

# Empowered to Prosper

We frequently hear about poverty in the developing world – the billions of people who have no access to clean water or health care or do not have enough nutritious food to eat. It is difficult to imagine what their lives must be like, or why they are so drastically different from our own lives in Canada.

The causes of poverty are complex. Families become trapped in relentless cycles of poverty, making it difficult for them to build better futures for themselves or their communities. *Empowered to Prosper* is designed to provide youth with a look into the lives of five families from different parts of the world.

*Empowered to Prosper* aims to help young people understand how they can make a difference – either through support of Presbyterian World Service & Development or by making changes in their day-to-day lives. *Empowered to Prosper* is based around real-life PWS&D programs that work collaboratively with communities to address the root causes of poverty and promote sustainable development.



## Why are People Hungry?

You might be surprised to learn that it is often the people who grow food who are hungry. Up to 80% of the world's poor depend on farming to earn an income and feed their families.

People experience food insecurity when poverty, war, poor health and climate change keep them hungry.

How can we help people become more food secure? A lot of strategies are needed: poverty alleviation, teaching new agriculture techniques, helping farmers sell and market their produce, and reducing vulnerability to climate change and price hikes for food and seeds.

## What is Sustainable Development?

Sustainable development is one approach to poverty reduction that aims to help people become self-sufficient and take care of themselves over the long-term. It addresses the underlying causes of poverty such as climate change, gender inequality and lack of access to food, education and health care. Sustainable development also means meeting the needs of the present without compromising the ability of future generations to meet their own needs. This includes taking care of the environment and efficient use of local resources.

## Exploring Challenges in Development

- ◆ Our world is made up of 7 billion people. Of them, 2.2 billion are children and nearly half (1 billion) of them live in poverty.
- ◆ 870 million people do not have enough to eat. That means roughly 12/100 people in the world do not have enough nutritious food for a healthy life.
- ◆ 1.1 billion people do not have access to clean water and proper sanitation. This leads to water-related disease and illness.
- ◆ 759 million adults are unable to read a book or sign their name and 67 million children are not in school.
- ◆ 70% of the world's poor are women and girls. If women were given the same access to resources and education as men, the number of hungry people in the world could be reduced by 150 million.

## Responding with PWS&D

Presbyterian World Service & Development is the international development and relief agency of The Presbyterian Church in Canada. PWS&D works with partners overseas and Canadians here at home to help communities recover from emergency situations and provide new futures of hope for vulnerable people.

Here's how Presbyterians are making a difference in our global village:

