Ration Challenge

Student Guide

Rations, rewards, recipes and everything else you need to know to take the Ration Challenge.
Welcome to the Ration Challenge community! You’re joining thousands of students, living on refugee rations, raising money for refugees and learning about this important issue.

Together, we’ll be making a real difference to the world’s most vulnerable people. And there’s never been a more important time to do it. Right now, there are more refugees and displaced people around the world than at any time since World War II – and more than half of these are young people just like you.

By taking this Challenge you’ll be raising funds to provide refugees with food and medicine and giving them access to schooling. You’re showing them that they’re not alone. And you’re showing that young Australians are prepared to do what it takes to help others in their time of need.

Thank you for being part of this movement for change!

Over 25,000 people have taken the Challenge so far.

2018 is the first year for schools. Which means – you’ll be one of the very first students to take part!

You are now officially part of an Australia-wide group of students taking the Ration Challenge – students who are passionate about making a difference.

In this booklet (and on the ‘For students’ section of the Ration Challenge schools’ website) you’ll find the low-down on the rations, rewards, recipes and everything else you need to know to have the best possible Ration Challenge experience and make the biggest difference you can. Make sure you share this booklet (and the link to the website) with your support crew including parents or older siblings so they can help out.

Good luck!

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P.12+ Learn about refugees and your impact – flip this booklet over to learn more about refugees and how the money you raise can make a big difference!
So here’s what the Ration Challenge is all about:

**1. Live on rations**
During Refugee Week, 17-24 June 2018, we’re challenging you to eat and drink the same as a Syrian refugee living in a camp in Jordan, based on food packs distributed by Act for Peace. No chocolate, soft drink or canteen treats. Can you do it?

**2. Learn & take action**
Learn more about the global refugee crisis. Ask all your friends and family to sponsor you in the Ration Challenge. Share your experience with your friends, family and school community.

**3. Make a difference**
The money you raise will provide food, medicine and education to refugees; and support other communities around the world threatened by conflict and disaster. You’ll be learning more about this important issue and raising awareness in your school.

**Ration Challenge goals**
By taking up the Ration Challenge, you’ll strive towards these goals during Refugee Week:

- Living off only my rations (and earned rewards) for the duration of my Challenge.
- Drinking a lot of water to keep my body hydrated (and only water until I unlock my rewards!)
- Aiming high and working hard to raise funds to support refugees around the world.
- Sharing the stories of refugees to make their stories heard.

It’s important that you take up this Challenge as a goal for the week, but if things change, it’s ok for you to pause the Challenge or stop completely. Talk to your parents or teacher straight away if you start to feel unwell during the Challenge or if anything happens that makes you feel upset.

More questions? Check out our ‘For students’ page at rationchallenge.org.au/students
“Refugees have to flee because of war and they don’t have a choice. We’re lucky to be in this country because it’s a lot safer than many places.

It will be hard to live on rations but I want to try it. I think by taking the Challenge, I’ll learn about what it’s like to be someone who has to do this every day.”

- Anton, Mornington Secondary College
What’s it like living on rations?
You’re about to find out! Your ration pack will contain the same food as a Syrian refugee receives in a camp in Jordan. You may get a shock – it’s not much!

5-day Challenge
(Senior students yrs 10-12)

<table>
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<th>Food</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Rice</td>
<td>420g</td>
</tr>
<tr>
<td>Lentils</td>
<td>120g</td>
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<tr>
<td>Dried chick peas</td>
<td>60g</td>
</tr>
<tr>
<td>Tinned sardines</td>
<td>125g</td>
</tr>
<tr>
<td>Tinned kidney beans</td>
<td>400g</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>215ml</td>
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3-day Challenge
(Junior students yrs 7-9)

If you’re a junior student taking part, you’ll receive a 5-day ration pack but you’ll only need 3 days’ worth of food. Remove the extra food and use it another time (ask an adult for help if you need it).

Don’t forget your coupons (aka: your pantry!)

In your ration pack, you’ll also find two food ‘coupons’ for additional rice and flour.

They are representative of the coupons many refugees are given by the UN or other organisations that can be exchanged in local shops for essential staple foods, such as rice and flour.

To recreate your refugee experience, buy an additional 950g of rice and 285g of plain flour if you’re taking the 5-day Challenge, or 400g of rice and 170g of plain flour if you’re taking the 3-day Challenge, and add these to your rations.
Refugees are resourceful people who do their best to find ways to earn extra money and provide for their families. It is hard for many refugees to work because in a lot of countries this is illegal. However, some refugees are able to find ways to support their families through programs run by NGOs (non-governmental organisations) such as Act for Peace.

For example, we run training courses to teach women how to make handicrafts. They then sell or trade these handicrafts through local markets, and are able to earn money to buy extra food for their family to add to their rations.

