a common cause. 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.

## FOOD TASTES BETTER WHEN SHARED

Choose a date and location and register your event through the Caritas Australia website [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)

Your guests can RSVP, donate and discuss the event on your personal fundraising page.

Download resources on your fundraising page to use at your event. Share a meal with friends and family this Lent and raise awareness about how your funds will make lasting change.



# FISH FRIDAYS

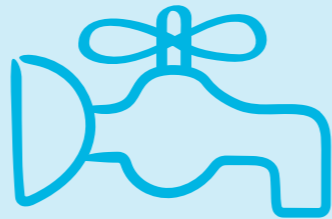


The Catholic tradition is to forgo meat on Fridays during Lent. Fish Friday is a perfect opportunity to bring people together to celebrate food at your school or parish. Having a meal together unites us all in the act of sharing, and a time to reflect and be grateful for our common home.

Go even further by raising money and awareness for Project Compassion – hold a fish & chip stall, you could also sell hearty fish burgers, fish cakes or fish fingers!



# SAVE WATER IN SOLIDARITY



**1 in 9 people worldwide do not have access to safe and clean drinking water – that's 780 million people.**

Most of the world's population spends up to 3 hours a day to get the water they need to survive. They don't have taps in their houses, or even in their villages – some have to walk up to 10km 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 5 days** in the lead up to World Water Day on 22 March. Create a fundraising page for your Water Challenge to raise awareness and gain support from your friends and family. Join your classmates and take your bucket of water on a 3 kilometre walk of solidarity with so many other communities around the world.

By showing solidarity with communities 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.

## HOW IT WORKS

### 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
- Put a bucket in your shower to catch water for the garden
- Don't leave the tap running when you clean your teeth
- Use the half-flush on your toilet

Keep this up for the 5 days before March 22 and you'll see how simple it is to make a difference to your water usage.



### VISIT

[caritas.org.au/project-compassion](https://caritas.org.au/project-compassion) to download posters to put up



## TAP CARITAS

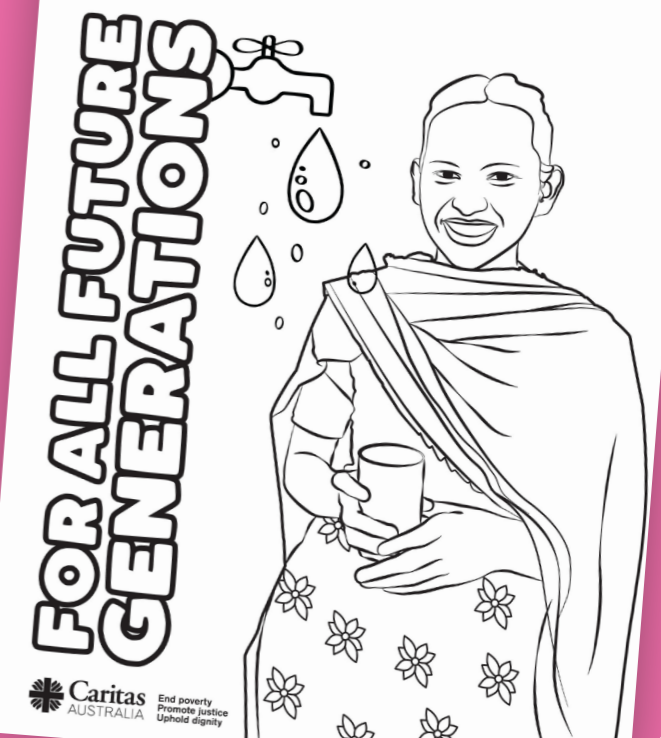
Through the support of the child's club at Laxmi's school, she built her confidence to successfully advocate for water taps at her school. Now all the students have access to clean drinking water.

