

RATION CHALLENGE

In support of



TOOLKIT

Everything you need to know to take the Ration Challenge and show refugees we're with them, not against them.

Church World Service is a faith-based organization transforming communities around the globe through just and sustainable responses to hunger, poverty, displacement and disaster. Church World Service, Inc., is tax-exempt under section 501(c)(3) of the U.S. Internal Revenue Code.

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QUICK START GUIDE:

HOW TO TAKE THE RATION CHALLENGE

RAISE MONEY



If you haven't already, [finish setting up your fundraising page](#): add your photo, tell people why you're taking the Challenge, and lead by example by sponsoring yourself. [Then share the link to your page](#) with your Whatsapp and Messenger groups, on Facebook and Instagram. Also, add your link to your Instagram bio.

Even better, [send a personal email or message](#) to people asking them to sponsor you. And of course, nothing beats asking someone face to face!

Most people are amazed and humbled by the support they get from friends and family.

> [Learn more about fundraising on page 8.](#)

EAT RATIONS



In the week leading up to World Refugee Day (June 14-20), [eat nothing but the contents of your ration pack](#), plus an extra 3lb 3oz of rice and 14oz of flour. Drink only water.

The ration pack contains [the same rations our partner distributes to Syrian refugees in Jordan](#) (we'll send you this when you get your first donation). The extra rice and flour represent what refugees can buy with coupons given by other aid agencies (provide this yourself).

> [Learn more about the rations on page 12-13.](#)

Like some refugees, you're also able to [earn additional ingredients](#) to supplement your rations.

> [Learn about the rewards on page 16.](#)

CHANGE LIVES



By taking the Ration Challenge you'll be providing [food, education, health care and critical services](#) to refugees and displaced people around the world through CWS.

Our act of solidarity will [send a powerful message to refugees](#) that they are not alone in their time of need.

And by sharing this eye-opening experience with the people around us, we're highlighting our common humanity, [creating more empathy and understanding](#), and helping to move the needle for the whole of society.

> [Learn more about how we'll change lives on page 24-31.](#)

DEADLINE:
MAY 29TH!

You must have at least one donation on your fundraising page by May 29th in order to receive your Ration Pack in the mail.



Finish setting up your fundraising page



Share it with friends and family



Eat only what's in your ration pack, plus the rice and flour from the coupons



Earn extra ingredients by working on your fundraising



The money we raise will provide life-changing support to refugees



Sharing our experience will help create more empathy and understanding



Than fled Myanmar as a child, when his village was burned to the ground by the Burmese army.

He'd been stuck in Mae La refugee camp ever since; living on food rations for more than 20 years.

How would I feel if I had to survive on food rations like Than?



Than's family's rations for an entire month



Than worked hard to provide for his family, growing vegetables to supplement their rations.



Like any dad, Than wants the best for his son, Aung.

Than was about my age. He reminded me a lot of myself. I realised that it was just luck - the luck to be born in a safe country - that stood between my life and Than's. It could easily have been me, living in that refugee camp.

I was convinced that if people, including me, knew what it felt like to be in Than's situation, then they'd want to do more to help.

And that gave us an idea.

Ben Littlejohn/Act for Peace

IF WE KNEW WHAT IT FELT LIKE...

I felt terrible.

It was early 2014 and I was sitting in a restaurant in Thailand with my colleague, eating a delicious meal. Earlier that day I'd met a father named Than while visiting the camp to see Act for Peace's work with refugees. He was about my age, and one of the warmest and most humble guys you could ever meet.

He fled Burma as a child when his village was burned down by the army. And he'd been stuck in the Mae La refugee camp on the border with Thailand — surviving on food rations for more than 20 years.

It felt so unjust.

We were sure that if people could understand what the refugees here were going through, they'd want to do more to help.

But how could anyone really understand what it was like? We'd been to the camp, talked with refugees and seen firsthand the meagre rations they were surviving on. And even then, we couldn't imagine what it must be like to actually survive on them. We had never experienced hunger like that. How could we understand how it felt?

We decided to put ourselves in the shoes of the refugees we met, and to try living on rations for a week, while getting sponsored to do it.

I'll never forget that first year. The late nights, the weekends spent packing food into boxes, wondering if this idea would even work. But 100 pioneering and courageous people were willing to take that leap with us. And with that — the Ration Challenge was born.

Together that year we raised \$60,000 — enough to feed 277 refugees for a year. Six years on and we are a growing community of people who believe that wherever we're from in the world, we are all human. And we should treat each other the way we'd want to be treated ourselves. Year after year, this community — and its collective impact — continue to grow.



More than 40,000 people around the world have signed up for the Challenge to support refugees on the Thai-Burma border, in Jordan and around the world.

Together you've had thousands of conversations, sent millions of emails and taken countless acts to highlight the issues facing refugees around the world. And you have raised millions of dollars, which has made an incredible practical difference to conflict and disaster affected communities around the world.

But today, the need is as urgent as ever. Right now there are more than 70 million refugees — set to increase with climate emergency. Up to 1 billion by 2030 according to IOM.

The refugee crisis needs our urgent attention — both to support refugees on the ground now, but also bridge divides, counter polarisation and build societies that recognise our shared humanity and willingness to support people in time of need, whoever and wherever they are in the world.

Throughout this toolkit, we will introduce you to some of the brave people we've met, living as refugees, as well as some of the amazing people taking the Challenge, standing along side them.

We'll also tell you all you need to know to take part, raise money, eat rations and change lives.

We are excited to welcome you into this community.

