

Generation #ZeroHunger

TEENS ON THE ROAD TO A WORLD WITHOUT HUNGER

In collaboration with:



Food and Agriculture
Organization of the
United Nations

Generation #ZeroHunger. Teens on the road to a world without hunger.
New Humanity, Rome 2018

Realised in partnership with:



Food and Agriculture
Organization of the
United Nations



FAO and New Humanity encourage teachers, educators and mentors to use this book and to involve their school classes and youth groups. The book offers educational-ludic activities to perform in groups. It is the responsibility of the educators to provide the material and to use it in a way suitable for the group so that the activities will be fitting for the group and safe for everyone.

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Generation #ZeroHunger

TEENS ON THE
ROAD TO A WORLD
WITHOUT HUNGER

Preface

Children and teenagers, girls and boys, have their own way of seeing the world. Like adults they do lots of things – but these young people do more than adults, and their actions change and improve the world every day.

Children and teenagers are the world's number one and most valuable common good. They are the global heritage of the earth because they contain the possibility of the continuation of human life. But boys and girls not only know how to *do* things: they also think, and they *think* differently from adults.

What most impressed me about this book is that it reveals young people's thoughts, not just their experiences. It contains many facts, but also many ideas, because you don't need to become an adult before you start to think.

Our civilization loves children and young people very much, but it doesn't know, and therefore it doesn't appreciate, their *thoughts* about the world.

Yet their point of view is precious and essential: they have ideas about the economy, about politics and especially about the environment. They may think and talk about these things in their own language, but at least they are thinking and talking about them. Their way of *seeing* the world, of *being* in the world differs from their parents. This means they also *think* differently about the world. Too frequently young people's thoughts and ideas are overlooked – just as they were in the past. Young people have always had their own ideas, but their views of social, economic and political life weren't considered interesting, much less useful. So this great heritage has not been valued - it has been neglected and forgotten. Our societies, economies and politics would all have been better, more just, more sustainable and more beautiful if we had taken their thoughts seriously. Public debate both now, and in the past, has been characterized by the absence of young people's thoughts and ideas.

This book shows us that boys and girls don't see and think about world hunger in the same way as adults. The young see economics in the context of relationships. They are more sensitive to inequality, they give little weight to money, and they are generous. They think in concrete rather than in abstract terms: they think about the people - the children, the young people and the others who are hungry - rather than about the abstract concept of hunger. It's easy to talk a lot about hunger and poverty, but you only really understand it when you actually meet someone who is poor and hungry. The TV and the Internet are good for many things, but not for getting to know hunger and poverty. This is the benefit of experience - the things you can only understand if you have lived them yourself, if you have been touched by them in your own life. This is why young people's thoughts focus on the concrete realities of life that have touched them. Examples include the sandwich forgotten by a cook, and the garbage young people collected after adults had thrown it on the ground...

These young people can and should participate in the public debate on all the topics in these four *Coloured Pathways*. They should interact with politicians and economists by telling them their thoughts and experiences.

All politicians and economists should read this book. It contains something they need and should have, but which they are lacking. The good news is that through the stories in this book we learn that some politicians are changing and are giving young people a voice.

Although written by young people, this book is for everyone to read because young peoples' thoughts and ideas are a gift to the whole of society. For too long we have forgotten to consider what our young people think. It is time to listen to them.

We thank the FAO and the Teens for Unity Movement for having put together and launched this collection. Young people's ideas are different - but they are essential for the common good. It is only when we welcome and listen to the thoughts of young people that the common good moves closer to becoming a reality.

Luigino Bruni
Economist



Introduction



Introduction

This book that you are holding has been created to highlight the life choices made by many children and young people from all over the world to contribute to the #ZeroHunger project promoted by the Food and Agriculture Organization of the United Nations (FAO). They have taken the initiative to try to improve the world in which they live. They have chosen to take action concretely to renew their surroundings, to enrich their relationships with the people around them, to learn to respect the environment and to get others to respect it too.

All the stories in this book are true. The places and the projects that are described in the following pages are real. In order to present all these experiences together, we have placed them in the context of an international

RED PATHWAY

We make a personal commitment against waste and the unequal distribution of wealth by living a culture of giving and sharing.

SHARING

ORANGE PATHWAY

In a #ZeroHunger world no one should feel excluded or abandoned. We build positive relationships with as many people as possible, so that everyone feels welcomed and they too can take action in the fight against hunger.

TOGETHER

YELLOW PATHWAY

War and conflict generate misery, unemployment, disease and migration. Many people suffer from hunger. Let's mobilize our efforts and work for peace on all levels.

PEACE

GREEN PATHWAY

We see that one of the causes of hunger is the damage that is done to the environment. We support activities to protect the environment so that our planet can continue generously giving everyone enough food to live.

