

DIFFERENTSHOES // CHALLENGE GUIDE

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HOW TO USE THIS GUIDE

This guide contains a whole load of information on every challenge you could include during your Different Shoes experience.

There is no set timetable for the 24 hours, so feel free to pick and choose challenges as they suit you and your group.

If you'd like to stretch your group further, or think they'd be up for even more of a challenge, there are 'extras' included on challenges with further potential.

Each challenge also has an aim; the way in which it's designed to help people identify with some of the thousands of people around the world living in poverty. There is also a 'think and pray' section with some pointers in it to help shape a response following the challenge. We think this is vital in helping the young people process what they've taken part in and working out what they will do from there.

You will also find a predicted timeframe next to each challenge – this is a guideline only, feel free to stretch them out or make them shorter. The 24 hours is flexible for you to run it in whatever way works best for you and your group.

Most of all, try to make the challenges fun as well as hard. We want your group to feel like they have had a laugh as well as had a tough time!

WATER CHALLENGE

Aim	To identify with the millions of people around the world who don't have fresh water readily available to them.
What you need	A tap (or water source) about 1 mile away Enough containers to carry water for everyone
Time needed	1.5 hours max
What you do	The group(s) must head out to collect water from the source 1 mile (or another distance you chose) away. All team must leave and arrive back together. Either have a place to store the individual containers, or a large container to empty them all into.
Health & Safety	Ensure everyone has enough water over the 24 hour period, especially if it is hot.
Think & Pray	THINK- Imagine having to walk this distance (or further) every day to collect enough water to survive. On top of that, the chances of the water being clean when you collect it would be very slim. The difficulties of this daily task often prevent children and young people from attending full time school and so limiting their chances in life. The lack of access to clean water also leads to health problems in the poorest communities. PRAY- Ask God to show you where you might be taking things for granted in your life (perhaps, for example, your access to clean water). Thank God for his provision of these things in your life. Pray for those for whom these provisions are not common place.
Extra info	To add to this, challenge the groups further to find extra to use to wash in, to use for cooking and to use to flush the toilet.

WATER FILTER

Aim	To understand that not everyone in the world has immediate access to clean water in the same way we do and how that can affect their life.
What you need	Various materials (see http://www.wikihow.com/Make-a-Water-Filter for possibilities- check before event as different designs require different materials)
Time needed	1 hour max
What you do	Make a water filter and test it, as per the instructions on the web page.
Health & Safety	Careful with sharp cutting tools and sharp edges. If the group wish to drink the filtered water, perhaps try filtering clean water with a non-harmful 'dirt' replacement so that if bits remain it won't cause harm to the group.
Think & Pray	THINK- Reflect on the privilege we have of safe clean water available to us, which simply comes out of a tap on demand. PRAY- That we would remember what a wonderful provision this is; thank God for it and pray for those who don't have the same privilege.
Extra info	Not having access to clean water means that young people, particularly girls, have to walk miles to collect this essential, life-giving item; this in turn means that they often miss school, and so do not get the education that they deserve and need. Education is one of the keys to getting out of poverty, so this disadvantage for girls is a massive one. Check out http://www.wateraid.org/uk/what-we-do/statistics for more statistics on clean water.

WRISTBANDS CHALLENGE

Aim	To experience something of what it is like for those having to make and sell crafts to make a living.
What you need	Embroidery threads or wool in different colours (3 lengths of 60cm should make a good sized plaited bracelet.)
Time needed	30 minutes + (that should give time for at least a few wristbands to be made, with the possibility of running for longer if the group wish to make more to sell.)
What you do	The group all need to set to work making wristbands (designs can easily be found online). If possible, they can sell them during the 24 hour challenge and use the money to 'pay' for their food. Alternatively they can make a good stock and sell them at church, donating the money to Soul Action as part of your fundraising.
Health & Safety	
Think & Pray	THINK- for a lot of people, with limited resources, the only option for making a living is to sell products they make themselves. This means there's no guarantee if they can't make enough, are ill or unable to sell them. PRAY- Thank God for all he has provided us with. Thank him for the support we have in place if we are unable to work or are ill. Pray for those in this world who don't have the same privileges as us; that they would trust in God for his provision.
Extra info	Love heart pattern can be found at https://snapguide.com/guides/make-a-heart-friendship-bracelet/ . Various other designs can be found at http://www.instructables.com/id/how-to-make-a-friendship-bracelet-1/?ALLSTEPS Sites such as <i>Pinterest</i> can provide you with other designs.