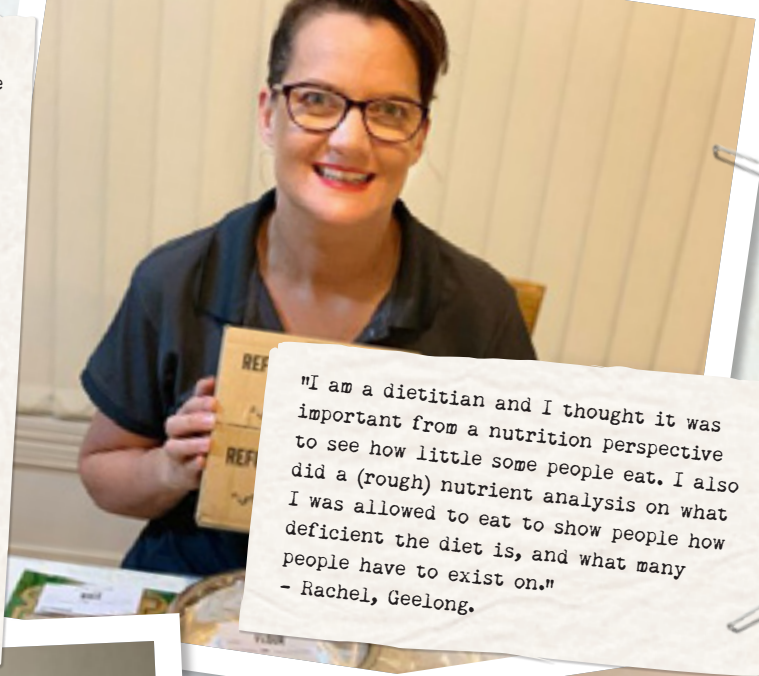
Ben Littlejohn

Ration Challenge
Co-Founder





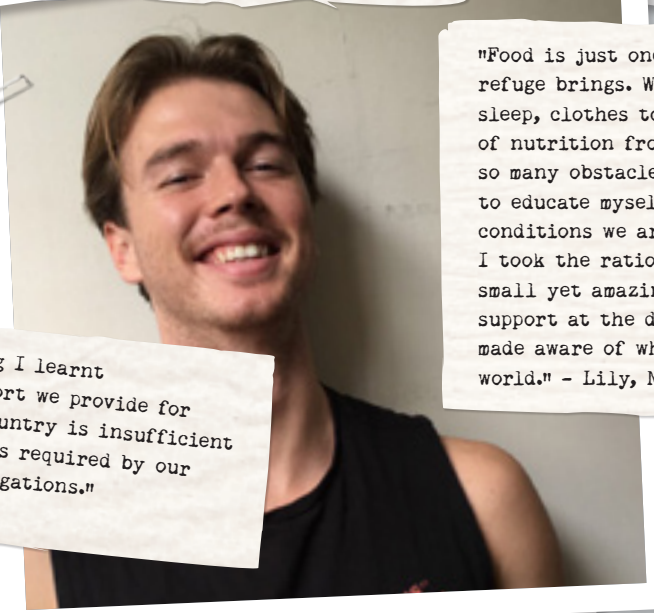
"I decided to take part in the Ration Challenge because I find it difficult to accept that I have had a life of freedom, security and opportunity, simply because of where I was lucky enough to be born. I learnt that many other people feel the same way I do and are frustrated by the treatment of refugees and people seeking asylum all around the world. The support I received while doing the challenge was beyond what I expected."
- Che, Gold Coast



"I am a dietitian and I thought it was important from a nutrition perspective to see how little some people eat. I also did a (rough) nutrient analysis on what I was allowed to eat to show people how deficient the diet is, and what many people have to exist on."
- Rachel, Geelong.



"I learned - even with very little you can be very creative - and I learned to make falafels which has been a game changer in my weekly home cooking menu!!"
- Yannick, Sydney

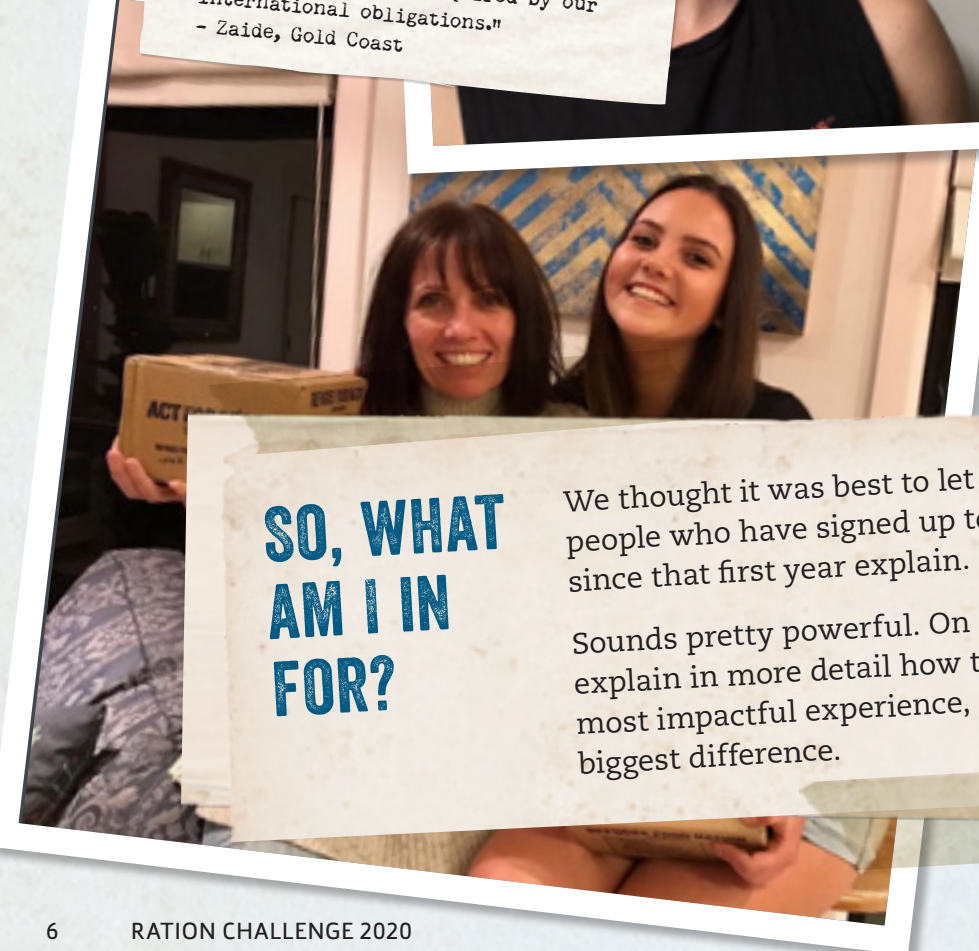


"The biggest thing I learnt was that the support we provide for refugees in our country is insufficient compared to what is required by our international obligations."
- Zaide, Gold Coast

"Food is just one of the many struggles seeking refuge brings. While I still had somewhere safe to sleep, clothes to wear and a job to go to, the lack of nutrition from just one week of rations created so many obstacles. I took the Ration Challenge to educate myself and those around me, on the conditions we are allowing some people to live in. I took the ration challenge because I live in a small yet amazingly generous community, who offer support at the drop of a hat; and only needed to be made aware of what's going on in some places in the world."
- Lily, Nook



"I was brought up being taught to appreciate all the good things in my life. But a week living on refugee rations brings a whole new appreciation to the little things that I'd never even considered like access to fresh fruit and vegetables."
- Riahna, Melbourne



SO, WHAT AM I IN FOR?

We thought it was best to let a few of the 80,000 people who have signed up to take the challenge since that first year explain. Sounds pretty powerful. On following pages we'll explain in more detail how to take part, have the most impactful experience, and how to make the biggest difference.



"I learnt how much I take variety for granted. I found that the amount of food wasn't the issue, just the lack of vegetables and fruits. My body didn't function as it does normally, and I struggled with energy."
- Tawara, Melbourne



RAISE MONEY: SET UP AND SHARE YOUR PERSONAL FUNDRAISING PAGE

When I first took the Ration Challenge, I couldn't believe the reaction of my friends and family. People I hadn't heard from in years sponsored me generously, and sent such encouraging messages. I felt incredibly supported.

Raising money is as straightforward as setting up and sharing your fundraising page. People taking the Challenge raise \$202 on average, so feel confident! Follow the simple steps below and you'll be making a really big difference in no time. **All you have to do is ask.**

LOG-IN

Click the link in the email we sent you, or go to rationchallengeusa.org and click login to finish setting up your page.

UPLOAD A PHOTO

People who add their photo to their page raise more than those who don't.