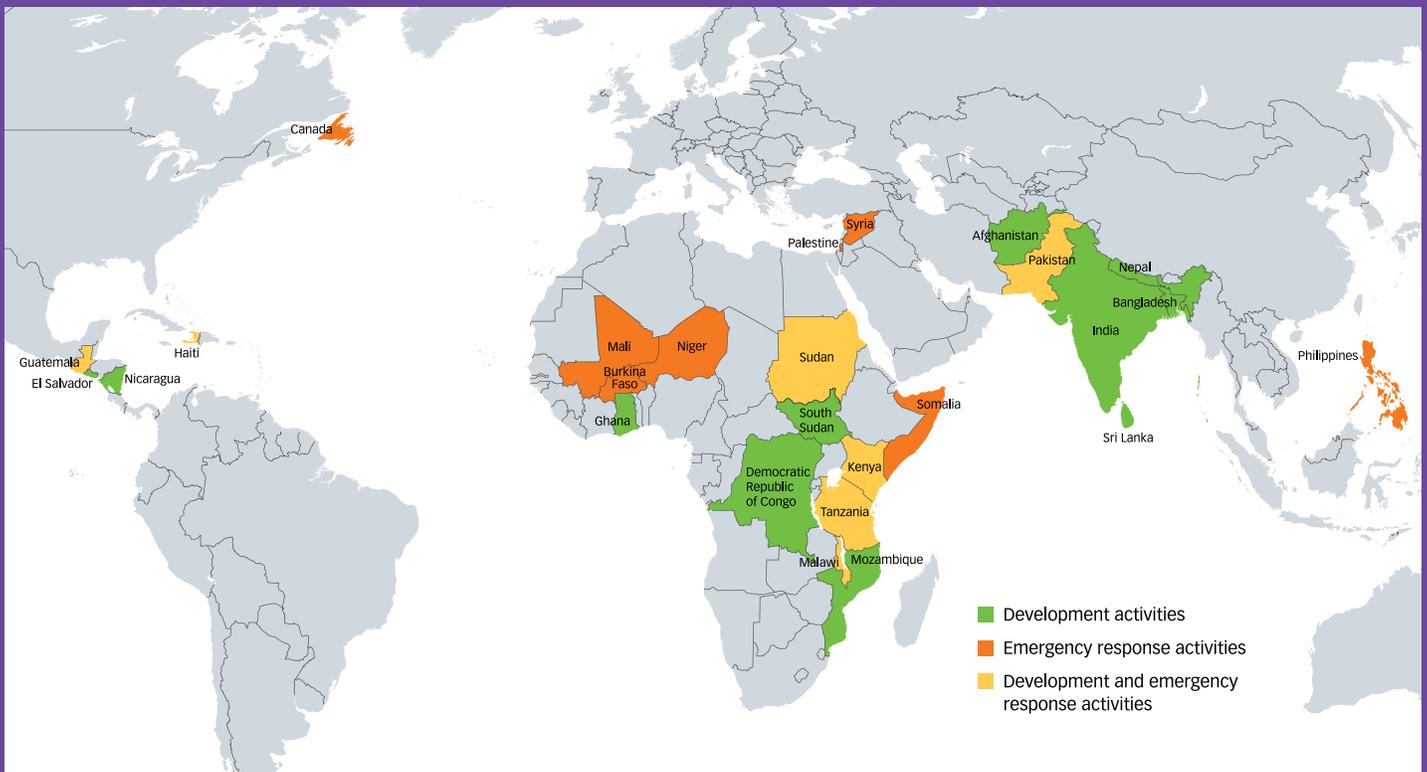
- ◆ Emergency relief is provided in times of conflict, and natural and human-caused disaster.
- ◆ Health care programs ensure children can begin life with a strong start.
- ◆ Communities learn how to increase crop yields.
- ◆ Communities access clean water through programs that construct wells and teach proper sanitation.
- ◆ Women are empowered to save for the future and start small businesses.
- ◆ Orphans and vulnerable children receive an education.
- ◆ People living with and affected by HIV and AIDS are cared for.
- ◆ Injustices are combated through a shared commitment to human rights.
- ◆ Refugees to Canada are rebuilding their lives with support from Canadian congregations.

## Watch “We Respond. Together”

To introduce youth to the topic of international development and the work of PWS&D, watch “We Respond. Together” before playing the game: <http://bit.ly/1hX6KF4>



## Responding Around the World



## Playing Empowered to Prosper

*Empowered to Prosper* takes place in five countries: Afghanistan, Malawi, India, Guatemala and Tanzania. Representing families living in these countries, players will experience the everyday realities of poverty.

**Who Can Play:** *Empowered to Prosper* is aimed at youth ages 13-20 and is designed to be played by five individuals. If you have more than five players, create teams or run separate games.

**Getting Started:** As a group, read the background information about sustainable development and the work of Presbyterian World Service & Development. All players are provided with a family profile that includes details about their country and day-to-day life. Players should share these profiles with the group.

### How the Game Works:

Take turns rolling the dice and traveling along the game board. The dice will ask players to select a setback or step-forward card that reflect real life scenarios families in the developing world face on a regular basis.

Setback cards include scenarios such as waterborne illnesses and natural disasters that affect a family's ability to prosper. Step-forward cards give families the opportunity to better their life by learning new farming techniques, accessing health centres or participating in literacy training.

After each round, players are encouraged to reflect on what happened.

The player who reaches the end of the game first, "escapes poverty."



## Reflecting on Empowered to Prosper

At the end of the game, ask participants about their experience as a family in a developing country. How have their perceptions about poverty changed? In what ways does it relate to their lives here in Canada? Encourage youth to refer to their country sheets and any notes they took during the game.