PLASTIC BOTTLE CHALLENGE

Aim	To see something of the value of scrap materials, and to understand that for many living in poverty around the world this is the way that they sustain themselves and earn money.
What you need	Locations around the local area where the young people will find bottles (or other scrap materials)
Time needed	1.5 hours
What you do	Send the group out into the local area to collect scrap bottles (search bins at supermarkets/cafes etc, rubbish heaps at parks.) These bottles will be traded in for food for the day.
Health & Safety	<p>Take care when rummaging through bins, especially in industrial areas. Find some places in advance that you know are suitable and direct the young people there.</p> <p>If there isn't anywhere suitable, perhaps think about people in the church who might be willing to store some at their houses and send the group to specific locations.</p>
Think & Pray	<p>THINK- Think about how much rubbish you've thrown away over the past week. For many people in this world, rubbish at tips and dump yards prove invaluable as resources for their everyday lives.</p> <p>PRAY- Thank God for the provision of everything, over and above, what we need. Pray for those in this world who have to use other people's rubbish simply in order to survive.</p>
Extra info	<p>To further this challenge:</p> <ol style="list-style-type: none">Challenge the group to collect a certain number of bottles in order to earn their dinner.During the challenge, pick a member of the group to become 'sick'- they are no longer allowed to take part in the challenge, but the group must still complete the task in order to earn their dinner. <p>Recycling</p> <ol style="list-style-type: none">Can you recycle more? Does your church recycle already? Is this something you can persuade your church, school, home etc to do?

LIMITED WATER CHALLENGE

Aim	To realise that water is a precious resource; difficult to get hold of in significant, safe quantities.
What you need	Water collected from <i>Water Challenge</i> , or water provided for the 24 hours.
Time needed	Ongoing
What you do	As the name suggests, this limits the amount of water available to the group over the 24 hours. They will need to decide whether they'd rather use their water for a shower, or to cook their food. The exact amount of water available to your group will be set by you as the leader- think about the weather conditions, level of physical activity etc.
Health & Safety	Each member will need at least 1.5l water per day to drink
Think & Pray	THINK- Have you ever needed to make a decision between drinking and showering before? Can you imagine doing this on a regular basis? Why did you decide the way you did? PRAY- For those who, because of their circumstances, have to make this decision on a regular basis. Pray that we would remain grateful for what we have and not taking it for granted.
Extra info	a) Water will also be needed for washing up and washing hands etc- depending on how harsh you'd like to be, consider including this in the challenge too.

TRAFFICKING CHALLENGE

Aim To make a decision from the promises of an acting 'aid worker' or 'trafficker' as to who to trust.
This tries to show something of the reality that people face when given the offer of slavery or genuine offers of work.

What you need One leader to act as an aid worker and another to act as a trafficker.

Time needed 30 minutes maximum.

What you do One leader acts as the trafficker, the other as an aid worker. They have to promise the group things that will lead them to trust them and not the other leader without revealing their true identity.

Some examples of promises you could use:

Aid worker: *I can take you to a safe environment away from the slum; you can have medical care for both major and minor issues if you need it; you will have food and an opportunity to grow crops; you can go to school and have a safe place to play; you will be provided with safe drinking water on tap; you will have modern toilet cubicles rather than holes in the ground; you will be able to develop life skills to grow up and look after yourselves; you will meet kind and well-meaning westerners.*

Trafficker: *I can enable you to find meaningful work; I can take you to a better place; you will have opportunities to meet generous westerners; you will have secure structures for housing; you will be given food and able to work on a farm to grow crops; you will be kept safe and have people to protect you from outsiders; you will be provided with safe drinking water on tap; you will have modern toilet cubicles rather than holes in the ground; you will have access to modern healthcare if you have issues.*

Health & Safety

Think & Pray

THINK- When people are desperate for money, or food to feed their families, they are hugely vulnerable to traffickers and the promises they offer. Often they appear very appealing and can offer false hope to people who need real help. Aid workers are often working in the same areas offering a way out and hope for these people.

PRAY- That people around the world being offered all these promises would have God given discernment so that they can decide which offers to take and which to ignore; that the traffickers' would be stopped and that aid workers would continue to be effective in the way they help those who need it most.

Extra info

Punishments could be enforced if the family make an incorrect guess (ie, agree to follow the trafficker) for example, money can be taken away from them. On the flip side, if a group successfully agrees to follow the aid worker, they can be rewarded appropriately.

