

The 30 Hour Famine Frequently Asked Questions

Q: How does the 30 HOUR Famine work?

A:

Youth groups across Canada pick a date and sign-up to participate at their school or church sleep over event. They can pick the national Famine date **April 27-28, 2012** or choose their own Famine event date. The group picks a Cause to fundraise for (see below "Where Famine funds go") and they learn more about the issues around hunger and poverty. They need to set a fundraising goal and spread the word. They work hard, but also have fun at raising funds for their important Cause. At their Famine event, students will do lots of activities with their friends, and have a life-changing experience while doing good for those that need it most.

If you have signed-up to be a Leader, resources are available on Famine.ca, and Leader Kits. Contact your local [Famine Rep](#) if you need help planning your event. You can also contact us at 1-888-8FAMINE, and we'll try to connect you to a Famine Rep in your area.

Q. Why Fast?

A. The 30 Hour Famine started over 40 years ago, when a group of teenagers from Alberta went hungry to protest the Famine in Ethiopia. Horrified with the images they were watching on TV, they decided to stand up and do something about the poverty that millions of Ethiopians were forced to live through. So they went hungry.

Fasting continues to be a big part of the 30 Hour Famine because it helps students break away from all the clutter in their life and identify with the hungry children they are helping. By *feeling* what they are feeling it moves them to *compassion* in a way they'll never forget. Your group can choose to give up something else for their Famine if you have concerns about fasting. See: *Is it safe to go without food for that long?* Below.

Q: Why should my group do the Famine?

Worldwide, 8.6 million children under the age of 5yrs old die every year. That means over 24,000 children every day. That's 1 child every 4 seconds!

For student, the experience of going without food is a very powerful one. South Huron District High school in Exeter, Ontario has done 30 Hour Famine for past 9 years. Here is what teacher David MacLeod has to say:

"For our students the Famine has been a real eye opener and hopefully helped them to be more compassionate and caring. I know that some of our students have gone on to do similar projects in post-secondary, or to work with Non-Governmental Organizations, so clearly they've taken this to heart. "

By participating in the 30Hour Famine, students learn about social justice issues and the money they raise will help fund desperately needed community projects around the world that support Food & Nutrition, Child Exploitation, Education and Water.

Q: Where do Famine funds go?

A: The money raised has an incredible impact. At the start of each fiscal year, 30 Hour Famine commits to several designated projects to fund all over the world.

In 2010 more than 81% of money raised by World Vision Canada went to helping children and communities in these designated projects.

Only with your help, can we partner with the poor in their communities and equip them with the tools, resources and knowledge they need to improve their lives and bring lasting change.

Q. Can I specify where my money will go?

A. Your group can designate Famine funds raised to projects that support one of these four Causes; Food & Nutrition, Child Protection, Education and Water.

BE FOOD to help give families and communities nutritious food immediately and provide tools and education to help prevent a crisis like this from occurring again.

BE SAFETY to rehabilitate traumatized children by providing education, resources, opportunities and, most importantly, hope.

BE EDUCATION to help build new classrooms, fix schools, train teachers and provide uniforms, books and supplies so more children can receive a life-changing education.

BE WATER and help bring secure wells and pumps closer to the people in need of safe drinking water.

Q. Is it safe to go without food for that long?

A. Yes, it's safe to fast for 30 hours as long as you drink lots of water and clear juices to keep hydrated. We do not recommend going any longer than 30 hours. If you do find it difficult to fast or feel faint, eat plain steamed rice.

NOTE: If you have an eating disorder or are pregnant, diabetic, breastfeeding, under 12 years of age, recovering from surgery or experiencing chronic illness or gastrointestinal disease, please do not do the 30 Hour Famine. If you have other health issues are not sure if you should do the Famine, please talk to your family doctor.

If you just cannot fast, but still want to make a difference, give up something else that means a lot to you....like texting, facebook, watching TV etc., but make sure you tell your Group Leader about this.

Q. Does our group have to do a sleepover event?

A sleep over event helps the group bond, and go through the experience together. Going that long without food is much easier when they are busy doing activities.

However, if a sleep over is not possible, a schedule can be drawn-up that accommodates for your group. What some groups do, is have a fun-filled evening schedule, go home to sleep, and come back the next morning for a finale or big meal.

Q. Can I earn community service hours?

A. Yes you can earn volunteer hours for being a Leader or a participant. Check with your school administration that they will recognize the 30 Hour Famine for community service hours. Participants need to get an adult to sign the form to verify that they did the event. Volunteer forms do not need to be sent to World Vision Canada.

Q: Can I connect with other Famine groups in my area?

A: You sure can. If your school can't do the Famine, definitely join another group in your area.

Connect with group leader to share ideas and maybe even do a joint Famine or start a friendly fundraising competition!

Q. Do I need my parents' permission to do the 30 Hour Famine?

A. We request that you let your parents know that you are planning to fast for 30 Hours. If your Group Leader has not given you a form, print out the [Disclaimer & Waiver Form](#) found on **Famine.ca** and give this to a parent or legal guardian to sign. Return the signed form to your Group Leader with the rest of your forms and donations. For events held off-property or after hours, your school or church often takes care of sending out permission forms.

Q: What if I have more questions?

A: Contact us at 1-888-8FAMINE with any questions you might have.