1. How would you describe your family's life before the game started? How did your end position compare?
2. What were the biggest setbacks your family encountered? How do you think these challenges would affect families in real life?
3. What development challenges do you consider to be the most significant? (i.e. access to health care, climate change etc.)
4. What role do you think gender plays in development, if any?
5. How important do you think training is to help families improve crop yields, earn income or cope with natural disasters?
6. After playing the game, have your feelings about global poverty changed at all? How so? (Try to draw out conclusions such as: you can work hard and still be poor, people often have little control over what makes them poor, poor people are especially vulnerable to environmental, social and economic changes, such as droughts, flooding, war, or price increases.)
7. What are some other realistic strategies for improving people's livelihoods?
8. Consider the differences between your own lifestyle and the family you played. How do you think our lifestyles in Canada and other developed countries can affect those in developing countries?
9. What can we do to change our own lifestyles to make the world a better place?

## Respond With Us!

1. **Raise money for PWS&D:** Your support makes the life-changing work of PWS&D possible. Promote the work of PWS&D in your church or organize a fundraiser. For more information on how you can get involved, visit [WeRespond.ca/get-involved](http://WeRespond.ca/get-involved).
2. **Advocate:** Help raise awareness about poverty and justice issues. Take action on behalf of those in need. You can help PWS&D tackle issues such as Canada's development budget, climate change and global hunger. To see different advocacy initiatives PWS&D is undertaking visit [WeRespond.ca/category/advocacy](http://WeRespond.ca/category/advocacy).
3. **Respond Locally:** Poverty is interconnected. The food and clothing we choose to buy and how we use our resources can affect people in developing countries. Make a difference by making small changes in your own life. Buy fair trade or locally available produce when possible. Take steps to minimize the amount of electricity and water you use. Choose to walk, bike or take public transit more often to reduce harmful greenhouse gas emissions. Poverty exists in Canada as well. Get involved with your congregation's local outreach, as well as community food and clothing banks.

# Malawi



Your husband died a few months ago. Your doctor confirmed he was HIV positive and encouraged you to get tested as well. After your results came back positive, you struggled with the initial shock, but you were still healthy enough to care for your three children. But as time goes on, you are becoming weaker.

To help provide for the family, your oldest son Samuel drops out of school. He now works in the field to grow vegetables and does odd jobs for neighbours, even though what he really wants is to become a mechanic.

Things are looking up. With support from PWS&D, you are now accessing anti-retroviral medication and receive regular visits from a home-based care volunteer. You start to feel like you have a new lease on life.

You recently heard about a PWS&D program that is helping women start savings groups to begin small businesses. The program is also providing youth with vocational training so they can find employment. If you and Samuel can take part in the *Building Sustainable Livelihoods* program, it could really make a positive change in your lives.



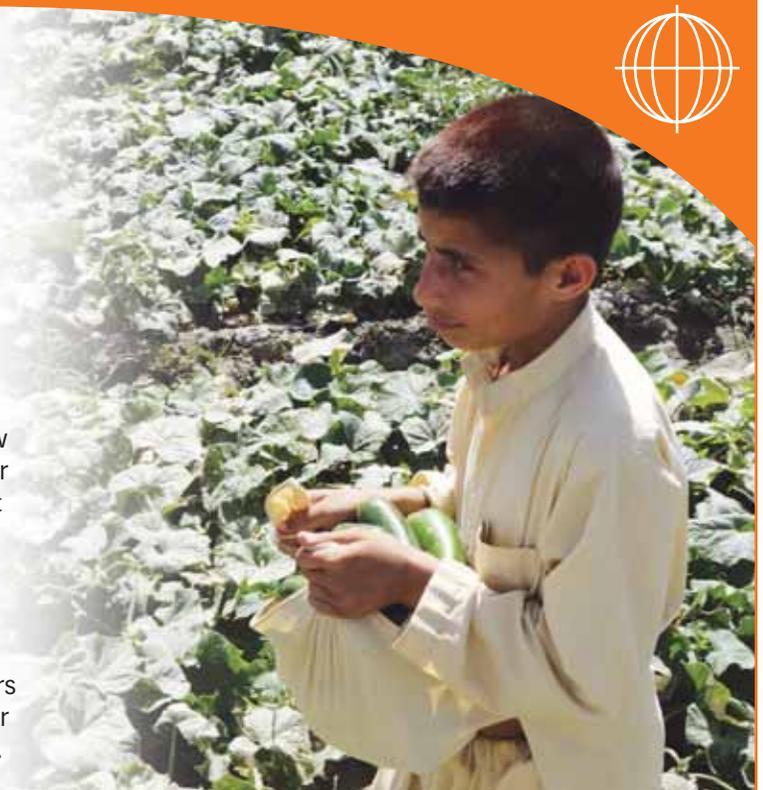
# Afghanistan



You take great pride in your three-acre plot of land. On it, you grow wheat, rice, corn, beans, spinach, turnip, okra and cucumber. In a good season, you grow enough to feed your wife and five children and sell the extra produce at the market to cover other household expenses. However, you're experiencing frequent droughts and the cost of seeds and fertilizer are rising rapidly.