NATURE

meeting hosted by the FAO. This setting was inspired by what happened in June 2018, when, 630 children and teenagers aged between 9 and 14, from 17 different countries, **were invited to the FAO headquarters in Rome to discuss the project #ZeroHunger.**

The experiences that you are about to read come from a wide range of very different human situations. But each of these unique experiences is aimed at the same important goal: #ZeroHunger. They demonstrate that there are many ways to reach the same goal. It's a bit like a rainbow, where each colour has its own specific place, but they all flow together towards the same point. Thinking about the image of the rainbow led us to assign colours to eight different "pathways" that will help us to reach a world free from hunger. Each pathway covers a specific topic and a problem linked to hunger. As you will see, each of the four sessions of the Meeting focuses on one of these coloured pathways.

BLUE PATHWAY

We can use music, theatre, dance, cinema and every other art form to get other people to care about the problem of hunger and to join us in trying to find solutions.

THE ARTS

INDIGO PATHWAY

Access to adequate education is an essential element in fighting poverty. In order to confront the problem of hunger and its causes, we need more information. So let's take time to study and research the topic.

EDUCATION

VIOLET PATHWAY

A fast and effective way to share our ideas with many others is to use the media and social media. Let's flood them with messages about our commitment to #ZeroHunger.

COMMUNICATION

BLACK PATHWAY

Each of us can be an active promoter of the Common Good. Let's look around our own towns and get to work.

PARTICIPATION

Introduction

HOW SHOULD THIS BOOK BE USED?

- You can read it alone or in a group: at school, with friends, or in any other group you belong to;
- You can share out the different parts to be read by different people, as if it were a play. Reading the book this way makes it much more lively!
- At the end of each chapter you'll find a game and a moment of reflection with some guide questions.

This book suggests a few ways to follow the Coloured Pathways. Other ideas may occur to you while you are reading it. Who knows what future initiatives, projects and actions we will be able to bring about and promote? If you continue along these Pathways - not only by reading what's on these pages, but also by living the Pathways in your own life - then you will have helped achieve one of this book's main objectives. Write to centro.rpu@focolare.org to tell us your ideas, experiences, activities and projects!

Enjoy the book - and let's go ahead together!

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LET'S MAKE A PERSONAL COMMITMENT AGAINST
WASTE AND THE UNEQUAL DISTRIBUTION OF WEALTH
BY LIVING THE "CULTURE OF GIVING AND SHARING."



The Red Pathway

The Red Pathway



GOOD MORNING EVERYONE!
MY NAME IS MARIA, I AM 16, AND
FOR A YEAR I HAVE BEEN HERE IN ROME, AT
THE FAO HEADQUARTERS, WORKING FOR THE
ZERO HUNGER PROJECT. THE GOAL OF THIS PROJECT
IS TO ELIMINATE THE PROBLEM OF HUNGER IN THE
WORLD BY 2030.

THE FAO IS THE FOOD AND AGRICULTURE
ORGANIZATION. IT IS A SPECIALIZED AGENCY
OF THE UNITED NATIONS THAT LEADS
INTERNATIONAL EFFORTS TO DEFEAT HUNGER.



I would like to begin by thanking you for coming here from various parts of the planet. All of you are spokespeople for the difficult situations in the countries in which you live, but also for the positive experiences and concrete activities that you have already started! This is why it seemed important to meet and to share what we are doing. In this meeting of young people we have the opportunity to understand how we can improve the world together.

Hunger, today, is still a very serious problem. It's like a great war that has been going on for many years and kills over 20,000 people every day.

So, let's ask ourselves, why? Why do so many children and young people like us die of hunger every day? How can it be that we have not yet found a way to help them?!

This is why we are here: to share our strength and to commit ourselves to finding a solution.

So don't think that the stories or life experiences you share today are useless. Every gesture, every little activity you do to improve the world is a great thing. The world needs us, our ideas, our promises. The world needs a great team of young people who are committed to this common goal: to transform the world into a more just, more balanced place, with no more people suffering from hunger and poverty.

I would like to begin this meeting with some words that were pronounced in 1963 and which are as valid for us today as they were then:



JOHN KENNEDY,
PRESIDENT OF THE
UNITED STATES FROM
1961–1963

"So long as freedom from hunger is only half achieved, so long as two-thirds of the nations have food deficits, no citizen, no nation, can afford to be satisfied. We have the ability, as members of the human race, we have the means and we have the capacity to eliminate hunger from the face of the earth in our lifetime. We need only the will."

(President J.F. Kennedy's remarks at the Opening Session
of the World Food Congress on June 4 1963)

Maria: For this first part of the meeting we will walk along the *Red Pathway*! The first one to share her story today is Margaret from Kenya! Hi Margaret!

Margaret: Hi everyone! I'm Margaret and I'm 15 years old. I come from Kenya, a country in East Africa. Unfortunately we do not have a stable situation as regards health and the availability of food. About half the population still lives without being sure of being able to eat regularly. In many areas of the country, the water is polluted and widespread poverty makes it difficult to fight against diseases.