To help inspire fundraising, create a water wall with a picture of a tap at the top and then water droplets cascading down. Students donate \$5 for each droplet. They can write their name and even add a prayer if they choose before adding their droplet to the display wall. If you have a large school you might have a different 'tap' for each grade or house.

Download a tap and water droplet image here: [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)

Don't forget to share a photo of your water wall with us.

Email: [education@caritas.org.au](mailto:education@caritas.org.au)



## CARITAS IN COLOUR

Host a colouring competition with a gold coin donation to enter. There are three colouring pages to choose from that promote the theme for Project Compassion 2023: For All Future Generations. Download the colouring sheets at [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)



# GIVE IT UP FOR LENT



## PRAYER, FASTING AND ALMSGIVING

The primary pillars of Lent are prayer, fasting and almsgiving. Giving something up is a simple way to combine these three pillars into one charitable activity. Giving up junk food, chocolate, social media or watching TV is really a type of fasting.

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

# WHAT WILL YOU BE GIVING UP THIS LENT?



Go online and register what you are giving up for Lent! Ask your friends and family to sponsor you and tell them why you're giving something up this Lent.



To set up your page, visit [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)



## LAXMI'S STORY



After losing her father at a young age, Laxmi was vulnerable to falling further into extreme poverty. But with the support of Caritas Nepal, Laxmi joined a child's club, became a leader in her school and is now a mentor to other girls in her village.

### IN NEPAL...

**\$25**

can allow students access to supplies for drawing and art in Nepal.

**\$50**

can help support training for child club management in Nepal.

**\$500**

can provide tree planting and gardening around school premises in Nepal.

**\$3,000**

can provide materials to establish a school library for students in Nepal.



## PRISCILLA'S STORY

Zimbabwe is experiencing an intense drought, exacerbated by climate change. With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops and started poultry farming to support her family during the current food crisis.

### IN ZIMBABWE...

**\$7**

can buy a chicken for a family to rear in Zimbabwe.

**\$294**

can be used to conduct an awareness campaign on child protection in Zimbabwe.

**\$736**

can be used to train a group of women and men in Internal Savings and Lending (ISAL) to sustain themselves in Zimbabwe.

**\$4,421**

can rehabilitate a cattle dip-tank to accommodate 2,000 head of cattle belonging to approximately 400 families in Zimbabwe.



## THU'S STORY



Thu lost his leg after stepping on a land mine in Vietnam. With the support of the Centre for Sustainable Rural Development, Thu can now earn extra income and care for his wife as she recovers from a stroke.

### IN VIETNAM...

**\$25**

can support ongoing sharing and support meetings for five people with disabilities clubs (around 410 participants) in Vietnam.

**\$50**

can provide specialised rehabilitation devices for people living with disabilities in Vietnam.

**\$2,000**

can support households with the costs of early intervention disability screenings in Vietnam.

**\$5,000**

can provide multiple households with home-based medical visits 2-3 days a month for 12 months in Vietnam.



## TEREESEA'S STORY

Tereesa is a Gamilaroi woman from Western Sydney who struggled with homelessness while raising her four children. Through the Baabayn Young Mums and Bubs program, Tereesa was able to reconnect with her culture and create a better future for her children.

### IN AUSTRALIA...

**\$50**

buys a week's supply of canvases for Baabayn's youth group girls to cover with amazing art in Australia.

**\$100**

gives vulnerable seniors lifts to and from Baabayn's weekly Elders' Gathering for a whole month in Australia.

**\$250**

covers the weekly supermarket order to provide healthy meals for the young people who come to programs at Baabayn.

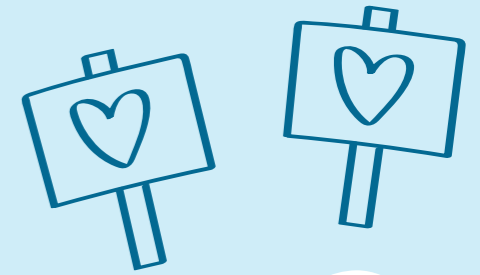
**\$1,000**

would go a long way towards the fortnightly pay-packet of a part-time youth worker in Australia.