Your wife, Grana, is pregnant with your sixth child. After she experienced a miscarriage during her last pregnancy, you know just how important regular check-ups are. However, you live far away from the nearest health facility and worry that you won't be able to afford the medical costs for the new baby.

You learn that PWS&D is building six new health facilities and training female health workers. You are thankful for the new services and have already scheduled Grana for a pre-natal check-up. Another PWS&D project is working to provide farmers with seeds, fruit trees and fertilizer. You hope to be selected for the project; it could really make a positive change in your lives.





# Malawi



Population: **16.7 million**  
Life expectancy: **55**  
Average years of schooling: **4.2 years**  
Human Development Index<sup>1</sup> rank: **170/187**

<sup>1</sup> The Human Development Index measures well-being as it relates to health, education and income.



# Afghanistan



Population: **33 million**  
Life expectancy: **64**  
Average years of schooling: **3.1 years**  
Human Development Index<sup>1</sup> rank: **175/187**  
Maternal mortality rate: **1,400/100,000**

<sup>1</sup> The Human Development Index measures well-being as it relates to health, education and income.



# Guatemala

The fallout of Guatemala's 35-year civil war is still being felt today. Indigenous Maya-Mam people living in the western highlands of Guatemala have a rich culture but experience oppression, discrimination and deep-rooted poverty.

You and your wife Teresa have a very small plot of land, where you grow vegetables, and raise a few rabbits to provide nutrition for your two children. Often there isn't enough and Teresa has to buy food at the market, which is expensive. Mining operations in the area also threaten your land and environment.

You have been selected for a PWS&D program teaching farmers to use traditional knowledge and locally available resources to grow more food. You will receive seeds, tools and animals to improve your livelihood and help teach other farmers in your community.

Teresa joins a women's group to encourage other women to take an active role in community decision-making. She hopes this will lead to education and employment opportunities.

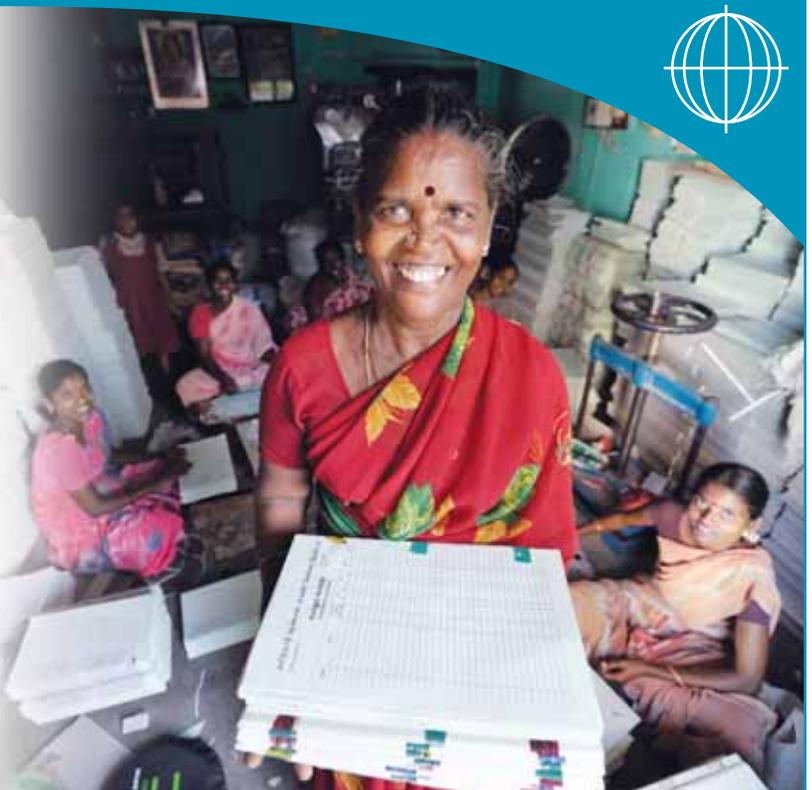


# India

Many women around the world live in poverty. They live in places where they do not have access to education or fair credit. Too often these limitations prevent them from making a positive difference in their lives and in the lives of those around them. This is very true for marginalized women who live in southern India's slums.

