

## Your Change For Her Change Campaign

If you want to change the world...start with her!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>All Sundays!</b></p> <p><b>Days of Gratitude!</b></p> <p><b>Instructions:</b> For each day, pay the fee indicated and put the coins into a container.</p>	\$1.00 for every toilet flush	\$2.00 if no one in your family has died from Malaria, Diarrhea or Pneumonia.	<p><b>For Teen Girls/Women Only!</b></p> <p>\$.75 for those who use disposable pads for sanitary protection each month. No charge for those who use reusable pads.</p>	\$1.00 if you threw out clothing in the past 6 months instead of donating it	No charge today if you smiled at everyone you met—if not, pay \$.50.	\$3.00 for every family member who has achieved a college or university degree.
<p>At the end of the month, count the coins collected and send a cheque for that amount to:</p> <p>Change Her World P.O. Box 1057, Stratford, Ontario N5A 6W4.</p> <p>A tax receipt will be sent for all donations of \$20.00 or more.</p>	\$.25 for every window in your home that contains glass.	\$.25 for every time you turned on a water tap today.	\$2.00 if you have a dentist and go every six months to one year.	\$.25 for each pair of shoes you have beyond 5 pairs.	\$2.00 if you use a car when you could have walked somewhere this week.	\$2.00 if you do not recycle waste.
<p>On the back of your cheque write:</p> <p>Your Change For Her Change Campaign.</p> <p>Thank you for participating in this learning experience to increase awareness of how different our lives are from those living in the Malawi, Africa or similar developing countries!</p>	\$3.00 if your grandchildren or nieces or nephews are not living with you and your family.	Free Day! Give Thanks!	\$.25 for each time you used your cell-phone, telephone or computer today.	\$2.00 if you were not hungry when you went to bed last night.	Free today if you supported a worthwhile cause last month...if you did not—pay \$3.00.	\$3.00 if you paid for music, sports or leisure activities during the past 3 months.
	\$.25 for every pen you find around your home today.	\$2.00 if you have a family doctor, naturopathic doctor or nurse practitioner that you can see if you are unwell.	\$2.00 if your female family members do not need to worry about being sexually assaulted going to school.	\$1.00 if you have one or more extra blankets in your closets.	\$2.00 if you have a desk and chair with a computer.	\$3.00 if your family or extended family welcomed a healthy newborn in this past year.
	\$.25 for every kitchen appliance, electrical tool or musical instrument not used in the last year.	\$.50 for every book you read in the last 6 months.	\$.50 for every chair in your home you have to sit on.	\$2.00 if you ate out at a restaurant this month.	\$.50 for every bar of soap, body wash, and hand sanitizer in your home.	Thank you for your participation!

## Awareness Learning Activity: Living in Malawi, Africa



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Only the wealthy in Malawi have flush toilets in their homes. Pit latrines are the norm in rural schools and villages.	1 in 8 children are still dying from preventable diseases due to poverty i.e. lack of nutrition, clean water, education and health care.	Rags, leaves and even dung are used by poverty stricken teen girls and women to address menstruation needs... just think about that!.	The poor rely on donations of clothing. In the areas where CHW work, there is no garbage lying around. What does this indicate to you?	Malawians are very friendly. Malawi is called— <b>The Warm Heart of Africa!</b>	Families who can pay school fees struggle to do so. Most families cannot afford these fees. Attending secondary school is an accomplishment!
	Mud huts have no windows. Even brick homes and brick school buildings lack glass panes.	The average grandmother walks 3.1 miles to turn on a <i>communal</i> tap at a bore hole.	There are 19 dentists for 13 million people.	Flip-flops are common footwear but the very poor go barefoot leading to many injuries, infections and deformities of the feet.	Everyone walks! Although all members of the CHW Project Committee are employed, none of them can afford a car. A bicycle is a gift!	In most homes, there is nothing to recycle and no system to do so.
	Globally, 16 million ++ children are orphaned by HIV/AIDS. Of these, 14.8 million live in sub-Saharan Africa. In Malawi, there are 650,000 orphaned by HIV/AIDS.	What do you consider your greatest wealth?	Cell phones are fairly common as there are very few landlines in Northern Malawi. Working computers are rare even in the high schools.	Many children survive on one cup of corn porridge a day. Hunger is a constant reality.	Communities come together to support each other.	Children make their own fun.
	Paper is scarce and very expensive. Writing materials are rare in the rural villages. People do not receive cards on special occasions because they are too expensive.	In Malawi, there are 4 doctors for every 100,000 people. There are very few allied health care professionals also.	Sexual assault statistics indicate that 1 in 4 children are victims—especially orphans. If a girl wears underwear and a bra, she is less likely to be sexually assaulted.	Blankets are given to all CHW girls in Malawi and some of the vulnerable elderly women in the communities also. Nights can be cool!	Only large organizations and businesses would have the luxury of a desk and chair with a computer.	Globally, 1 woman dies in pregnancy or childbirth every 2 minutes and nearly 3 million babies die within a month of birth each year.
	No electrical power renders this a moot point!	Books to read are rare even in shops in Northern Malawi. If there is a school library, the few books there are dirty, worn and very out of date.	Benches are most common but plastic chairs can be found in some homes. Many people sit on their haunches or on the ground.	Going out to eat in Malawi really means going out to glean whatever leftover corn or vegetables you can find in the fields for your family.	CHW provides soap for all beneficiaries. For the poor, food is the focus.	Thank you for participating in this learning activity! What information was new to you or surprised you?