# GET INVOLVED!

There are so many ways you and your community can get involved and inspire others. Just be as creative as you can – take a look at these fun ideas!



## CHICKITAS

Priscilla's story (Zimbabwe) shares how poultry farming helps Priscilla have food and income during drought. Priscilla sells the eggs to pay for her grandchildren's school fees and books. \$7 can buy a chicken for a family to rear in Zimbabwe.

In 2021, the students of St John Bosco Collinsville were inspired by another Project Compassion story that featured chickens. Together with their School Principal Nicole, they hatched a plan to raise more chickens, nicknaming it Chickitas: "Each time a chicken was purchased we would put one up in the office so that we could see how many chickens we had bought during Project Compassion, with 100 of them by the end." An amazing result for a school with 43 students. Thank you to St John Bosco Collinsville for your support!

## COINS FOR CARITAS

St Augustine's School Wodonga ran a Coins for Caritas Day to promote awareness of the work of Caritas Australia and to raise money for Project Compassion. The day began with an online liturgy and then students learnt about the lives of people less fortunate than themselves in countries such as Mozambique, India and even Australia. Students could buy a sausage in bread for lunch. The real highlight of the day for students was the challenge to outweigh their School Principal with the amount of money they donated. Whilst they didn't quite reach the Principal's weight, they did manage to get over 60kg of coins, raising over \$2,100. Well done St Augustine's!



## ST PATRICK'S DAY - CARITAS KS

The students at St Patrick's College Sutherland held their annual Caritas Ks event which raised over \$20,000. Classes had an incentive of tipping their bucket of water over their Year Coordinator upon return to school if they raised more than \$500 per class. The Year 7 Coordinator got dunked 7 times!



## CARITAS CARNIVAL

Students, staff and family of Tenison Woods Catholic School held a Caritas Carnival during Lent to raise much needed funds for Project Compassion. Every family was encouraged to donate a base fee of \$7 into their Project Compassion Box to participate in the Carnival, which had 7 stalls. One of the stalls was a dress-up photo booth!

# THANK YOU!

## FOR YOUR SUPPORT AND GOOD LUCK WITH PROJECT COMPASSION 2023!

### WE'D LOVE TO HEAR ABOUT YOUR GREAT FUNDRAISING EVENTS AND IDEAS!

By sharing your photos and stories about your events, we all get ideas and tips and we can learn from each other, inspire each other and make the most of our fundraising events.

Get in touch at:

 [projectcompassion@caritas.org.au](mailto:projectcompassion@caritas.org.au)  
 [www.caritas.org.au/project-compassion](http://www.caritas.org.au/project-compassion)



### POST ON YOUR SCHOOL, PARISH OR COMMUNITY PAGE

Share your Project Compassion support with your networks, and ask them to support your activities. This is just like putting a notice in your bulletin/newsletter, only easier!

You can use the images provided, or you can also post links to any of the great resources you find on our website.

Don't forget to use the #ProjectCompassion hashtag, and tag us as well.

### FOLLOW US



CaritasAU



CaritasAust



caritasaustralia



caritasaust

We'll be posting inspiring Project Compassion videos, stories, updates and fundraising ideas throughout Lent on our Facebook, Twitter, YouTube and Instagram pages.

Follow us to keep up to date, share the posts with your family, friends, school or parish to spread the word about Project Compassion!

### SHARE YOUR SUPPORT

Share your class's, school's, parish's, or friend's Project Compassion activities, updates, stories and photos on Facebook, Twitter or Instagram.

Once again don't forget to use the hashtag #ProjectCompassion. You can also tag your family and friends, including us!



ProjectCompassion



[caritas.org.au/project-compassion](http://caritas.org.au/project-compassion)



1800 024 413

## LEARN MORE