SAY WHY YOU'RE DOING THIS

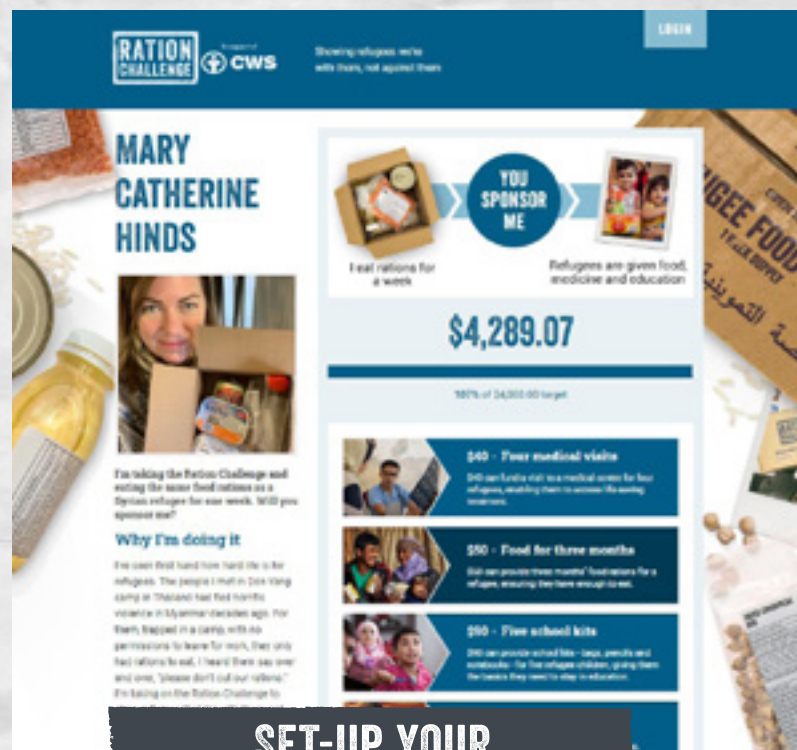
Sharing why this cause is important to you will inspire your friends and family to support you when they visit your page.

SET A GOAL

Think about what you'd like to achieve during the challenge, and set yourself a target to aim for. For example, \$1,206 is enough to feed a refugee family for a whole year.

SPONSOR-YOURSELF

If you haven't already, lead by example and sponsor yourself. It'll show your friends that you're committing to this, and it will help inspire them to do the same.



SET-UP YOUR FUNDRAISING PAGE

"I had a lot of support from those around me, most saying they could never do what I was doing. I am very proud of what I was able to achieve."

- Lauren



SHARE A PHOTO WITH YOUR RATION PACK

Take a photo of your ration pack when it arrives and share it with a link to your page, asking people to sponsor you. Publically thank and tag people when they do – you'll reach a lot more people.



POST DAILY DURING CHALLENGE WEEK

Post daily about your experience. Share what you're eating and most importantly how you're feeling. Video diaries work especially well.

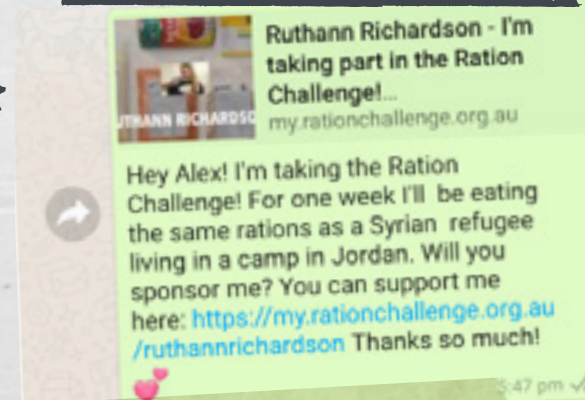
REFLECT ON YOUR EXPERIENCE

How do you feel now that it's over (most people have mixed emotions)? What have you learned? What are you going to do differently now? Share your thoughts in a final message, thank and tag your sponsors and don't forget to include the link to your fundraising page.



SHARE YOUR EXPERIENCE

ASK PEOPLE TO SPONSOR YOU DIRECTLY



MAKE IT PERSONAL

The most effective way to fundraise is to ask people individually. Send personal 1:1 messages to friends and family via SMS, WhatsApp, Facebook Messenger, or email. Most people are very supportive.

SEIZE THE MOMENT

Nothing beats asking someone face to face. If a work mate is curious about your rations at lunch time, ask them to take their phone out and sponsor you there and then, before they forget. Taking your rations along to a dinner out with friends is a great way to inspire donations.

REMIND PEOPLE

Many people intend to do stuff, then forget to get round to it. So it's important to remind them – especially for a cause as vital as this.

RAISE MONEY: TEAMWORK MAKES THE DREAM WORK

Almost all the refugees I've met have been living with other family members. Families share rations and support each other. They're stronger together. In a similar way, you can make the Ration Challenge stronger by taking part as a team.

Team members can share rations and rewards. People who form teams are more likely to see the week through, and raise more money on average. And for me, it feels better sharing the experience with my friends and colleagues.

As well as feeling better, by forming a team, you'll make an even bigger difference. Each person you inspire to take the Challenge with you will raise funds too, increasing your impact for conflict and disaster affected communities.

You can get together for meals, share spices, give each other moral support, and raise more awareness of the issue.

TEAM REWARDS

Form a team – Refugees receive milk powder in their rations. When you form a team you can add 7oz of milk per person to your rations. Great to put in your tea, or use it to make rice pudding!

Hold a fundraising event – Host a fundraising event with your team, such as a Ration Challenge dinner or trivia night, and each earn 2 tsp of instant coffee.

Team Video – Create a video with your teammates telling your friends and family why you're taking the Challenge and you'll each earn 2oz of sugar. Make sure you share it far and wide!

HOW TO SET UP YOUR TEAM



1. Register

Register yourself for the Challenge. Everyone needs to register on the Ration Challenge website before they can join a team.

2. Start a team

Visit your fundraising hub on the Ration Challenge website, and select "start a team". You'll be given a unique URL which will allow others to join your team.

3. Invite people

Send your team URL to family, friends and colleagues and ask them to join your team.

Team size is 6 people — that's the average size of a refugee family.



YOUR PERSONAL FUNDRAISING COACH

"How do I get started? What's a spice? I've got an idea." Want some support? We're here to help!

When you registered, we assigned you a fundraising coach – a lovely, passionate member of the Ration Challenge team, here to help you make the biggest difference possible through the Ration Challenge.

If they haven't already, they'll be in touch soon. But in the meantime, if you want to chat, just call 1 (888) 297-2767 or email rationchallenge@cwsglobal.org and we'll put you through.

Imani prepares a meal for her husband and children with rations provided with funds raised through the Ration Challenge. Refugees in Jordan receive the same rations that you will be eating during the Ration Challenge.

"Being in a team with my colleagues gave me a lot of support and I probably wouldn't have been able to last the week if I didn't have that. We shared meals, we shared recipe ideas. We did a spice trade. It was really good being in a team and having that support." Jess

EAT RATIONS: YOUR EXPERIENCE

So you've hit your fundraising goals, and now it's time to live on rations for a week. What do you do?