POLICE BRIBERY CHALLENGE

Aim	To understand that although we see the Police as a force to help us, many people in the world are abused and/or treated badly by the police.
What you need	A couple of willing leaders. And a police uniform if you want!
Time needed	30 minutes maximum
What you do	<p>Set the group about playing some basic wide games/ whole group games (depending on the area in which you're completing this challenge). Some examples include:</p> <ul style="list-style-type: none">a) Stuck in the mudb) Basic football/bucket-ball (similar rules to netball) tournamentc) Kim's game (objects on a tray that the group need to remember) <p>However, as the leaders you need to adjust these games to ensure they are NOT fair for the group. E.g. in Stuck in the mud ensure that one person is constantly 'stuck' and doesn't have a chance to escape. For football/bucket-ball twist the rules as necessary to make sure one team has the advantage the whole way through. Kim's game take objects off the tray; claim some were never there.</p>
Health & Safety	
Think & Pray	<p>THINK- Imagine what life in a society that is ruled by bribery must be like – where the richest have access to justice, but the poor do not. Imagine how unsafe that is and how unjust those structures must be. How frustrating was it when you were playing by the rules of a game but these weren't honoured or you were punished for doing so?</p> <p>PRAY- Pray in particular for the poorest in those societies who cannot afford justice; the people who have wrongs done to them and little possibility of these being put right.</p>
Extra info	You could combine this with the trafficking challenge, with the police person taking the role of the trafficker.

HANDWASHING CLOTHES CHALLENGE

Aim	To realise that, although we rely on technology to carry out the most menial tasks, not everyone in the world has access to this.
What you need	Some items of clothing that are particularly dirty A large washing up bowl or sink Some warm soapy water
Time needed	30 minutes
What you do	Set the group a challenge of washing their item of clothing until it is clean- this can be made as easy or difficult as you'd like. Some members of the group can have particularly dirty items of clothing whereas others can have just some mildly mucky items.
Health & Safety	Check allergies to soap powder etc.
Think & Pray	THINK- Imagine never being able to use a washing machine and having to wash all your clothes by hand. This would take lots more time than necessarily needed and often the results aren't as good. For many people around the world, this is a bigger deal than just a lack of access to a washing machine, actually many people don't have access to a lot of basic technological advances that we have in the UK. This uses time and energy that could otherwise be placed in education and work. PRAY- For those who cope with this lack of technology on a day to day basis.
Extra info	Options of challenging the group include: a) Split the group in half and give them a pile of clothes each- challenge them to clean all the items of clothing (to your standards). First team to finish wins b) Give each member of the group an item and make them race to have the first item clean.

NO SHOES CHALLENGE

Aim	To experience living with no shoes
What you need	Nothing!
Time needed	Open ended
What you do	Get your group to spend a certain amount of time/complete a challenge with no shoes on.
Health & Safety	Check area around where young people are walking without shoes- ensure rubbish/materials etc used for other challenges, or generally lying around,
Think & Pray	THINK- How many pairs of shoes do you have lying around at home? Imagine having none of these. Absolutely none. Can you think of any imaginative ways to make shoes out of scrap material? PRAY- For those without such a basic necessity as shoes and pray for justice in these situations.
Extra info	Perhaps encourage your group to make their own shoes out of scrap materials during this time. (plastic bottles, rope, tape, cardboard etc.)

SLEEPING ARRANGEMENTS CHALLENGE

Aim	To experience sleeping in discomfort
What you need	(Depending on the challenge taken) <i>Slum Build</i> Building materials (wood, cardboard, pallets, crates, plastic sheeting etc) Building equipment (hammers, nails, tape, screws, screwdriver) <i>Sleep-out</i> Sleeping bags and/or blankets Cardboard
Time needed	(Depending on the challenge taken) <i>Slum Build</i> 2 hours <i>Sleep out</i> Minimal
What you do	<i>Slum Build</i> Build a slum that is suitable to sleep in for the night. We would suggest some wooden pallets (or similar) to build the main structure and some sort of plastic sheeting to provide a waterproof layer. Other materials (as listed above) could also be incorporated. <i>Sleep out</i> This involves sleeping out with no shelter. Cardboard can be used to sleep on, and the only other equipment allowed is a sleeping bag and/or blanket.
Health & Safety	With the <i>slum build</i> especially, ensure that the structures are stable before allowing the young people to sleep in them. Check for nails etc on the floor that might have been dropped.
Think & Pray	THINK- There are people all over the world living in slum conditions. It is also highly likely there are a number of homeless people living in your local area. PRAY- Pray for those without adequate accommodation both at home and abroad. Ask that God would be working in your heart and prompting you as to where you could help or do something.
Extra info	Maybe your group would be interested in getting involved in the local homeless charity/organisation in your area. This would be a good way for the group to engage with some issues they have faced on a local and practical level.