Your husband is employed but his income is unpredictable and at times you struggle to meet your family's basic needs. To get through the difficult times, you borrow money from lenders. You feel crushed under the mounting weight of debt.

It isn't until you discover a PWS&D program helping vulnerable women that you are able to take control of your future. You enrol in a vocational training program and are learning how to read, do math and make cleaning products. You also join a women's savings group, which meets regularly to discuss business, home life and gender equality. You feel empowered and hopeful for the future.



# Guatemala



Population: **15 million**  
Life expectancy: **71**  
Average years of schooling: **4.1 years**  
Human Development Index<sup>1</sup> rank: **133/187**  
More than **70%** of the indigenous population lives in poverty (compared to 33% of non-indigenous population).

<sup>1</sup> The Human Development Index measures well-being as it relates to health, education and income.



# India



Population: **1.25 billion**  
Life expectancy: **66**  
Average years of schooling: **4.4 years**  
Human Development Index<sup>1</sup> rank: **136/187**

<sup>1</sup> The Human Development Index measures well-being as it relates to health, education and income.



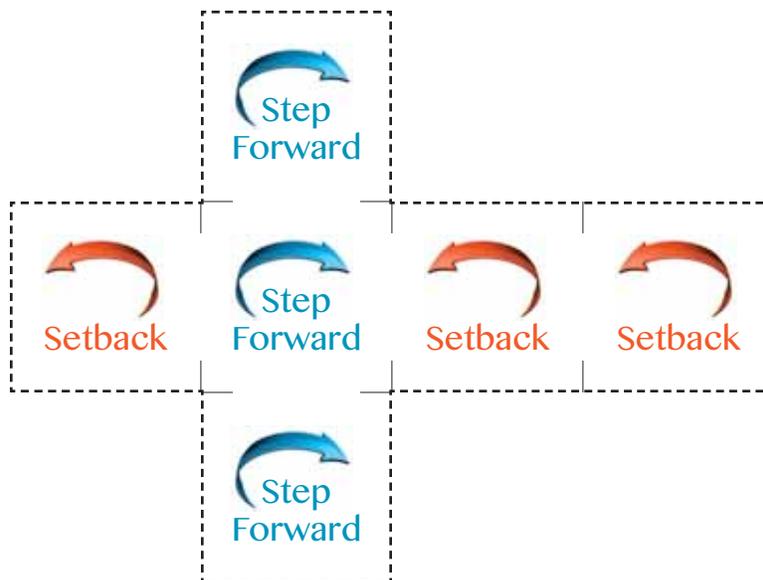
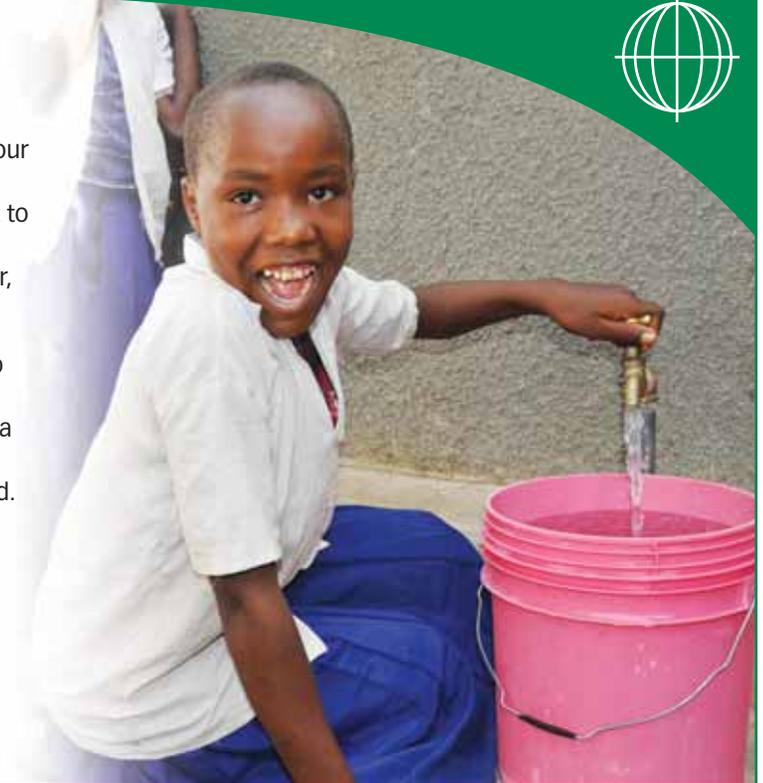