Once you receive your first donation (deadline May 29th), we'll send you a ration pack in the mail. Your pack contains a one-week supply of exactly the same food, in almost exactly the same quantities, that our local partner distributes to Syrian refugees in urban refugee camps in Jordan. It also contains two food 'coupons' for additional rice and flour.

From the moment you wake-up on June 14th, to when you go to bed on June 20th, eat and drink only water and:

1. The contents of your ration pack.
2. The extra rice and flour from the 'coupons'.
3. Any rewards you've earned (see page 16).

Can't do June 14-20? No problem. You can pick a different week, just let us know.

Your ration pack contains:

Rice	15oz
Lentils	6oz
Dried chickpeas	3oz
Canned sardines	3.75oz
Canned kidney beans	15.5oz
Vegetable oil	12oz



VEGETARIAN? VEGAN?

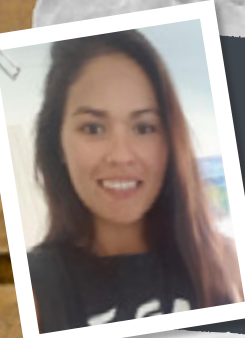
Swap the sardines for 4oz of tofu.

If you ticked the vegan or vegetarian box when you registered we'll send you a ration pack without sardines. You'll need to provide the tofu yourself.

PLAN YOUR MEALS

You won't be able to pop over the road for a sandwich during the challenge! Breakfast, lunch and dinner will all need preparation. So plan ahead.

Check out the recipe guide and online cooking videos made by refugees for ideas.



"The biggest thing I learned from the Challenge was gratitude. I'm so lucky and privileged to live in a country where I have access to such a variety of foods. The lack of nutrition you would get from eating just that food was very eye opening." Sabrina

AND WHAT'S IT LIKE?

As you'd expect, living on rations is physically tough. Caffeine withdrawals, hunger, hangriness are all real. Many people find it harder to concentrate during the challenge, or get headaches. Your digestive system is adjusting to the new diet. And there there's the cravings: vegetables, sugar, flavour!

But what often comes as a surprise is the emotional impact it can have. For some, it hammers home the contrast between the life we live and those living in refugee camps on rations. The situation is unjust and it gives fresh perspective on how lucky we are to have what we have. You may find a deeper respect and appreciation grows in you for those who survive on these rations day in and day out. It brought home hard the contrast between my life and Than's. How unjust the situation was. It gave me a fresh perspective on how lucky I am, and an even deeper respect for Than and other people in his situation day in day out.

We've designed the Ration Challenge to reflect as closely as possible what it's like to rely on food rations. But its important to remember that every refugee's situation is different, and the Ration Challenge is just one illustration of many different experiences.

The point of the Ration Challenge is not to be the definitive guide to life as a refugee; but instead to share powerful insights that prompt us to think differently - and do more to fight injustice.

FOOD COUPONS

Some refugees are given coupons by the UN or other organisations. These can be exchanged in local shops for essentials like rice or flour which supplement people's rations. To reflect this aspect of refugee life during the Ration Challenge, buy an additional 3lb 3oz of rice and 14oz of plain flour and add these to your rations.

Tip: The 'coupons' in your pack are for illustrative purposes only. Don't try to use them at your local supermarket, they won't work ;) You'll need to buy the rice and flour yourself.

EAT RATIONS: REFUGEES' EXPERIENCE

WHAT RATIONS DO REFUGEES GET IN JORDAN?

The ration packs we distribute in Jordan have the same contents as yours. The key difference is that while you have a week's supply for one person, the real ration packs contain a two-week supply for a family of six.

The other big difference is that there isn't enough money to give ration packs to everyone who needs them. Sometimes we can only provide 100 packs in a camp that needs thousands. People get by however they can. Packs get shared, and many go without (our local partner in Jordan works with committees of volunteer refugees who help to identify the people in their community most in need, and priority is given to them).

It's why the money you raise is so important.

And for me, the most humbling difference between the Ration Challenge and really living on rations, is that unlike refugees, I get to go back to my normal life at the end of the week. Knowing that the average time spent in a refugee camp globally is now 17 years, really puts my seven days in to perspective.



Rations for a family of six for two weeks.

Rations being distributed at Talbia refugee camp, Jordan. The community decide who is most vulnerable and should get priority.



"Food distributions really help. I don't need to be worried about providing food or milk for my children." Salam, Syrian mother, who is receiving food rations through the Ration Challenge.

AND WHAT'S LIKE LIFE FOR REFUGEES?

The Syrian conflict is one of the worst humanitarian crisis of our time. And it's civilians – women, children and men who are suffering the most. Since 2011, the war in Syria has claimed thousands of lives and left 13.5 million people in need of humanitarian assistance. More than half the country's population has been forced to flee their homes, including 5.6 million refugees seeking safety in neighbouring countries and another 6.6 million who are internally displaced inside Syria.

Although it doesn't make headlines, it's actually the countries next to conflict zones, not the West, that cares for the vast majority of refugees. One in eight people in Jordan is a Syrian refugee. It's here where the pressure is greatest and the needs most urgent. And it's here that CWS works.

We focus on urban refugees in Jordan - families living among the local population, squashed into basements, rooms, and tents. These urban refugee 'camps', are mostly concrete slums on the edges of towns. We prioritise the people here because they're harder to reach and receive less support than those in the big refugee camps, like Zaatari.

Life here is tough. All the people I met were living normal lives back in Syria - as mechanics, farmers, teachers - and then suddenly lost everything, including friends and family.

Now, with severe work restrictions, they're in desperate need of food, medical treatment and other kinds of support. And all the while, coping with trauma and the devastating limbo of not knowing when, or if, they'll ever be 'home' again.

People are living in camps on the edge of cities, in urgent need of rations, medical treatment and other types of support.



EAT RATIONS: THE REWARDS

Hit fundraising goals to earn extra ingredients.

The refugees I've met have been resilient, resourceful and hard-working people. But to protect local jobs, many countries (including Jordan) deny or tightly limit work rights for refugees. This means they need to find other ways to provide for their families.

In Thailand, Act for Peace supports refugees with tools and seeds to grow their own vegetables. In Jordan, we help refugees establish informal businesses – such as

making and selling snacks – providing a small income to help top-up their rations.

You won't have time to grow your own vegetables or set-up a business during the Ration Challenge, so instead you can earn extra ingredients by working hard at your fundraising. Hit the following fundraising goals, help more people, and earn these much-needed rewards:



SPONSOR YOURSELF - A CONDIMENT OR SPICE

Earn a spice or flavouring of your choice (unlimited amount) to add to your rations for the whole week. Refugees receive chicken stock cubes with their rations for flavour.



SPREAD THE WORD - TEABAGS

Earn 1 teabag for every 5 people (up to a maximum of 10) you individually ask to sponsor you. These must be 1:1 messages (not a group message or social media post) and can be via email, Facebook messenger, WhatsApp, in person etc.



\$200 - SALT

You can add salt to your rations (unlimited amount) when your fundraising total hits \$200.



\$400 - VEGETABLE (6OZ)

Raise \$400 to earn 6oz of a vegetable of your choice. For example, you could choose tinned tomatoes, which are popular with Syrian refugees.