Between school and taking part in the Challenge, you won’t have time to make and sell handicrafts to supplement your rations like refugees do. So instead we’ve set up a system of rewards where you can ‘earn’ extra ingredients by working hard on your fundraising.

Reach the following fundraising goals and add these rewards to your rations!

- **Get your 1st donation**
  - Earn your ration pack
- **Raise $100**
  - Sugar (50g)
- **Raise $200**
  - Vegetable (150g)
- **Raise $300**
  - Spice for the week
- **Raise $350**
  - Milk (100ml)
- **Raise $500**
  - Choc malt (3tsp)
- **Raise $750**
  - Protein (80g)
- **Raise $1,000**
  - Ration Challenge tote bag

Take these actions to earn a reward for everyone in your team!

- **Hold a talk at assembly promoting the Challenge**
- **Salt & pepper**
- **Hold a school fundraising event during Refugee Week**
- **Hot or cold drink of your choice (330ml)**
- **Raise over $5,000 as a team**
  - We’ll invite you to an exclusive online event to meet our team and learn how your school is making a difference

*Rewards are so important during Ration Challenge week! You get the worst cravings, so the more rewards you can earn the better.*

— Hannah, Pussy

Have questions about the rewards? Jump online to the ‘For students’ section for rules and ideas!
GET COOKING

You’ve got your rations, now what?! Syrian refugees have shared with you the recipes they use in the refugee camps to make the most of their rations. Ask an adult to help with your cooking if you need and tell them to visit the ‘For parents’ section of the website for tips and resources.

Maya’s lentil soup

- 170g lentils
- Water (2:1 ratio)

Wash the lentils in water before starting to cook. Place in a pot, fill with water and bring to the boil.

Simmer and cook for 30 minutes.

Once lentils are soft, drain water and place mixture in a food processor. Mix until it makes a soup-like consistency. Add water if needed to make the consistency you would like.

Fatima’s flatbreads

- Flour
- Cold water
- Oil for frying

Mix flour and cold water together until you make a soft and sticky dough, the consistency that can be rolled.

Lightly sprinkle a little bit of flour on to a chopping board. Place the dough on to the board and knead until the dough is no longer sticky.

Leave to rest for ten minutes, covered with a damp cloth.

Separate the mixture into handfuls and flatten.

Fry in a little oil in a pan, flipping the bread to brown both sides.

Note: You can also add extra water to make a pancake-like consistency and make crepes instead of flatbread.

Safe cooking

The way we cook our food is as important as the way we prepare and store it. Inadequate cooking is a common cause of food poisoning. Cross contamination from raw to cooked foods, such as from hands or utensils, can also cause food poisoning. Food in the ration pack should be cooked thoroughly to kill the types of bacteria that could give you food poisoning.

When cooking the rations, make sure you ask for the help of an adult (or your assigned teacher). Food should be cooked to a temperature of at least 75°C or hotter. When food is cooked, it should be eaten promptly, kept hotter than 60°C, or cooled, covered and stored in the fridge or freezer. Special care should be taken especially when preparing, cooking and storing rice.

Only eat rice that has been freshly cooked or has been in the fridge in a closed container.

Staying healthy

The Ration Challenge is tough, really tough. The most important thing is that you stay healthy. If you feel unwell at all during the Challenge, make sure you stop right away and let an adult know immediately.
Team up to tackle it together

One of our best pieces of advice to you is to ask your friends to join the school team:

“...team up so you can share ingredients as well as support each other when you have rice-brain.”

We are better together. Cooking together. Missing sugar together. And of course, fundraising together.

Teamwork is really important during the Ration Challenge. In your school team you could organise sharing all of your rewards. You could do a ‘reward swap’ at class one day and exchange your least favourite food for someone else’s favourite. You can also help each other fundraise by sharing tips or starting a group chat to exchange ideas.

If you hold an assembly at your school to promote the Challenge and ask more people to sign up you’ll earn some salt and pepper for all of your team mates to enjoy during Ration Challenge week! Everyone will appreciate it heaps for earning them an extra bonus item.

Organise an event at school to grow your team!

A great way to grow the school’s Ration Challenge team is to hold an assembly to ask others to join, or hold a stall during lunchtime.

Get together a small group of friends and give each person a role in helping to organise this. Ask your teacher or parents for help!
The Ration Challenge is about students like you taking action to support refugees. The money you and your school raise will provide food, medicine and education for refugees and will also be supporting other vulnerable communities around the world. And by sharing your experience with your friends and family, you’ll be helping them learn more about what refugees go through and encouraging people to do more to help.

To support you with all this, we’ve put together a bunch of great downloadable resources, including posters, meal plans, recipes and some fact sheets so you can learn more about the refugee crisis. You can view and download these on the ‘For students’ section of the website.