# Tanzania

In the Kishapu district of Tanzania, you struggle to transform your barren plot of land into bountiful crops of maize and sorghum. Climate change, drought and soil erosion have made it difficult to grow enough food or earn a living. You are harvesting less and less. You know that if farmers are going to triumph over hunger, they must work hard to restore their land.

Your wife, Faith, attends PWS&D-supported nutrition classes to combat malnutrition, but your family still contracts frequent illnesses. She walks six kilometres a day to collect water from a contaminated pond. Without clean water, your children miss school and Faith is too ill to help you nurture your parched land.

Recently, PWS&D funded a clean water storage tank at your children's school – their health is improving along with their school attendance. You learn that PWS&D is starting a new agriculture program, providing farmers with drought-tolerant seeds and training in conservation agriculture. By protecting the soil, conserving water and using organic fertilizers, you know the project will ensure there is food for years to come.





# Tanzania



Population: **47 million**

Life expectancy: **59**

Average years of schooling: **5.1 years**

Human Development Index<sup>1</sup> rank: **152/187**

1 The Human Development Index measures well-being as it relates to health, education and income.

Step Forward Cards  
(Side A)



## Step Forward Cards (Side B)

Your community starts a seed bank so there will be food in case of an emergency.

**Move forward 3 spaces.**



A PWS&D program dug a new well in your village. The walk to a clean water source has been reduced from 4 hours to 30 minutes.

**Move forward 4 spaces.**



You are a member of your village's health and water committee. With training in hygiene and well maintenance, you can help ensure your community has water for the long term.

**Move forward 2 spaces.**



Your family receives a new latrine and hand washing facility. This will help prevent the spread of illness.

**Move forward 3 spaces.**



You are chosen to receive training in conservation agriculture.

**Move forward 6 spaces.**



You receive drought-tolerant seeds. Now your crops are better able to survive dry spells and you are less susceptible to crop failure.

**Move forward 5 spaces.**



You participate in a community nutrition demonstration to learn how to incorporate new, healthy foods into your family's diet. You are reducing malnutrition.

**Move forward 2 spaces.**



You were forced to flee your country because of conflict. Life as a refugee was hard and the process of rebuilding will take time, but you are happy to be home.

**Move forward 1 space.**



After two years of waiting, a Canadian congregation raises the resources to welcome you to Canada where you can begin a new life.

**Move forward 5 spaces.**



A new program in your country is educating community leaders and parents about the importance of girls' education. You enrol in school and are learning to read.

**Move forward 5 spaces.**



You receive chickens, animal feed and training through a community development program empowering women. The chickens provide your family with nutrition and additional income. You gain economic independence.

**Move forward 4 spaces.**



Step Forward Cards  
(Side A)



## Step Forward Cards (Side B)

A community organization teaches you about human rights, women's rights and peace.

**Move forward 2 spaces.**



A new delivery room is constructed in your area. As a pregnant woman you're overjoyed to have a clean and safe space and the assistance of a doctor when you give birth. This will increase the likelihood of you and your baby surviving childbirth.

**Move forward 3 spaces.**



You used to rely on chemical fertilizers but through a community development program you learn how to make your own organic fertilizers. Not only are they less expensive and better for your health, the new fertilizers have transformed your farm into a thriving oasis.

**Move forward 4 spaces.**



Your daughter is severely malnourished and underweight. A local health volunteer told you about a nutrition rehabilitation clinic that can help. Your daughter is given nutrient-dense flour with the vitamins and minerals she needs to recover.