\$600 - PROTEIN (4OZ)

Add 4oz of a protein of your choice (e.g. eggs, meat, tofu) to your rations when your fundraising total hits \$600.



\$800 - ONE HOT OR COLD DRINK

Raise \$800 to earn a hot or cold drink of your choice (e.g. barista coffee, glass of wine, can of cola) up to 12oz.



\$1,000 - A BONUS ITEM UP TO \$3!

WOW! If you've raised \$1,000, then reward yourself with a bonus food item of your choice, up to the value of \$3. Remember, this needs to be a single item, eaten in one sitting, to keep within the spirit of the Challenge (e.g. a small cupcake, eaten in one go, is ok; a large cake, eaten a slice at a time throughout the week, is not).

IT'S ABOUT THE SPIRIT, NOT THE LETTER

Source all the rewards yourself. And they should be single items, rather than combinations, in uncooked weight, e.g. 6oz of uncooked spinach, not a combination of veggies weighing 6oz.

But don't get too hung-up on the definitions here. Every refugee's circumstances are different, so there's no single 'authentic' experience. Use your judgement to decide if the reward you choose is within the spirit of the Challenge, or defeats the purpose. And at the end of the day, it's the impact you make that matters. Check out the FAQs on the website for more details.



Rimas' husband grows what he can outside the tent where they live

Like Rimas family you can work to supplement your rations.

You couldn't get a family more loving and humble than Rimas. The kindness in their smiles and the way they are with each other is incredible. So it felt unbelievably unjust that they of all people have suffered the way they have. They described how they fled Syria after they were caught in a chemical weapons attack, which killed Rima's sister. Now they live in a tent in Jordan, worried about their safety. With no way to work, it's a daily struggle to get by.

But there is a glimmer of hope. Funds raised through the Ration Challenge meant Rima was able to attend a production kitchen workshop. There she learned how to market and sell traditional Syrian dishes like Kibbeh (pictured), which is now helping to bring in a small income for the family.

EAT RATIONS: TOP TIPS FOR A LIFE-CHANGING WEEK

We spoke to the Ration Challenge team and seasoned participants and asked them what advice they'd want to share with people taking the challenge.

Here are their top tips for having the most rewarding experience and making the biggest possible impact!



GET YOUR RATIONS TOGETHER

Make sure you get donations before May 29th to receive your pack in time. Buy the additional rice and flour, and any rewards you've earned and add them to your rations (if you miss the deadline, you can still take part, but you'll need to provide your own rations. See the list on page 12).



EARN YOUR REWARDS BEFORE THE CHALLENGE STARTS

Trust us, you're really going to want to have earned your rewards by the start, not the end of the week! So get going early (people who start earlier, raise more money). Try taking a photo with your pack the day it arrives, and share it with a link to your fundraising page.



PLAN YOUR MEALS

Plan out what you're going to eat for each meal, and measure out the quantities for each day. You don't want to run out of lentils on day 2!



JOIN THE FACEBOOK GROUP

Share tips, solidarity and inspiration with other people taking the challenge on the Ration Challenge USA 2020 Facebook group (remember, this is a supportive and encouraging space, and any comments or posts that break the group rules will be removed).



SHARE YOUR EXPERIENCE EACH DAY

Sharing your experience is the easiest way to raise the most money and awareness. Post daily. Share what you're eating and most importantly how you're feeling. Video diaries work especially well. Don't forget to include the link to your fundraising page.



THANK AND TAG

Thank everyone who sponsors you publically, and tag them in your post. That way you'll reach more people!



WHAT IF I FEEL ILL?

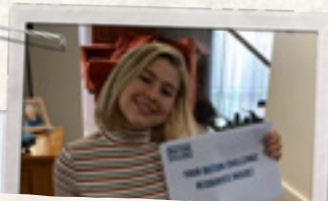
Caffeine withdrawals, hunger pangs, tiredness, and hangriness are common symptoms of the Ration Challenge. But your health is your responsibility, and you know your body best. If something doesn't feel right, stop the Ration Challenge immediately and check in with a doctor.



"Fundraising early is your best friend during the Challenge - the more you raise, the better your share of rations! Oh and make sure to sponsor yourself - that's the start of adding to your rations." Rena



"Choose a good spice because it makes aaaaaa the difference." Kylie



"Drink so so so much water - that was my saving grace!!" Tamara

"When you are there in the refugee camp - you think you're alone... that everyone else around the world doesn't know that you exist even.

Then for you to be in a refugee camp getting those personal things [ration packs and letters] - it's just so heart-warming.

And even if you're hungry at night, at least there's a thought of hope. That some people know that you're there, and they care. It's warming, it's so warming."

Rana, a two-time Ration Challenge participant and Syrian refugee, now living in New Zealand



"I was really sad to leave, it was really, really hard. It was like I took one heart with me because my children were with me, but one heart I left at home."

Joury is from near Hama, Syria. When the bombing and shooting came to her village, she hid with her children in the mountains for days, terrified they would be killed.

Eventually they escaped to Jordan, but life here is hard. She can't afford basics, and her five year old daughter Miriam can't walk properly and needs surgery in her leg.

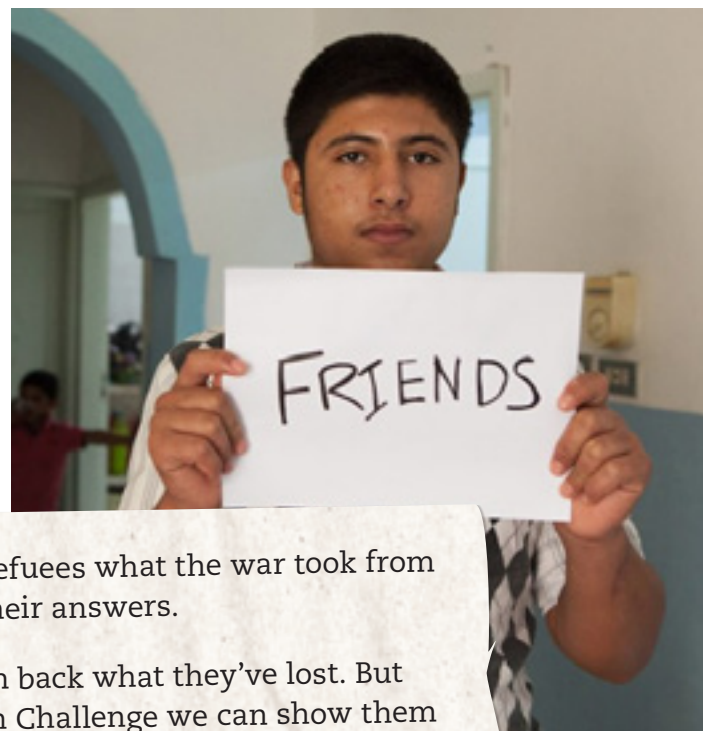
The winter is especially difficult as they don't have heating and their tent is bitterly cold.



ONLY A GLIMPSE

Eating rations is just one small part of life as a refugee. Taking the Ration Challenge won't give us any understanding of what it feels like to lose our home, our livelihood, or our loved ones. And it won't teach us about being rejected, the trauma of war, or living with an uncertain future.