One day, during a snack at school, the cook put an extra sandwich on our table. My companions and I were tempted to share it out and eat it. But before we did, I thought about it for a moment. I felt that I had to be the first to take the step, so I said to everyone, "Surely the cook has made a mistake. I will not take it, because it is some other student's meal. But you are free ... do as your consciences suggest."

To my surprise, none of my classmates took that sandwich. We went to give it back to the cook. He was amazed to see that we had behaved in such an unusual way. He was moved. He thanked us and told us that that sandwich would go to someone who really needed it.



Maria: Thanks Margaret! To behave in this “unusual way,” to use your words, changes the reality around us: each one of us could start by changing a classmate’s day. If we have some friends with us, we could change a whole class. But imagine if large numbers of people started thinking like that! They could change an entire city!

And that’s exactly what some kids from Brazil are doing. Let’s hear from them...

Beto: Good morning, I’m Beto, I’m 14 and I speak on behalf of all these kids you see on stage! We are from Recife, a city in the northeast of Brazil.

Surely you know many types of clubs, but ours is really original. Our school, on the outskirts of the city, is surrounded by poor neighborhoods. Still, the difficult economic situation of many of our families hasn’t stopped us from founding a “GIVING CLUB.” These special clubs were started in Panama in 2005 by kids who were our age. To join, you have to pass a test of courage: detach yourself from an object you really care about and donate it. Looking around us, we got the idea that our Club would concentrate on building a home for a widowed mother and her four children who lived in a shack made of plastic sheeting. By selling the objects we had given up, we first took care of that family’s most urgent needs, and then their house. The word spread and so many people offered to help us! Some dealers in construction materials gave us discounts. We managed to build five houses and to renovate four. For one of these, an institution donated the money to buy the land where we built the house. For one grandmother we bought a wheelchair: delivering it to her was a great celebration! Now we collect school supplies, food and clothes that we then give to those in need. When we started there were ten of us. Today there are ninety of us!

Carlos: Ninety-one to be exact! Sorry, I'm Carlos. It's just like Beto says! At the beginning it was pretty **hard for us** to let go of our stuff, but thinking about how many great things came about because of that choice ... there is no comparison!

We talk about it a lot ... This kind of experience helps us **beat consumerism**: we don't stay closed in on ourselves thinking about how many things we would like to have. We decided to have a very clear rule in the Club. The rule is to take courage and to look at the needs of those around us. This is how the **Culture of Giving** started! In the poorest and most squalid corners of the city, for the first time, you can see new colours and smiles.



Culture: the knowledge, ideas and behaviours that we have acquired in the course of our lives.

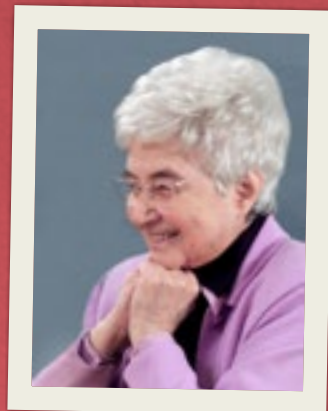
When we talk about a "Culture of Giving and Sharing" we mean the knowledge, ideas, behaviours and experiences that are oriented towards giving and sharing - both of what we are (skills, ideas etc) and of what we have (possessions, time etc). It's a culture that - in contrast to those based on having and owning - allows us to build relationships of friendship, fraternity and communion between individuals and groups.

Maria: Thank you all!
This idea of 'Giving Clubs' is really contagious! The teens from Panama, the creators of the first Club, showed their project to the Minister of Education. As a result, the project was included in the curriculum of all the public schools!

We teens are often told that we don't have a say in the decisions that affect our cities. Instead all we have to do is just get together and start!

Just like you did!

Once the Culture of Giving is set in motion, people become passionately involved, great ideas are generated and things that seemed impossible at the start are created. Change can arise from a simple shared choice.



"WE MUST LIVE AND SPREAD THE "CULTURE OF GIVING."
(...) KEEP IN MIND THAT YOU MUST KEEP FOR YOURSELF ONLY WHAT IS NECESSARY, JUST AS PLANTS DO. PLANTS ABSORB WATER, MINERALS, AND OTHER NECESSARY THINGS FROM THE SOIL, BUT NO MORE. EACH OF US MUST HAVE WHAT IS NECESSARY, BUT ALL THE REST CAN BE GIVEN AWAY, TO BE PUT IN COMMUNION WITH THE OTHERS." [1]

"YOU MIGHT SAY TO ME: "BUT I HAVE NOTHING TO GIVE."
IT'S NOT TRUE. IF WE WANT, WE HAVE REAL TREASURES TO GIVE: OUR FREE TIME, OUR HEARTS, OUR SMILES, OUR ADVICE, OUR CULTURES, OUR PEACE, AND OUR WORDS TO CONVINCE THOSE WHO "HAVE" TO GIVE TO THOSE WHO "HAVE NOT"...