ONE SET OF CLOTHES

Aim	To realise not everyone in the world has access to the same choice of clothing as we do.
What you need	Nothing.
Time needed	Ongoing
What you do	Let the group/ selection of people from the group know that they are only allowed to wear one set of clothes for the 24 hours challenge.
Health & Safety	
Think & Pray	THINK- We are so privileged to have the shops we have and the choice and ability to wear different clothes as and when we want. Think about those without this choice. Also think about the men and women who made your clothes. Perhaps look at the labels in your clothes today and see where they were made. PRAY- Pray specifically for the people who made your clothes.
Extra info	<ol style="list-style-type: none">Can you contact (twitter/email/facebook etc) the retailers of your favourite clothes to find out about the working conditions of those making your favourite outfit?Can you extend this challenge further and wear only one set of clothes for a week?Would you consider clearing out your wardrobe and either donating the clothes to a charity shop or selling them as part of your fundraising for Different Shoes?

NO CLOCKS/PHONES/TECH CHALLENGE

Aim	To give a space of time during which nothing is planned for the group. This will highlight to the group the boredom that faces many people around the world; with no access to education, no jobs and few toys to play with, children in slums will often spend large amounts of time with nothing to do and nowhere to go.
What you need	Nothing!
Time needed	This can be any length of time, depending on how busy the rest of your weekend is looking and how much time you have possible to fill.
What you do	Leave the group to their own devices for the duration.
Health & Safety	
Think & Pray	THINK- when was the last time you stopped and actually did nothing? We are so used to filling our lives with activities, or scrolling through social media sites on our phones. Imagine not having anything like that to fill your day. PRAY- That our entertainment wouldn't distract us from the problems around us; that we would continue to pray for those who don't have the same privileges as us.
Extra info	If the group need ideas, you could give them some suggestions of games that they could play or activities to do that don't require any equipment apart from that the group can find lying around. Set the group a further challenge following this 24 hours together to spend a period of time every day for a week (or maybe longer) without any technology or distractions that they can set aside specifically to pray for things that have been brought up over their 'Different Shoes' experience.

LIMITED DIET CHALLENGE

Aim	To experience something of what it is like for those around the world living on a very limited diet.
What you need	Per person: 30g oats 210ml water
Time needed	10 minutes
What you do	Place oats and water in a pan. Bring water to the boil and simmer for 4-5 minutes. Serve.
Health & Safety	Check allergies.
Think & Pray	THINK- Often the only meals people would have during the day would be a basic breakfast and dinner meal. Food would be simple and nearly always the same. PRAY- Thank God for the food you have every day; for the provision of regular meals and a choice in what you eat. Pray for those who experience what you did in the challenge, but as the reality of daily life.
Extra info	<ol style="list-style-type: none">a) Consider giving some people bigger portionsb) Consider giving some people a choice/variety of food during the 24 hours. Everyone else can eat the most basic menuc) Consider delaying a meal time due to 'fuel shortage' or lack of ability to have found food yet that day. Perhaps include a challenge they have to complete before eating

LEADERS' STEALING CHALLENGE

Aim	To identify with the harsh and unfair nature of many slum communities around the world.
What you need	Young people's possessions!
Time needed	Ongoing
What you do	Over the course of the 24 hours, steal various items of the young people's possessions/ parts of their slums (if built) and sell them back to them in exchange for food/water/privileges.
Health & Safety	Make sure young people still have enough food and drink!
Think & Pray	THINK- How much do we value our possessions? Would we be willing to give up precious food and/or drink to 'buy' them back? PRAY- That the corruption that is so prominent in lots of areas of this world would cease and that fairness would rule.
Extra info	Encourage an ongoing commitment to prayer in this area in particular; a) Pick a regular time where as a group you pray together (at the beginning or end of your weekly meeting perhaps) b) Encourage the young people to find a specific time to remember to pray specifically for the end of the harsh and unfair treatment from police around the world