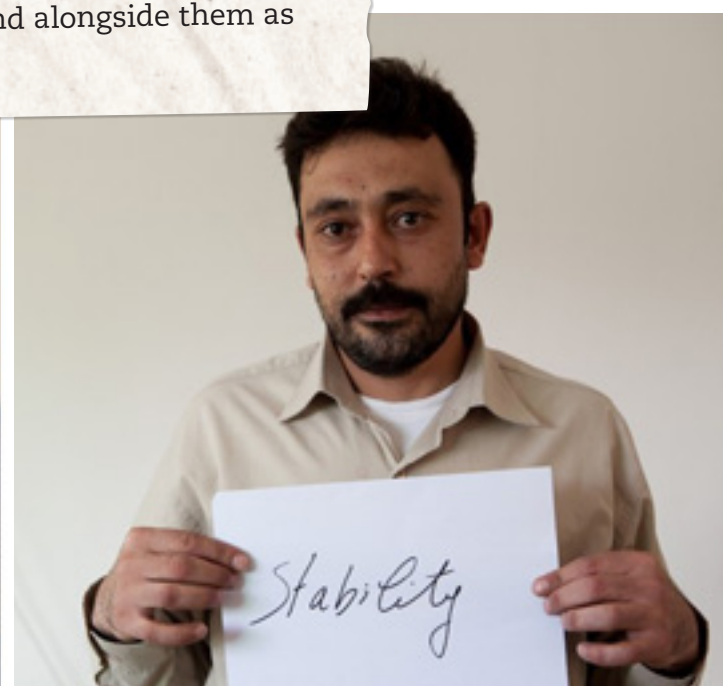
But it will give us a meaningful chance to see things from someone else's perspective. To deepen people's understanding of this important issue. To send a powerful message of solidarity. And to make a practical difference in the lives of refugees, like Joury, who need our support.



WHAT DID THE WAR TAKE FROM YOU?

We asked Syrian refugees what the war took from them. These are their answers.

We can't give them back what they've lost. But through the Ration Challenge we can show them they are not alone, and stand alongside them as they rebuild their lives.



CHANGE LIVES

HOW YOUR RATION CHALLENGE WILL MAKE A DIFFERENCE

Today, there are more refugees, asylum seekers and displaced people worldwide than at any time since records began. That's more than 70 million people forced to flee their homes to escape conflict and disaster. It's a terrible injustice. And one that we can, and must, overcome.

Currently, the world's response to the refugee crisis is completely inadequate. The average time spent living in a refugee camp is now 17 years. These people need and deserve more support. Both from individuals taking action, for example by giving and raising money for relief efforts; and from governments and institutions living up to their responsibilities to provide safety from persecution.

As the refugee crisis has grown, so too have the divisions within society. In recent years, people setting out to create enemies and spread fear for personal or political gain have used refugees to turn public opinion and government policies in the wrong direction. Making us more hostile at a time when we need to be more compassionate.

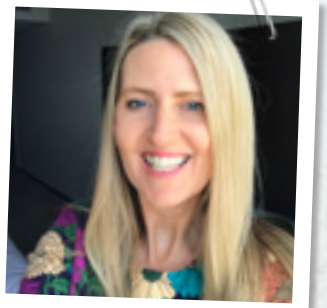
But the Ration Challenge can help, in two ways:

- **Firstly, by making a direct difference to refugees on the ground.** Through our local partners, the money we raise will provide urgently needed food, medicine and other support to conflict and disaster affected communities. Find out more about this on pages 26-29.
- **And secondly, by making a positive difference indirectly, through shifting public attitudes.** Putting ourselves in other people's shoes, sharing our experience and modelling positive behaviors, all help move the needle - even if just a little - contributing to a more cohesive, less polarized society. Find out more about this on pages 30-31

More 'we' and less 'us vs. them'. I'm sure you'll agree that we could do with a bit of that right now! More trusting, compassionate societies are more likely to take individual action in support of refugees, as well as create space for more humane government policies.

All of which, makes it more likely that refugees are treated with the humanity and compassion that we'd all like to be treated with if we were in their shoes.

"I loved how it opened the conversation with others I would not have previously spoken to about refugees. It made me feel like I was helping those less fortunate when I couldn't donate that much money myself. I also loved how it taught my children about the reality refugees face." Jenni



CHANGING LIVES AROUND THE WORLD

By taking the Ration Challenge you'll be helping conflict and disaster affected families around the world. You will be providing safety and dignity to vulnerable families by raising funds for CWS's programs that address displacement.

A hand up – not a handout. The money you raise will support CWS and our local partners around the world to both meet urgent needs and create change that lasts; equipping communities affected by conflict and disaster with the skills they need to solve their own problems and get back on their feet.

USA

Since CWS first started assisting people seeking safety in the U.S. in the wake of WWII, there has never been a greater need for the refugee resettlement program. More than 25 million refugees, over half of whom are children, have fled conflict and persecution and are in desperate need of a safe home. From the moment families arrive, CWS and its partners make sure their needs are met by providing critical knowledge and skill-building to help them thrive. When Hawa and Shara Khairandish's family arrived from Afghanistan, the CWS team in Harrisonburg, VA welcomed them and made sure they had a furnished apartment ready for them to rest from the journey. Our resettlement offices across the U.S. provide a robust range of services including medical and mental health services, English language training, mentorship, childcare services, employment readiness training, financial education and community orientation. Ration Challenge funds are a way to roll out the welcome mat to our newest neighbors.



INDONESIA

Ten years ago, 17-year-old Farah's home in Mogadishu, Somalia, was burned down with the whole family inside. The only survivor, Farah was severely burned and spent a long time in the hospital. She knew that in order to be safe, once she was well enough to leave, she would need to escape Somalia. Alone, Farah traveled by air, sea and land to eventually arrive in Jakarta—as hundreds of children, teens and families have done in the past decades. She had a difficult time getting settled and staying healthy. Eventually, she was referred to a CWS group home for single women and girls who are seeking asylum or who are refugees. It wasn't easy, but finally Farah found hope. She is safe and has regular medical care, counseling and education. She learned English, Indonesian, math, science, basic computer skills and sewing. Ration Challenge funds support counseling and basic health care, education, a safe home and food to help hundreds of people like Farah to live lives of dignity and safety as they seek to sort out more positive and productive futures.



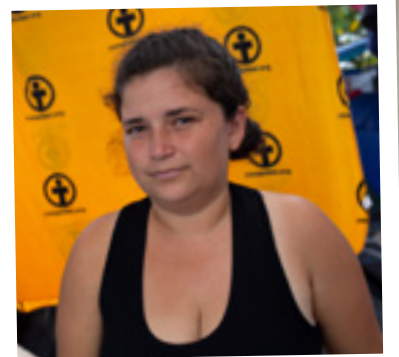
EGYPT

Before the war in Yemen, Wajdi was a government auditor who also had his own successful auditing firm. He owned a home and car and life was peaceful. Then the war started. His house was bombed by tanks. The government stopped salaries, so he worked for a year without pay. Then he was expected to audit the largest oil company in Yemen, where he discovered corruption and was asked to cover it up. Two of his co-workers had been killed for identifying corruption and another had acid thrown on his face. Wajdi submitted the audit, and before dawn the next day he began the long journey to safety in Egypt. When he arrived, it was difficult to find a job. It's very difficult for non-Egyptians to find work, especially refugees. At first, he lived off savings until he finally found a stable job at the CWS supported refugee center in Cairo. Wajdi is now the Director of Finance for the program and because of this, he has been able to bring his family to safety in Cairo. Like many other refugees, his children go to school at the center and are learning science, math, Arabic, English...a whole variety of subjects. Ration Challengers are giving hard working refugees like Wajdi an opportunity to build a better life in a safe place.