Follow these tips and you’ll be amazed at how simple it is to make a difference!

1. **Get social**

   Share the link to your Ration Challenge fundraising page (your teacher or team leader can give this to you) and let everyone know you are taking part. Use all the social channels you have – share your page on Facebook, post a video on Snapchat, add your fundraising page link to your Instagram profile page and create a WhatsApp group or Facebook group with all your friends who are taking the Challenge to share tips.

2. **Ask your family to sponsor you**

   Ask your parents (and grandparents or older siblings) to help you fundraise. Give them your fundraising link and ask if they will email their friends and work colleagues or post it on Facebook to support you.

3. **Thank people**

   Be sure to say a huge ‘thank you’ to your generous friends and family. Tag them in your social posts and do your best to hand-write a little ‘thank you’ note to each of them.

4. **Ask for this amount**

   When you ask your friends and family to sponsor you, it is really helpful to let them know how their money will be used. If you’re asking an adult to sponsor you, ask them to consider a donation of $64 – that’s enough to provide two weeks’ of food rations for a family in Jordan.

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GET PREPARED

What’s it like taking the Ration Challenge? How do I fundraise? We asked some of the Ration Challenge team for their top tips for students taking part this year. Follow these tips to smash the Challenge!

Get the support of adults

“The best way to raise a lot is to ask adults in your family to be your support crew and help you raise. Print off a few posters from the website and ask them to put them up at work, give them the link to your fundraising page and ask them to share it with their friends. They’ll feel good about helping you and you can both feel good about raising more funds to support refugees!”

- Matt

Earn precious rewards before the Challenge starts

“I have taken the Challenge three times and my top tip is to start fundraising early so you can earn rewards before the Ration Challenge starts. The more money you raise the more rewards you earn. Not only can you earn food rewards for the Challenge, but there is an awesome tote bag up for grabs for the best fundraisers.”

- Claire

Reach out to your community

“Are you part of a sporting team? Or local club? My best tip is to ask them for sponsorship! Ask the club if you can print off posters and put them up to spread the word! You could also ask them if they could include a short write-up about what you are doing on their email newsletter or Facebook page.”

- Laura
Planning for the Ration Challenge

Make it an easier week for yourself
If you usually have sport or other physical activities through the week, remember that ration meals will probably reduce your energy levels from what they normally are. Make sure you plan well to make it an easier week for yourself – the most important thing is to stay healthy.

Plan your meals and get to know the recipes
Why not practise a couple of simple recipes early to get a little more experienced in the kitchen – you’ll impress mum and dad, and can ask them to sponsor you for each meal you cook for the family in the lead up to the Ration Challenge week!

Get your whole school involved
Think about what you can do to make an even bigger impact by mobilising your whole school. Get some friends together and organise a fundraising event in the school, plan to host a talk or speak in assembly about the issues facing refugees, or even take the lead in running the school’s Ration Challenge with the support of your teacher.

Stay healthy
If you feel unwell at any time during the Challenge, make sure you stop immediately and talk to your support person and see a doctor. Your health is the most important thing!

Support crew resources
Ask your support crew to jump online and visit the ‘For parents’ section of the Ration Challenge schools’ website. The following resources will be available for them:

- Nutritional information and health advice
- FAQs
- Educational resources
- Fundraising resources
- Fact sheets
- Recipes and meal plans

FAQs
Concerned about how healthy it is to eat rations? Want to know how to cook the food? What are the rewards? Jump online for the answer to all of these questions and more! Make sure you’ve passed on these details to all of your support crew so they can read more information online: rationchallenge.org.au/students
GLOBAL REFUGEE CRISIS

Right now, there are more refugees and displaced people around the world than at any time since World War II – 65.5 million according to the UN Refugee Agency (UNHCR). Of those, nearly 22.5 million are refugees (people who have been forced to leave their country to escape war, persecution or a natural disaster such as an earthquake, drought or famine). That’s nearly the entire population of Australia!

Behind all of those big numbers are strong people – elderly people who’ve lost their lifelong homes, loving families struggling to meet their most basic needs and children just like you unable to go to school.

Refugee:
Refugees are forced to flee from their country and cannot return safely unless the situation that forced them to leave improves. Some are forced to flee without any warning and have to leave everything they own behind.

Asylum seeker:
An asylum seeker is a person who has sought protection as a refugee, but whose claim for refugee status has not yet been assessed. Under international law, a person is a ‘refugee’ as soon as they meet the definition of refugee, whether or not their claim has been assessed.

Learn more about the refugee crisis on the ‘For students’ section of the website.
Refugees come from all over the world but the highest refugee population is from Syria. The people of Syria have been caught up in almost seven years of bitter internal conflict in their country. During that time, hundreds of thousands of people, many of whom are teenagers like you, have been injured or killed, towns and cities have been reduced to rubble and over 5.4 million Syrians have been forced to flee for safety.