AGAIN, YOU MIGHT SAY TO ME: "BUT I DO NOT KNOW WHO TO GIVE TO..." LOOK AROUND YOU! REMEMBER THAT SICK PERSON IN THE HOSPITAL? THAT WIDOWED LADY WHO IS ALWAYS ALONE? THAT CLASSMATE, SO DOWNHEARTED BECAUSE HE FAILED SOMETHING AT SCHOOL? THAT YOUNG UNEMPLOYED PERSON WHO IS ALWAYS SO SAD? THAT LITTLE BROTHER WHO NEEDS HELP? THAT FRIEND IN PRISON? THAT STRUGGLING APPRENTICE? ... " [2]

Chiara Lubich (1920-2008)

[1] Lubich, C, 2010 *Ai Gen 3 (1996-2002)*.
Rome, Italy Città Nuova, pp 66-67

[2] Lubich, C. 2017 *Parole di Vita*. Rome, Italy
Città Nuova, pp 108-110

There are different ways to give. You can make donations from a distance: of materials, food, sometimes money. Every day, however, we are close to many people. Some we have known for a long time, others we always see, but we do not really know them.

And what if behind each one of these people there was a big opportunity to do something really good...?

Khalid from Algeria tells us about an experience he had a short time ago.

Khalid: Hello everyone, I'm Khalid, I'm 13 and I'm a Muslim. Every year, my religion looks forward to Ramadan, a special month of fasting every day between sunrise and sunset. Because a month is a very long time, we minors are not obliged to fast. But I decided to respect the fast, at least for a few days.

In this month, we also commit ourselves to pray and to love others more. While thinking of my classmates, I remembered that one of them was very poor. So, since I had two jackets, I decided to give him one. He was very happy. Then I noticed he had no sneakers and so I gave him a pair of mine. He was a very thin boy and after a while I realized he didn't have food to eat every day. So I started to bring two sandwiches every morning: one for me, and one for him. We have become close friends. Even my mother wanted to meet him. We went to his house. He lived with his parents and seven brothers and sisters in a small mud hut, with no windows. A "communion of goods" launched immediately among many people who know him has allowed us to help them. Even our teacher realized that something had changed in his life and she wanted to know more. One day she called me up in front of everyone and said, "See what someone can do when he really wants to help?" She added that it was an example of how to live Ramadan well.



COLUMBUS, USA



EL PASO, USA



INDIA



MALTA

KIDS FROM ALL OVER
THE WORLD PUT THE
"CULTURE OF GIVING"
INTO PRACTICE.



PENANG (MALAYSIA)



Communion of goods: a style of life in which everyone freely makes available to the others whatever they possess (objects, ideas, time, money, abilities...). Surplus goods are donated and necessary things are made available to those in need. It's an attitude first of all of the heart, a first step towards the united world that we want to build, in which nobody lacks food or anything else that is essential to health and survival. Instead, everything is shared among everyone.

Maria: The teacher was right! That truly was a beautiful example, Khalib! Thank you!

Since the 1990s, there have been many social projects launched all over the world to combat problems related to hunger and poverty. One of these is Udisha, in India. Let's welcome Robert who arrived here just a few hours ago from Mumbai.

Hi Robert!

Robert: Thanks Maria. Good morning everyone!

I'm very happy to be here and I bring you the greetings of my friends from Udisha! The reality of the Udisha After-School was begun in 1997 by a group of members of the Focolare Movement to help poor families living in the slums of the city of Mumbai. Over the years, the project has developed with the support of the Association for New Families (Onlus). Currently there are about 115 children and young people who attend this "school of life": they range in age from 4 to 22 years and they are Hindus, Muslims and Christians.



THE CHILDREN OF THE
UDISHA AFTER-SCHOOL



From the outset, the objective was to offer assistance and support for the overall growth of every child, starting with educational and nutritional support. In all activities the “Culture of Giving” and reciprocity are promoted.

We, too, like the ‘Giving Club’ of Recife, have a main rule - the Golden Rule. It’s called the Golden Rule because it is present, in various forms, in the different cultures and in the sacred books of the religions of the world. It says: “Do to others what you would have done to you and do not do to others what you would not have done to you!”

At Udishia we try to live it every day. It helps to overcome fear and shyness, it promotes personal growth, but above all it helps us to grow together with the others!

We are all very different and between us, as you can imagine, sometimes we quarrel. It doesn’t last long, however, and we manage to forgive each other almost immediately. We study, we learn how to love each other, we share our things and we have fun!

It has been a turning point in my life, and in the lives of many others. I thank God for this. I am proud to be part of Udisha and, when I grow up, I will never forget all the things that have been given to me there. It is the place where I learned to forgive myself, to respect the elderly, to discover my hidden talents and then to share them. The other kids were strangers to me at the beginning. Today they have become like brothers and sisters to me.

I'd like to say something else if I'm allowed to...

Maria: Of course you may, Robert.