MEXICO

Marili Portillo and her children, Madelin (3) and Josué (5) were living in Honduras until this time last year. Marili had a good job and was making enough money to support her children – which made her a target. Soon, gang members came knocking on her door for a share of her earnings, or what is often called “the war tax” in Honduras. Extortion is now one of the primary sources of income for gangs in the countries of El Salvador, Guatemala and Honduras. KMarili left home with her children to seek asylum in the United States. She paid a guide \$10,400 to help her reach the U.S. border, only to be kidnapped and held for ransom for 15 days. After the ransom was paid, she crossed the river with her children and presented herself to border police and was arrested, mistreated and insulted by border officials who kept her in an isolation cell for six days. Eventually, she and her children were returned to Matamoros, Mexico to await the next hearing in her asylum process. Here she has no resources or a way to earn money. While waiting at the border, her family must rely upon the kindness of strangers. On both sides of the border, Ration Challenge funds provide food, supplies, blankets, legal and support services for neighbors who are waiting for safety.



KENYA

The CWS Resettlement Support Center guides thousands of refugees through the complicated U.S. resettlement process and prepares them to travel with cultural and language training.

SOUTH AFRICA

CWS works in communities across South Africa (and Kenya) to support LBGTIQ migrants and educate faith leaders on the challenges these populations face in accessing services and protection.

MYANMAR/THAILAND

CWS supports Burmese refugees living in camps just across the border in Thailand. We help provide food and supplies and support families who seek to return to Myanmar after years living in camps.

CHANGE LIVES: FOR SYRIAN REFUGEES

The money you raise will change lives for people fleeing the conflict in Syria, by helping to provide urgently-needed food rations, household items, access to medical care and psychological support. And your act of solidarity will show Syrian refugees that, after all they've been through, they're not alone.

This support will be delivered through our local partner in Jordan, who has been working with refugees there for 53 years. Most of the work on the ground – distributing rations and running training - is done by volunteers,

mainly refugees themselves. This is important, not only because it saves money and ensures aid reaches the people who need it most, but because it gives refugees the power to help their own communities.



**ESSENTIAL
MEDICAL CARE**

\$160 can fund a referral to a medical centre for 10 refugees, enabling them to access life-saving treatment.



**EMERGENCY FOOD
RATIONS FOR TWO**

\$402 can provide food rations (the same food you will be eating during the Challenge) for two refugee for an entire year, ensuring they have enough to eat.



**BUSINESS TRAINING**

\$654 can teach two refugee woman how to start their own business so they can support their family and gain independence.



**EMERGENCY FOOD
RATIONS FOR A FAMILY**

\$1,206 can provide food rations (the same food you will be eating during the Challenge) for a refugee family for an entire year, ensuring they have enough to eat.



"It was a non-future for Syrian refugees. They came to Jordan; they didn't know where they will go, where they will stay, who they will stay with. But we help them to integrate through different programs, especially the psychosocial program, how to cope with the fleeing and being a refugee. And they are becoming more open. Depression is less. Now they are trying to support themselves through the training they are getting from different NGOs. And we have the most important methodology - that is a participatory approach. We want them to work with us not to feel that we are working for them only. We want to work with them so they can feel they are part of this family in Jordan and part of a family of people helping them around the world."

Fares Al Swais,
Executive of the Ration Challenge's partner in Jordan

CHANGE LIVES: CREATE MORE EMPATHY AND UNDERSTANDING IN OUR SOCIETY

As well as having a direct impact on refugees through the money we raise; by taking the Ration Challenge we can also make a positive difference indirectly, through shifting public attitudes. Creating more ‘we’, and less ‘us vs. them’. So, how does that work?

It may feel like the world is increasingly divided. Some people want us to be afraid of refugees to further their own agendas. They spread lies, and encourage us to fear people based on where they come from, or what they believe; making us less compassionate overall.

But we can be better than this. We know that refugees are people just like us - hardworking parents trying to provide for their kids; entrepreneurial young people who dream of starting businesses; children eager to learn and play. We also know that supporting refugees and asylum seekers is good for all of us.

So how do we counter the ‘us vs. them’ narrative, and help people realise that we’re all human, of equal worth, and in this together?

Well, by taking the Ration Challenge and sharing your experience you’re doing just that. Here’s how it works:

1 AWARENESS

Firstly, there’s good old awareness. Simply by talking about the refugee crisis with others, you’re moving it up their mental list of important issues.

just a glimpse into just one aspect of what refugees must feel each day.

And if we share our experience – how we feel during the Challenge – we don’t just create more empathy in ourselves, a little bit of it rubs off on people around us too.

2 EMPATHY

Secondly, there’s empathy. Literally the ability to feel what someone else is feeling. We can’t really know what something feels like by reading it in a text book, or watching it on the news. The best way to know how something feels is to experience it.

And that’s what the Ration Challenge is, an eye-opening, perspective-giving, deeply humbling experience that enables us to feel

3 SETTING AN EXAMPLE

Or modelling positive behavior, or ‘social norming’. Thirdly, when we visibly do something positive for refugees, others are more likely to do the same (one study showed that if someone gives up flying to reduce their carbon footprint, their friends become less likely to fly too).

Together, these things mean that by taking the Ration Challenge and talking about it, the people around us will be more likely to support refugees too - helping to move the needle in a positive direction, even if just a little bit, for the whole of society.

WORDS THAT WORK

How many times have we seen conversations descend to arguments, that leave both people more firmly entrenched in their own ideas.

There are words that work, and words that don’t. And if we’re going to change some minds, then we need to pick the ones that work. The good news is that there is research out there to help us with that. Read on to find out how to have discussions that persuade, not polarise:



LEAD WITH YOUR PERSONAL STORY.

Which refugee stories have touched you, and how have those stories motivated you to take action?



LEAN ON SHARED HUMAN VALUES AND EXPERIENCES.

Don’t talk statistics. Explain how refugees are just like us, only they find themselves in a terrible situation. They want the same thing as any of us do, safety, dignity and freedom to rebuild their lives.



EXPLAIN HOW SUPPORTING REFUGEES IS GOOD FOR ALL OF US.

We can build a better world for everyone by rejecting attempts to pit us against each other and by supporting compassion and dignity for all.

TOUGH CONVERSATIONS

We all have people in our networks who may not feel positively towards refugees. While it’s up to you who you choose to engage with, we wanted to equip you with some ways to respond to the most common negative comments that might get thrown your way:



1 THE WHAT-ABOUT-ISMS

Some may say: “Why we should support refugees when there are homeless/disabled/you name it people who need help in our country.”