**Move forward 4 spaces.**



You join a savings group and receive a loan to purchase two goats. You sell the meat and milk at the market and use the money to buy more animals. You have paid back your loan and are grateful for the opportunity.

**Move forward 5 spaces.**



After participating in an agricultural training program, you share what you learned with others in your community and neighbouring villages.

**Move forward 6 spaces.**



A PWS&D supported program in your area offers women lessons in literacy, numeracy, leadership and business management. With this training you have the skills to become a successful entrepreneur.

**Move forward 4 spaces.**



Your savings group provides you with an interest-free loan to sell handmade jewellery and crafts at the local market. So far, you are very successful and earn enough profit to send your children to school and repair your home.

**Move forward 6 spaces.**



On International Women's Day, you gather with other women from across the country to talk about gender equality. You feel empowered to transform society.

**Move forward 5 spaces.**



After enrolling your children in school, you decide to join an after school program teaching adult literacy.

**Move forward 3 spaces.**



For years your physical disability prevented you from finding employment. A PWS&D program in your community is supporting a rehabilitation centre. Through the centre you receive a wheelchair, vocational training and encouragement.

**Move forward 5 spaces.**



Step Forward Cards  
(Side A)



## Step Forward Cards (Side B)

Climate change is causing frequent flooding in your region. A PWS&D supported program teaches leaders about disaster preparedness to ensure there is a plan in place to survive floods in the future.

**Move forward 6 spaces.**



A new midwife is trained and a nearby medical facility is stocked with delivery equipment.

**Move forward 3 spaces.**



A mobile health clinic visits your remote village. All of the children are weighed and checked for malnutrition.

**Move forward 2 spaces.**



Your community procures two bicycle ambulances and starts a fund to help expectant mothers with health care costs.

**Move forward 4 spaces.**



You receive seed, fertilizer and agriculture training through a new project. As a result, you increase your crops yields by 50% – enough to meet all of your family's expenses.

**Move forward 3 spaces.**



Through workshops, you learn about the importance of a nutritious diet to combat malnutrition. You now choose foods for your children based on their nutritional value, such as green leafy vegetables and soy.

**Move forward 4 spaces.**



A community volunteer in your area is teaching parents how to create educational toys at home to stimulate children's mental development.

**Move forward 3 spaces.**



A local organization is providing support to vulnerable children in your area. You are awarded a scholarship to attend secondary school.

**Move forward 6 spaces.**



Through a PWS&D program, you receive vocational training in bricklaying – an in demand skill. You are now able to find a good job.

**Move forward 5 spaces.**



The Canadian government is funding a "Building Sustainable Livelihoods" program with PWS&D. Over five years, 50,000 people will receive skills training and increase their earning potential.

**Move forward 6 spaces.**



Your local health clinic is providing immunizations to help reduce the prevalence of deadly childhood illnesses.

**Move forward 4 spaces.**



Setback Cards  
(Side A)

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

# Setback Cards (Side B)

Your region has not received rain in months.  
Without rain your crops have died.



**Move backward 5 spaces.**

Drought has caused widespread food shortages  
and the cost of food has sky rocketed.



**Move backward 6 spaces.**

Your primary water source is polluted  
and you become ill.



**Move backward 3 spaces.**

After visiting the doctor due to persistent  
weakness, you are diagnosed with HIV.  
The medication is very expensive.



**Move backward 5 spaces.**

You contract malaria and must pay to go to the hospital.



**Move backward 2 spaces.**

The soil in your region is parched and lacks  
nutrients. You are unable to afford fertilizers or  
agriculture tools to improve its quality.



**Move backward 4 spaces.**

There are no jobs available in your community.  
You must travel to a neighbouring village  
to find work.



**Move backward 1 space.**

Political instability in your country has  
escalated to conflict. You no longer feel safe and  
flee to a refugee camp. At the camp, conditions  
are bad. There is not enough food,  
water or shelter for everyone.



**Move backward 7 spaces.**

Your brothers are all enrolled in school.  
Because you are a girl, your father won't allow  
you to go too. It doesn't feel fair that because  
of your gender you cannot access  
the same opportunities.