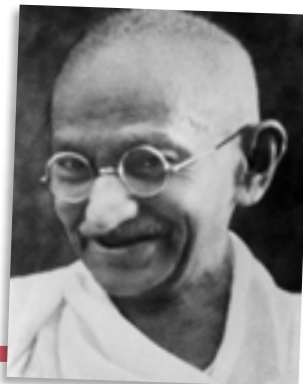
Robert: "We are nothing more than the mirror of the world," said Mahatma Gandhi. And he added, "Be the change you want to see in the world."

The challenges that await us are very difficult. Many things around us just don't work the way they should. But this is where we start...from ourselves. We just have to change our perspective: from being victims, to being those responsible for change. That way, the world, too, will change with us. In fact ... it is already changing! And that is the promise contained in the very name of the Udisha project. Udisha means: "The ray of sunshine that announces a new dawn."

Maria: Thank you! Give a big "Hi!" from us to everyone at Udisha!



MAHATMA GANDHI WAS A GREAT INDIAN POLITICAL ACTIVIST AND PHILOSOPHER. HE HAS BEEN ONE OF THE MOST INFLUENTIAL TEACHERS OF NONVIOLENCE AS A MEANS OF CIVIL PROTEST.



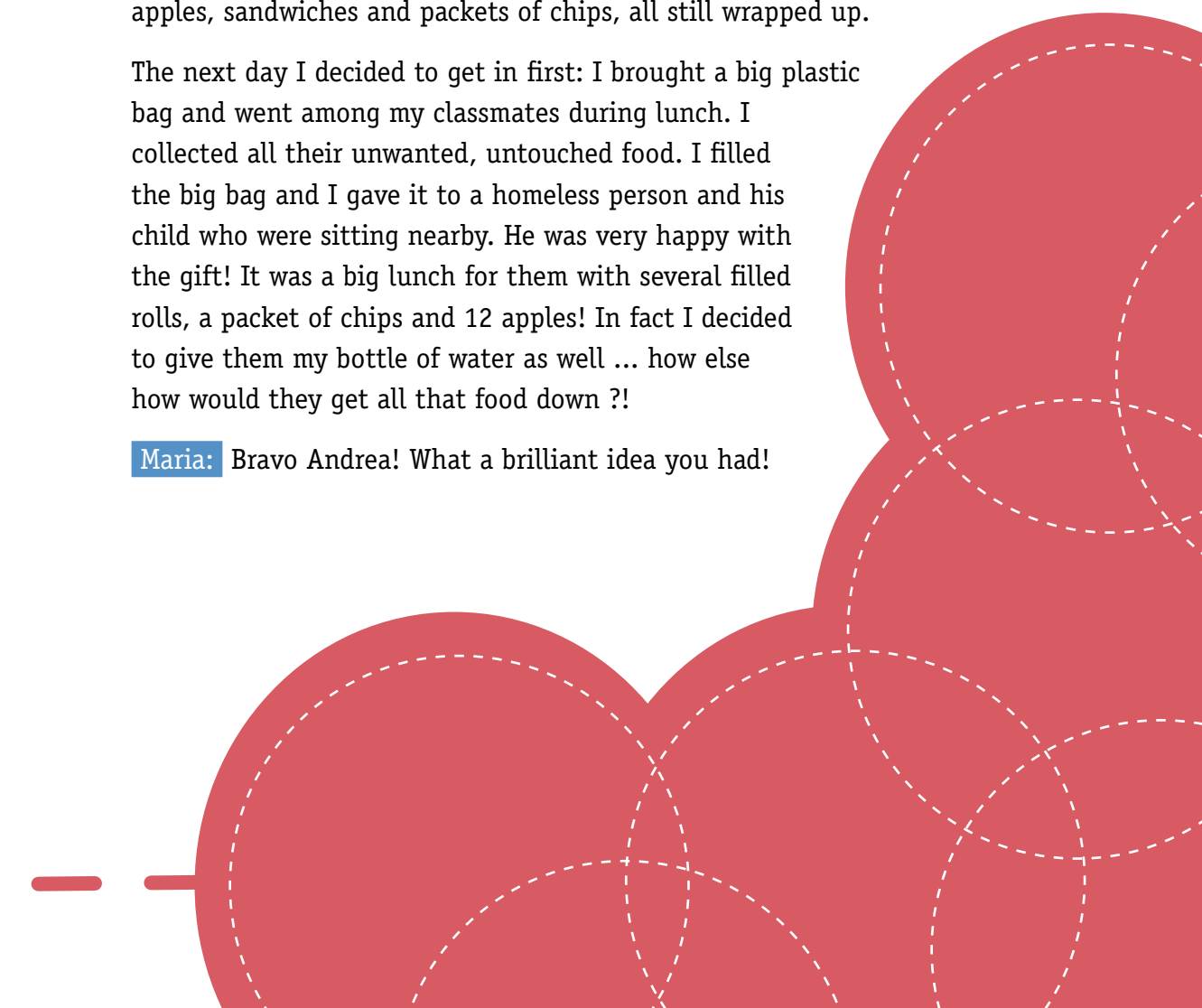
Now we turn to you, Andrea. You had an idea to deal with the problem of food wastage. Do you want to talk about it?