You say: It’s not an either/or issue. All of these people need our support, and if you prefer to support another group I hope you will do that. I’m choosing to take this Challenge because I believe we have enough compassion and generosity to build a better world for everyone.



2 THE “TAKERS” ARGUMENT

Some view refugees as takers, who are a drain on resources and on the system (even though this is definitely not true!)

You say: Refugees are people just like us, they are hardworking parents who are trying to build a life. When they are given the tools and ability to thrive, they boost economies, give back to communities and give back far more than they receive in benefits.



3 THE FEAR OF THE UNKNOWN

Some will say that refugees are a security threat. That we can’t know who they are or what their intentions are.

You say: Refugees who come to the U.S. are the most screened of any group allowed to travel here. They are not threats, they are mothers, fathers, brothers and sisters who want to live in safety and give back to their communities.

FAQS: TELL ME MORE

The CWS team are here to support you through every step of the Ration Challenge. If you've got a question, and we haven't answered it here, check out the Ration Challenge website, email us at rationchallenge@cwsglobal.org or call us on 888-297-2767. We'd love to hear from you!

RULES & PRACTICALITIES

WHEN IS THE RATION CHALLENGE?

The Ration Challenge is held in the week leading up to World Refugee Day — from Sunday June 14th – Saturday June 20th. You start the Challenge when you wake up on the morning of Sunday 14th and finish when you wake up on Sunday 21st (not the Saturday night).

I'M BUSY JUNE 14-20. CAN I DO THE RATION CHALLENGE AT A DIFFERENT TIME?

Yes! You can do the challenge whenever you choose. Many people do the Ration Challenge early due to work, school or family commitments.

IS THERE A VEGETARIAN/VEGAN RATION PACK?

Yes! The ingredients in the ration pack are suitable for vegans and vegetarians, except for the sardines. When you registered, you would have had the option to receive a ration pack without sardines. In place of the sardines, please source 4oz of tofu (or other protein alternative of your choice) for your ration pack.

WHY HASN'T MY RATION PACK ARRIVED?

This year you need to have received at least one donation on your fundraising page by May 29th to be eligible to receive a ration pack in the mail. Ration packs may take a few weeks from receiving your first donation to be mailed out. They will be sent to the address you entered when you registered. If you think your pack may have gone missing or been delivered to the wrong address, please get in touch.

I DIDN'T GET A DONATION BEFORE MAY 29TH. CAN I STILL PARTICIPATE?

Yes! You'll just need to provide your own rations. See page 12 for a list of what you need to buy.

CAN I BUY MY OWN INGREDIENTS RATHER THAN BEING SENT A PACK?

Yes! Please get in touch as soon as possible and we'll make a note that you'll be providing your own ingredients (note there's nothing we can do if your pack has already been mailed out).

I'VE GOT A QUESTION ABOUT THE REWARDS...

Please see page 14-15 for information about the rewards, or visit the more detailed FAQs on the Ration Challenge website. If that doesn't answer your question, please get in touch.

WHAT HAPPENS IF I SLIP UP DURING THE CHALLENGE AND BREAK THE RULES? CAN I STILL CONTINUE?

The challenge we've set is to eat the same rations as a Syrian refugee for the full seven days, and we're encouraging everyone to aim for this goal. However, if you do slip up and break a rule, you can make a penalty donation of at least \$30 to your fundraising page and then continue with the Challenge. The Ration Challenge works on an honesty policy, so only you and your conscience will know if you break the rules!

I CAN'T LOG IN TO MY FUNDRAISING PAGE

Go to rationchallengeusa.org and click the login button in the top right hand corner to access your fundraising hub. Follow the prompts to reset your password if you've forgotten it.

HEALTH & NUTRITION

WHAT IF I'M CONCERNED ABOUT THE IMPACT OF THE CHALLENGE ON MY HEALTH?

Your health is your responsibility, and you know your body best. If you are at concerned about the impact of the Challenge on your health, please seek advice from a medical professional before you start.

The calorie content of the food eaten during the challenge (i.e. the contents of the ration pack provided plus the specified additional rice and flour) is below 1738cal/person/day. This does not meet the Sphere Minimum Standard of 2,100 kcal/person/day (an initiative set up by a coalition of organizations including CWS). It is also not consistent with the daily calorie requirements recommended for an adult.

I'M PREGNANT, CAN I PARTICIPATE?

It is strongly recommended that you DO NOT take the Ration Challenge while pregnant. The suitability of the rations for the nutritional needs of pregnant women have not been assessed.

I'M UNDER 18, CAN I PARTICIPATE?

Yes, but you can only take part in the Ration Challenge as part of a school or family organised activity, fully supervised by a teacher, parent or guardian (they'll need to register on your behalf).

If you want to take part through your school, you can encourage a teacher to register your

school on the website (search Ration Challenge schools). If you are taking part as a family, parents / guardians will need to sign up for the Ration Challenge and create a team for the family. If you need additional ration packs for children, please get in touch to request them.

I HAVE / HAVE HAD AN EATING DISORDER, CAN I PARTICIPATE?

It is recommended that people with a history of eating disorders do not participate in the Challenge. As an international aid agency, CWS is not equipped to provide adequate support to people affected by eating disorders. If the Ration Challenge is triggering for you in any way, you can contact the [Butterfly Foundation's National Helpline on 1800 33 4673](https://www.butterflyfoundation.org.au) or visit [thebutterflyfoundation.org.au](https://www.butterflyfoundation.org.au)

CAN I EXERCISE DURING THE CHALLENGE?

Due to the low calorie content of the rations, we don't recommend that you engage in strenuous physical activity during the Challenge. If you exercise regularly in normal circumstances, we recommended that you reduce the level of physical exertion during the Challenge.

WHAT IF I FEEL ILL DURING THE RATION CHALLENGE?


Caffeine withdrawals, hunger pangs, tiredness, and hangriness are common symptoms of the Ration Challenge. But your health is your responsibility, and you know your body best. If something doesn't feel right, stop the challenge immediately and check in with a doctor.

YOUR IMPACT

WHERE DOES THE MONEY GO?

The money you raise will provide food rations, medical care, education and critical services to refugees living in Jordan and displaced people throughout the world through CWS. CWS has programs in Africa, Asia, the Middle East, Eastern Europe, Central and South America and in the U.S. Find out more about the incredible difference you're making at www.cwsglobal.org.






"I am strong because of love; I want my children to be in a better place. I always encourage and support them to study to change their present and create a better future."
Rima

LET'S DO THIS

There is no Ration Challenge without you. Every year this community grows because you are raising awareness, telling your friends and inspiring more people to get involved. Thank you for being part of this movement for change, and for your incredible commitment to communities around the world.



“To refugees, a donation isn’t just about the fact they may get rice every week. It’s the fact that they know people out there still care about them. You’re saying to refugees, ‘there are people in this world that still care about you.’”

Sally Thompson MBE,
CWS’ partner in Thailand



Church World Service is a faith-based organization transforming communities around the globe through just and sustainable responses to hunger, poverty, displacement and disaster. Charity Registration number: 13-4080201