**Move backward 4 spaces.**

After a poor harvest, you are unable to purchase  
seeds and fertilizer to cultivate your land. To earn an  
income you start working on someone else's field,  
leaving your own land untended.



**Move backward 3 spaces.**

You are displaying symptoms of a serious  
illness and fear you might have HIV. Because  
of the stigma attached to your condition,  
you decide not to seek treatment.



**Move backward 2 spaces.**

Setback Cards  
(Side A)

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

## Setback Cards (Side B)

Malnutrition is pervasive in your area and is responsible for high rates of death and illness among children. Malnutrition also hinders development and increases poverty.



**Move backward 3 spaces.**

Your local financial institution refuses to give you a loan to open a small business because you are a woman and have no credit history.



**Move backward 2 spaces.**

Your spouse lost their job. In order to purchase food for your family, you took out a large loan from a moneylender. The interest rates are very high and you worry if you don't pay it off soon, you will be trapped in debt.



**Move backward 6 spaces.**

You feel as if your ideas and rights are not respected because you are a woman. You know a lot of women in your community who experience domestic violence but are not sure how to prevent it.



**Move backward 4 spaces.**

You have epilepsy. In your community this illness is traditionally attributed to evil spirits. You are an outcast and neglected. Without medication you are unable to work.



**Move backward 5 spaces.**

After refusing an arranged marriage, your family accuses you of witchcraft. You fear for your life and run away.



**Move backward 3 spaces.**

Last year floods caused food shortages in your country. This year, torrential rains washed away your house and destroyed your crops.



**Move backward 6 spaces.**

Because of political instability in a neighbouring country, there has been a huge influx of refugees. Your government is doing its best to care for them, but there simply is not enough food and clean water.



**Move backward 2 spaces.**

The health centre ran out of treated mosquito nets.



**Move backward 2 spaces.**

You are not able to get a fair price for your produce. Although you still made enough money to feed your family, you do not have enough money to send your children to school.



**Move backward 1 space.**

It isn't uncommon for children growing up your urban neighbourhood to be chronically undernourished or experience delays in their development because of an unhealthy diet. It's cheaper to purchase unhealthy, pre-packaged foods than fresh produce.



**Move backward 1 space.**

Setback Cards  
(Side A)

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

Setback 

## Setback Cards (Side B)

Your primary caregiver passes away from AIDS. You have to move in with your grandparents, who are poor and don't have the financial resources to support you.



**Move backward 3 spaces.**

You collect tin and recyclables at the local dump to earn money for your family. You make less than a dollar a day.



**Move backward 2 spaces.**

An earthquake devastates your country. The story isn't picked up on international news and very little overseas aid comes in. You don't know how you will rebuild.



**Move backward 6 spaces.**

A group of people are protesting outside of your school. They do not agree that girls should attend. Scared, you drop out.



**Move backward 4 spaces.**

Mining operations are starting in your country. You are concerned about pollution and deforestation. You also worry that big corporations may push you off your land. You don't think your small community has a strong enough voice to make a difference.



**Move backward 2 spaces.**

You're in labour but there are no medical professionals nearby to help you deliver your baby. You will have to do it alone.



**Move backward 3 spaces.**

The nearest clean water source is a four hour walk away. Because you spend so much time walking to fetch water you aren't able to attend school.



**Move backward 2 spaces.**

They burned down your house and you fled with your family to another country to avoid persecution. You rent a small apartment with four other refugee families.



**Move backward 3 spaces.**

For the past three years your community has been struggling to recover from devastating floods. Even with the assistance of a humanitarian agency, another season of heavy rains wash away your crops.



**Move backward 4 spaces.**

While the percentage of hungry people has declined globally, higher temperatures, changes in rainfall patterns and rising sea levels, leave farmers wondering when to plant their fields.



**Move backward 5 spaces.**

In your country, unemployment and underemployment rates are high for people under the age of 25. As such you are unable to find work.



**Move backward 3 spaces.**



69

70

71

72

73

74

68

67



66

53

54

55

56

57

52

51

50

49

48

47

46

45

35

36

37

38

39

40

41

42

34

33

32

31

30

29



18

19

20

17

16

15



1

2

3

4

5

6

7

8

# Empowered to Prosper



Step Forward Cards

Setback Cards