Andrea: Gladly Maria! Hello everyone! I am Andrea and I come from Italy. My idea was a very simple, but very effective.

I was on a school trip. As I ate the packed lunch, I realized that many of my classmates took out the bottle of water and the chips from their bags but then left the rest of their lunch at the side of the road. Together with the teacher we collected it and threw it all in the rubbish bins. Seeing that much good food ending up in the rubbish bins was a shock! There were apples, sandwiches and packets of chips, all still wrapped up.

The next day I decided to get in first: I brought a big plastic bag and went among my classmates during lunch. I collected all their unwanted, untouched food. I filled the big bag and I gave it to a homeless person and his child who were sitting nearby. He was very happy with the gift! It was a big lunch for them with several filled rolls, a packet of chips and 12 apples! In fact I decided to give them my bottle of water as well ... how else how would they get all that food down ?!

Maria: Bravo Andrea! What a brilliant idea you had!



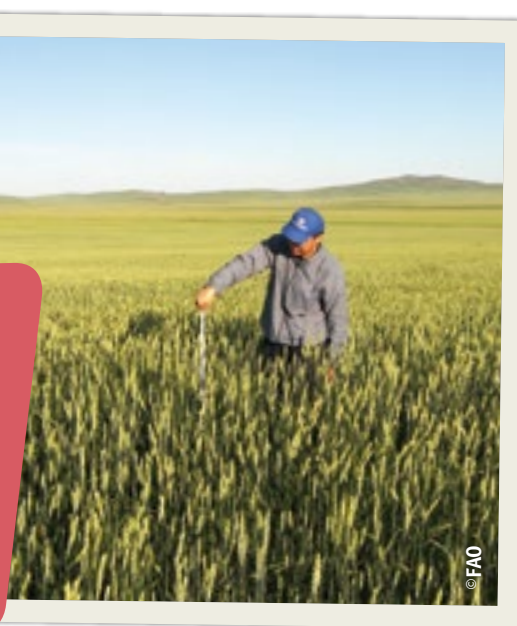
Like Andrea, all of us, with a little effort, can reduce waste by transforming it into something useful for those in need.

The problem of hunger is closely linked to the poverty we witness with our own eyes in our cities. But there are many different causes of poverty. Think, for example, of the destruction brought about by wars, and of the many people who are forced to leave their countries and all their belongings, and then to migrate great distances just to try to survive. Then there is the question of rural development. How do people get the essential technical requirements, as well as the basic education they need, in order to develop their own abilities to produce their own food? Many, many young people in the world are not able to study, and this generates a “poverty of preparation” so they can’t find work and they can’t help their friends and family to survive.

A MONGOLIAN FARMER
MEASURES THE GROWTH
OF HIS CROP



Rural development:
development that
encourages growth in
areas of the countryside
– particularly agricultural
activities.



Maria: We also have an expert in economics here with us. Geneviève Sanze of the Central African Republic does many other things besides teaching at the University. She is a member of the Vatican Office for the Laity, the Family and Life, and an African representative in the international commission of the Economy of Communion. Professor Sanze, we have talked about the Culture of Giving and Sharing and we have seen how many changes it can bring about even if lived by just a few people. But if one day it were lived by everyone, all over the world, how would that change the world's economy?

Geneviève Sanze: The real **fight against poverty** lies in trying to get people to live the Culture of Giving. The Culture of Giving causes a circulation of goods, talents, ideas and goodwill. This generates relationships and abundance. In the Culture of Giving we find the phenomenal capacity to **generate shared wealth**. The fight against poverty must be based on the premise of a fraternity among equals. This, in turn, allows participation and responsibility to take root.

If we are trying to aid the development of a person, or of a people, and we are only concerned with helping, we make their poverty obvious and they lose their sense of self worth. Thus they become doubly poor, as they enter into a cycle that makes them dependent on us. Once in that cycle, they have no way out because they start to feel that they are incapable of breaking free.



If, on the other hand, we enter into the lives of the others by trying to get to know them and the richness of their culture, we establish with them a relationship of equal dignity; they see that we are treating them as persons, just as we treat one another. And a reciprocal exchange grows between us.

Starting from this point where we recognize our equal dignity, we each can then exchange our poverty and our riches, so the Culture of Giving is born between us. Each of us is rich in some ways and poor in other ways. In this sharing, we can transform and multiply riches and overcome poverty.

Maria: We have representatives here from all over the world. We really like this idea that you expressed: That every continent can and should share both its problems and its riches so that they can become the heritage of all peoples. In your opinion, can African cultures help us to better understand the Culture of Giving and Sharing?

Geneviève Sanze: A researcher proposed a game to the children of a South African tribe.

