

ToolKit Guide

ABOUT CARITAS Ks

Every day, millions of individuals around the world need to cover many kilometres to fetch water, obtain food, get to school or market, or flee from natural disaster or conflict. In an act of solidarity, we are encouraging schools, parishes and organisations to host a Caritas Ks or Walk for Water event.

Did you know? 282 million people, mostly women and girls, need to walk over 30 mins to collect water from an improved water source, while a further 489 million people don't have access to an improved water source at all. *

WHAT IS CARITAS Ks?

Individuals, teams & organisation take up the challenge to walk, run, swim or cycle a set distance to raise funds for Caritas Australia.

It can be as simple as walking or running around the school or local oval. Participants could carry a bag of rice, a bundle of firewood or buckets to collect water.

Add a Water Walk to your event – collect and carry water to show solidarity with young people and women who spend millions of hours each year collecting water. Students could carry buckets to a designated water point (tap) to fill their container. They might need to wait in line for a while, but this is the reality for many people who need to wait for hours in line when there is only one water point for hundreds of people to share.

*[State of the World's Drinking Water 2022](#)

TIPS

- Turn your school walkathon or cross country event into a Caritas Ks fundraiser.
- Use our Caritas Ks resources to enhance your event.
- Share the case studies in the Caritas Ks toolkit to combine awareness raising with your Caritas Ks event.
- Get sponsored to walk or cycle to school or work for a week.
- Track your steps during Lent, aim for 10,000 steps each day and ask your friends and family to sponsor your steps.

Event Guide

BEFORE

- Walk/cycle the course to determine:
 - how many markers are needed and how will you fix them in place
 - how many martials/supervisors are needed and where will they stand
 - access to water if a long course.
- Complete a Risk Assessment.
- Create a map of your course.
- Determine if participants will carry buckets of water, bundles of firewood, bags of rice etc.
- Promote the event at school, through school newsletters and social media.

DURING

- Start with an Acknowledgement of Country.
- Welcome participants.
- Remind participants why we they are completing Caritas Ks. Share a case study from the Caritas Ks toolkit.
- Use the Project Compassion prayer. You might invite your parish priest to offer a blessing before beginning.
- Explain the course and any actions they will be doing such as collecting water if relevant to your event. Ensure everyone knows where they can access drinking water and rest if necessary.
- Take photos/videos and email them to education@caritas.org.au
- Thank everyone for taking part.

AFTER

- Give out a Certificate of Appreciation to participants.
- Forward donations (if not using online fundraising) to Caritas Australia.
 - Call our Supporter Care Team on 1800 024 413 to make a direct deposit.
 - Donate online using a credit card.
 - Post a cheque made out to Caritas Australia to GPO Box 9830, Sydney NSW 2001.
- Share the total amount raised.
- Share testimonials about the event with your community.
- Share photos with your community and Caritas Australia. (Ensure permissions are in place). If sharing on your school social media, please tag @CaritasAust and use #caritasks or email photos to education@caritas.org.au

Caritas Ks stories



The Echuca community come together each year for their Caritas Ks event in the centre of town. The parish community as well as St Mary's Primary School and St Joseph's Secondary College all put their compassion into action by walking in solidarity with those who travel many kilometres each day for water, firewood, to get to school, market or to see a doctor. School groups, couples, families and individuals arrived at various intervals during the day to do their laps.

A 1000 litre container of water was set up in the Church forecourt. For women and girls, in many countries of Africa and Asia, the average distance walked each day for water is 6 kilometres, carrying 15-20 litres. The distance around the Church block is 600 metres so 10 laps was equal to 6 kilometres!

In addition, a small cooking fire was burning reminding walkers that women and girls also had to walk for firewood.