SLUM REMOVAL CHALLENGE

Aim	(If <i>slum build</i> has taken place)The group must rebuild after some/ all of the slum is demolished. This highlights the fragile nature of many large slum areas because of the corruption of the authorities.
What you need	Tools to dismantle the slums
Time needed	2-3 hour (max)
What you do	Give residents five minutes notice that they must clear their slum houses of their contents, as their slum has been scheduled for clearance. Alternatively, destroy the slum during another challenge when the group are away from the shelters they've built. (e.g. water challenge, plastic bottle challenge)
Health & Safety	If you're planning on using the same materials again make sure to dismantle the slum safely. Breaking wood and glass can lead to injury when rebuilding and also an unsafe environment for the slum to be in.
Think & Pray	THINK- often slums are built on land owned by the government and can be moved on at any point. As a result, homes are often demolished with little or no warning, leaving the previous occupants not only homeless, but having lost all their possessions. PRAY- That we would understand the gravity of this problem for so many around this world; that we would have compassion and continue to pray.
Extra info	Choose one or more of the homes for demolition. This creates a dilemma for the slum community. Will they offer a place for the homeless to live, assist in rebuilding, or just leave it to the family themselves to deal with?

EXPENSIVE RENT CHALLENGE

Aim	To understand that often in slum areas, rent is incredibly high, with little security of the future and poor provision of anything other than a patch of land.
What you need	Nothing
Time needed	Ongoing
What you do	Charge the young people excessive 'rent' for their place on the 24 hour challenge. This can be in the form of food, water, possessions they think they could live without for the 24 hours, or pieces of their slum (if built)
Health & Safety	
Think & Pray	THINK- Imagine having to give up valuable possessions just in order to pay rent on a patch of land for your slum. Imagine then having your slum demolished with little or no notice because it was on an illegal patch of land. Life is very uncertain for millions around the world. PRAY- That we would remember those suffering and pray regularly.
Extra info	Find a time every day that you can remember this particular challenge and commit to praying for those in need (eg when brushing your teeth, when putting your phone on charge etc.)

GENDER BIAS CHALLENGE

Aim	To highlight the gender inequality that is so prevalent in the world.
What you need	Nothing specific
Time needed	Ongoing
What you do	As an ongoing dimension to the challenges throughout the 24 hours, you could purposely favour one gender over the other. Give them extra provisions at meal times, extra privileges in games etc.
Health & Safety	
Think & Pray	THINK- Imagine having to constantly battle harder against injustice and unfair society simply because of your gender. Through nothing you can change you are less important than someone else. This is not fair. PRAY- That people's eyes would be opened to the need for gender equality in society and that change would come about as equality is reached.
Extra info	This can be a sensitive issue for girls/boys even in the UK as many may have experienced such injustice in their own lives. Discuss this if necessary.

SOME FURTHER READING

Further watching & reading

- Behind the Beautiful Forevers, by Katherine Boo - a year in a Mumbai slum
- City of God (film), and City of Men (mini-series) - both about Brazil's favelas
- Slumdog Millionaire (film) - especially the opening
- Slum Film Festival - a film platform-featuring stories from slums, about slum realities and made by filmmakers from the slums in Africa – and beyond. It is a celebration of the creativity of filmmakers living and working in slums. It is also an opportunity to show a wide range of films within slum communities with limited or no access to cinema.
- Slum Life Rising, by Ash Barker - about his family's experiences of living and working in one of the world's largest slums, in Thailand.
- Half the Sky by Nicholas Kristof & Sheryl WuDunn – a book about the oppression and power of women around the world.

Useful websites

- www.soulaction.org // our very own website, full of resources, blog posts and details about us.
- www.tearfund.org // one of our key founding organisation, Tearfund aims to follow Jesus where the need is greatest. For all things in ending poverty, this is the place to be.
- www.rhythms.org // part of the youth team work at Tearfund, this is community aiming to help each other to Live Differently.

Websites with stats, ideas and overviews of poverty

- <http://unhabitat.org>
- <http://www.un.org/millenniumgoals/>
- <http://www.worldbank.org/en/topic/poverty/overview>

For more information about life in a slum, this series of articles from the BBC website is worth a read.

- 1) <http://news.bbc.co.uk/1/hi/world/africa/2297237.stm>
- 2) <http://news.bbc.co.uk/1/hi/world/africa/2297259.stm>
- 3) <http://news.bbc.co.uk/1/hi/world/africa/2297265.stm>
- 4) <http://news.bbc.co.uk/1/hi/world/africa/2297279.stm>