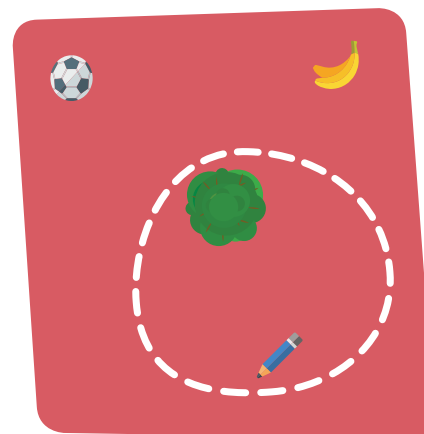
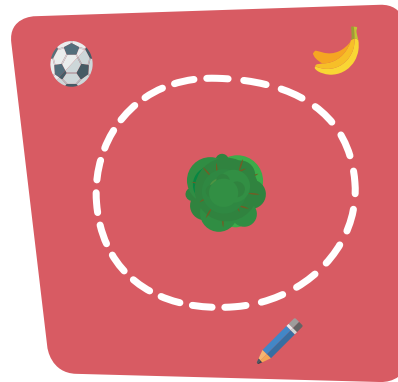
He placed a basket of fruit next to a tree and told the children that the first one to get there would win all the fruit. At his signal all the children took off at the same time ... all holding hands! Then they sat down together to enjoy the reward. When the researcher asked them why they had done so, when one of them could have had all the fruit, they replied: "UBUNTU!" that is, "How can one of us be happy if all the others are sad?" This tendency towards community solidarity expresses the heart of African culture: We must not only be grateful when we receive something, but we must also be generous towards others.

THE RED PATHWAY IN ACTION

We have learned the meaning of the word “Ubuntu”: community solidarity, that is, “How can one of us be happy if all the others are sad?” But is it really true that this is an effective strategy to help us achieve our #Zero Hunger goal? Let’s try to put this idea into action!

Ready? Everyone form a circle around an object fixed on the ground (like a tree or a chair). We will call that object “the Centre.” Hold each other’s hands and spread your arms out as far as possible to create a large circle. At this point, a person outside the group places different objects outside the circle (for example fruit, pencils, balls etc).

Action! The goal of the game is to bring to the center all the objects that are positioned outside the circle. But be careful: the Centre must always remain inside the circle and you can’t let go of each other’s hands! The goal is to complete this challenge in the shortest possible time.



WHAT DID WE LEARN?

Try to gather in small groups to discuss these questions.

- What do you think is the best strategy to win the game? What decisions helped your team? Which ones hindered it?
- How do you think you managed to put “Ubuntu” thinking into play? And the “Culture of Giving”?
- Try to imagine: in the game your team represents the world population and all the objects positioned outside the circle represent the food and resources available on our planet. What do you think you learned from this game about the problem of hunger and how to deal with it?
- Share with your friends a concrete action that you could commit to in order to put the “Culture of Giving” into practice in your daily life.



Recommended minimum number of players: 5.

Maximum number: 100+ (that is, the more the better)

A suggestion. Before starting the game, try talking with each other to decide on the best strategy for playing the game.

Variants of the game:

→ Inward or outward?

Try to play by arranging everyone facing outwards. Then, try again with everyone facing inwards. After trying both positions, ask yourselves: which one worked best? Why?

→ Challenge between teams. Create two circles around two different Centers, leaving enough room for each team to move. Which team will be able to collect all their objects first?





WE SEE THAT ONE OF THE CAUSES OF HUNGER IS THE DAMAGE THAT IS DONE TO THE ENVIRONMENT. WE SUPPORT ACTIVITIES TO PROTECT THE ENVIRONMENT SO THAT OUR PLANET CAN CONTINUE GENEROUSLY GIVING EVERYONE ENOUGH FOOD TO LIVE.



The Green
Pathway

The Green Pathway



HI EVERYONE! IT WAS GREAT TO HEAR ABOUT THE WAYS YOU'VE BEEN PUTTING THE CULTURE OF GIVING INTO PRACTICE! I'M STEPHEN, I'M 17, AND THANKS TO THE FAO, I HAVE HAD THE OPPORTUNITY OVER THE LAST TWO MONTHS TO TRAVEL TO A FEW COUNTRIES AROUND THE WORLD WHERE PEOPLE ARE CARRYING OUT VARIOUS ACTIVITIES AIMED AT IMPROVING ECOLOGY AND HEALTH.

Environmental pollution is one of the most serious problems related to food scarcity. It intimately affects all of us, because our bodies breathe and feed on whatever we find in the environment around us. So now, let's open up *the Green Pathway* - the second part of our Meeting!

Over the last two months I have met many kids who have taken on commitments in their own areas. Many weren't able to come here to Rome, but they have sent us some beautiful photos.

Here they are!

WALLIS ISLAND
(PACIFIC OCEAN):
YOUNG PEOPLE
HAD THE IDEA
OF COLLECTING
RUBBISH FROM THE
BEACHES AND THEY
GOT ADULTS FROM
VARIOUS VILLAGES
TO JOIN IN.



BRATISLAVA (SLOVAKIA):
THESE YOUNG PEOPLE
COLLECTED 600 KILOS OF
RUBBISH ALONG THE BANKS
OF THE RIVER DANUBE.