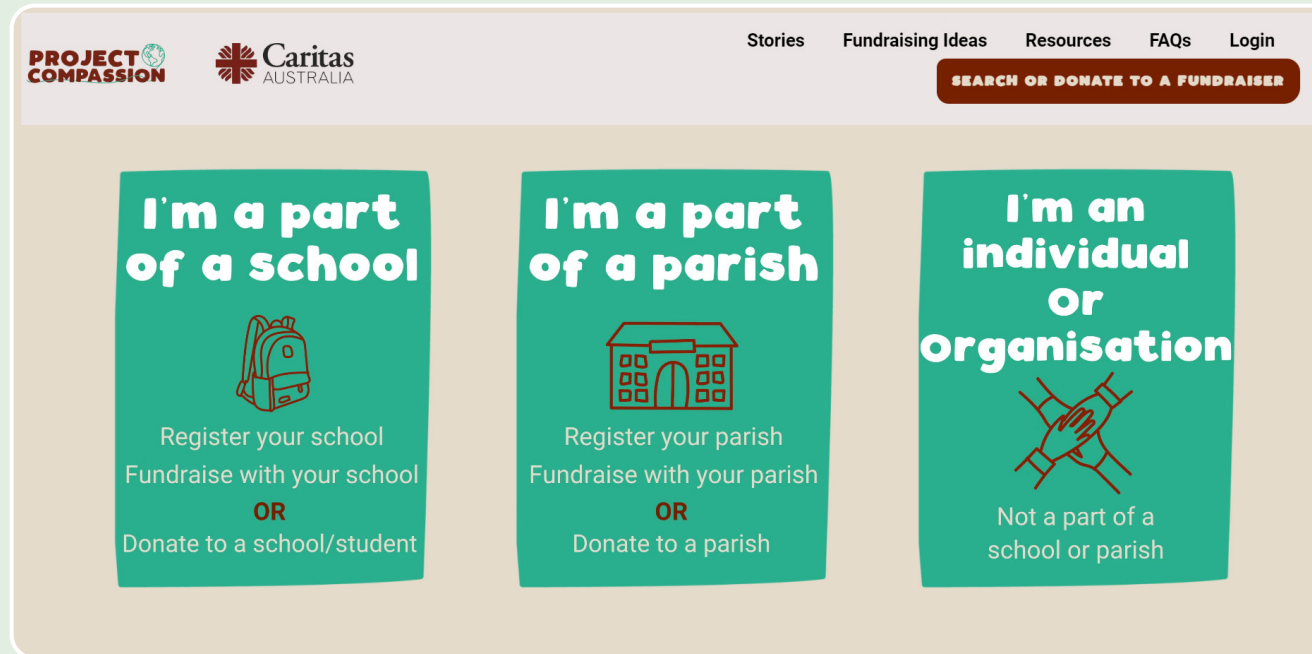
This meant walkers could fill a bucket or pick up a bundle of sticks to really engage in solidarity.

Justice leaders from St Joseph's ran a cake stall, handing out Project Compassion brochures to passers-by ensuring more people in Echuca now know about the work of Caritas Australia.

The event was a big success! Raising awareness amongst participants of how lucky they are in this country; raising awareness amongst the wider Echuca community of the transformative work of Caritas Australia; building the community spirit in what is already a very active parish; and raising much needed funds for Caritas to continue transforming lives.

Setting up your online fundraising page

Visit fundraise.projectcompassion.org.au



The screenshot shows the Project Compassion fundraising page. At the top, there are logos for Project Compassion and Caritas Australia, along with navigation links: Stories, Fundraising Ideas, Resources, FAQs, and Login. A prominent button reads "SEARCH OR DONATE TO A FUNDRAISER". Below this, there are three main options for fundraising:

- I'm a part of a school**: Register your school, Fundraise with your school, OR Donate to a school/student. (Icon: Backpack)
- I'm a part of a parish**: Register your parish, Fundraise with your parish, OR Donate to a parish. (Icon: Church building)
- I'm an individual or organisation**: Not a part of a school or parish. (Icon: Two hands shaking)

SCHOOLS & PARISHES

1. CLICK 'school' OR 'parish' button.
2. SELECT 'Sign up your school' or 'Sign up your parish'.
3. SEARCH for your school or parish name.
4. COMPLETE your user account information.
5. CLICK 'Next' to finish creating your school/parish profile.

INDIVIDUALS

1. CLICK 'Individual' button.
2. SELECT 'Sign Up'
3. COMPLETE your user account information.
4. CLICK 'Next' to finish creating your fundraising profile.

what your dollar can do!



- ♦ **\$25** can support one community member in the Philippines with a vertical garden where the harvest can be eaten or sold.
- ♦ **\$50** can support a young person in the Philippines to attend the Alternative Learning System program so that they can go back to school.
- ♦ **\$65** can provide a goat for a family living in rural Malawi.
- ♦ **\$100** can provide water tank maintenance training so that people in Samoa can have sustainable access to clean, safe water.



- ♦ **\$100** can support local health workers in the Philippines to run a small pharmacy that administers essential medicine to the community.
- ♦ **\$150** can provide a family in Malawi with a safe toilet to help eliminate cholera during rainy months and cyclone season.
- ♦ **\$300** can supply a school latrine to support students' sanitation and safety in Malawi.



- ♦ **\$500** can help provide hygiene training for a school in Samoa so that they have the knowledge to prevent more illness.
- ♦ **\$4,000** can provide a 10,000 L water tank installation to a school with a stand-alone water harvesting system in Samoa so that students can access clean, safe water.
- ♦ **\$6,000** can provide a community in Malawi with a drinking water borehole and hand pump which can supply 100 people with water for many years.

Supporting Materials

Event Poster - A3



Case study Posters - A4



Markers - A4



Certificate - A4