Life is a daily struggle for these people and it is hard for them to find enough food, access medical care and go to school.

There are lots of resources online to learn about refugees and discuss this important issue with your family and friends or in class. Visit the ‘For students’ section of the website and let your parents know they can access them too in the ‘For parents’ section!

"We really enjoyed walking together as a family in the park, watching the sunset. We used to do this every day when we were back home in Syria.

Life after the war would never be the same... Usually you hear the sound of the bomb before it comes. We heard it and looked up at the sky to see where it would fall but it was coming towards our house. When we ran outside our neighbours building had been destroyed. It was very tragic, everything was destroyed, all of their belongings and their house. But thank God no one died. That day we left Syria."

Maya, a Syrian mother living in Souf Refugee camp, Jordan

"Before the war, we used to be very happy. We used to go to school every morning and have fun with our friends. My life in Jordan is very lonely and nothing can make it as it was before. Nothing will take the place of my home, my friends or my family. The only thing we want now is to live in peace and for things to go back as they were before."

Samira, 14 years old from Homs, Syria
DREAMS OF BEING A DOCTOR

Over the last four years since the Ration Challenge began, we have met many incredible refugees who have shared with us their stories. Many of them have been young people just like you. Omar is one of them.

Omar is 11 and has two brothers and three sisters - all living together with his parents in the refugee camp.

He remembers the time he was in Syria as full of fun – always doing great new things. His family was always together, having fun and doing lots of activities just like anyone in Australia. But things are different for them all now.

Omar’s memories of the war breaking out are vague, but what he remembers most clearly is the feeling of fear. His family fled Syria together, a journey that saw them risk their lives and lose most of their possessions. Despite everything they lost, Omar told us how grateful his family are that they did not lose each other.

Omar and his family now live in a refugee camp. He says that there is no longer much happiness in his family, so he spends his time trying to study hard and focus on the good memories, rather than his memories of the war. He hopes to become a doctor one day so he can help everyone have access to medicine and care.
By taking part in the Ration Challenge in your school, you’ll be raising funds to support people fleeing violence and conflict in Syria – people like Omar.

You’ll help provide families with food, medical care, household items and psychosocial support. And most importantly, you’ll be helping them find the physical and emotional strength they need to cope with the horrors they’ve suffered, and the hardships of life as a refugee.

$512 Emergency food rations
Can provide food rations (the same food you’ll be eating during the Challenge) for two Syrian refugees for an entire year, ensuring they have enough to eat.

$680 Girls’ education
Enough for a girls’ education course, where girls learn empowerment skills, improve their confidence, and start to come to terms with their trauma.

$1,135 Livelihoods training
A training course to teach vulnerable women how to start their own business so they can support their family and gain independence.

$3,307 Life-saving medical care
Can fund a community medical day, enabling 250 refugees to access life-saving treatment.
Changing lives around the world

By taking the Ration Challenge in your school you’ll also be supporting other conflict- and disaster-affected communities. You’ll be supporting Act for Peace’s humanitarian response, sustainable development and advocacy programs around the world.

Learn more online and ask your teacher and support crew if you can discuss anything you want to know more about.

Zimbabwe
Providing seeds, training and tools for farmers in drought-prone regions so they can grow enough food to feed their families.

The Pacific
Helping communities in Tonga prepare for disaster, ensuring people stay safe and have access to food and water during a crisis.

Pakistan
Giving girls a brighter future through improved access to quality education.
HOW TO FUNDRAISE TO MAKE A DIFFERENCE

Fundraising may seem intimidating at first or you may feel nervous. You can feel confident about taking part in the Challenge because you will be helping refugees around the world. Even small amounts make a huge difference!

Follow these tips and ask people if they will sponsor you for the amounts on the right hand side of the page.

- **Ask people in creative ways**
  Make videos, hold an event at school... the possibilities are endless! What can you think of?

- **Tell people where their money will go**
  When you ask your friends, family, sports clubs or people at school to sponsor you, it is really helpful to let them know how their money will be used.

- **Share your story!**
  Take people on the journey with you through the Ration Challenge week. Once people see the challenge you’re taking on, they’ll be so moved by your own dedication that they’re sure to support you.

- **Always include your fundraising page link**
  Get it from your teacher or team leader or search for your name online at school.rationchallenge.org.au/search

From little things big things grow and the millions of dollars raised during the Ration Challenge are made up of thousands of smaller donations from people like you.

- **$64 Food rations**
  Feed a family like Lilia’s or Aida’s for two weeks.

- **$144 Education**
  Help a child access education and counselling in a refugee camp for 2 months, enabling them to keep up their studies and receive support to cope with trauma.

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Act for Peace is the international aid agency of the National Council of Churches in Australia. ABN 86 619 970 188