SÃO PAULO (BRAZIL)
AND ROME (ITALY):
ECOLOGICAL RACES —
WHERE THE WINNERS
HAD TO BE THE FIRST
ONES PAST THE FINISH
LINE WITH THE MOST
RUBBISH COLLECTED
ALONG THE WAY.

SALTA (ARGENTINA):
NEIGHBOURHOOD CLEANING
AND RUBBISH COLLECTING



In 2017, the “Cantieri Hombre Mundo” (World Citizen Workshops) were held in various countries. 160 teenagers from all over Central America gathered in Guatemala. A group from Panama is here now to tell us about those days together.

Welcome!

Lucia: Hello everyone! I am Lucia and here with me are Chari, Daniel and Santiago.

With all the others at the Hombre-Mundo workshop, we worked together for Patzún, a community of 45,000 people with very few water resources. Their situation was getting worse due to deforestation. We decided that we had to do something concrete.

Water resources:

all the various forms in which water is available on our planet. Water is an indispensable element for the survival of humanity and of nature.

Deforestation:

is the permanent destruction of forests in order to make the land available for cultivation or other uses. Forests are very important. They produce oxygen, absorb carbon dioxide, and generate drinking water.

We asked for an appointment with the Mayor of the city. The Mayor encouraged us to take action to replant the forest. He gave us a thousand small fir trees and together during the workshop we planted them in the place indicated by the town council.

DURING THE CANTIERE HOMBRE MONDO IN PANAMA,
1000 TREES WERE PLANTED TO COMBAT DEFORESTATION



Cantiere Hombre Mondo: international workshops for teenagers promoted every three years by the Teens for Unity of the Focolare Movement. The goal is to foster a culture of fraternity on a global dimension, so that the young people can learn to know and respect the homelands of others as if they were their own.

The event takes place in two phases. In the first week we work towards becoming “citizens of the world.” We try to get to know each other and overcome our cultural and historical differences - even the very big ones! As we discover bonds between us, we build a network of fraternity throughout the world.

In the second week we move to various cities in the host country, or in neighbouring countries, and we go “to the outskirts” to carry out projects aimed at building solidarity. These are projects in neighbourhoods with problems, designed to relieve poverty and marginalization and activities to improve the environment.

The Cantiere Hombre Mondo in 2014 was held in Argentina. In 2017 it was in Eastern Europe (Croatia, Serbia, Poland). In 2020 it is scheduled to take place in Kenya and the Ivory Coast. At the same time as the international ones there are also many other local workshops held in various cities of the world.

Chari: It was beautiful to see the unity among all the countries of the Central American region participating in such an important action. The environment in which we live belongs to everyone. It's the first thing that unites us as brothers and sisters. Local TV stations covered the story and invited the local people to join our activities. As a visible sign of the fact that fraternity is possible, we made a mural with the flags of our countries and the imprints of our hands.

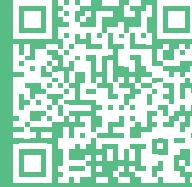
Daniel: We played various games together that helped us to get to know each other better and to work in a group without paying attention to the fact that we all came from different places.





USE THE CAMERA ON A PHONE TO TAKE A PHOTO OF THIS QR-CODE AND YOU CAN SEE THE VIDEO OF THE CANTIERE HOMBRE MONDO IN GUATEMALA.

Santiago: It was a fantastic experience because we understood that if we are willing to help each other we can do a lot for nature and the environment. And it's really beautiful to discover new cultures! In Guatemala I got to know some of the *Kaqchikel* language of the indigenous village. It comes from the spoken language of the ancient Mayan civilization. I would love to be able to travel for two months as you did, Stephen!



SOME OF THE ACTIVITIES THAT TOOK PLACE DURING THE CANTIERE HOMBRE MONDO IN GUATEMALA



Stephen: Of course, Santiago! You are very young! You will certainly have the chance to travel! And if you learn languages so fast, who knows how many people you can get to know and help!

What are you planning to do in Panama after this beautiful experience at the Hombre Mundo workshop?

Lucia: We will continue the Green Pathway! We are starting a wonderful activity with food leftovers, collaborating with the "COCINA DE SOFY" which is a catering company. The project in which we are involved is called "Zero Waste." It was created to recycle and reuse food waste.

Stephen: Really? And how do you do it?

Daniel: For example, when making biscuits, you have to cut the corners of the dough differently depending on the size of the biscuits. These off-cuts used to be thrown away, but since we started the project we re-use the dough remnants to create a cake: we call it... Rescue Cake!



Chari: Yes, it really makes you laugh! It's a funny name for a cake, isn't it?! In addition to these activities with food, we do other things! From the commitment not to throw away waste, we had the idea, for example, of making a vegetable garden on the terrace of the company's building. We plant kitchen scraps, such as fruit and vegetable seeds, in plastic containers that were used for cooking, so what was previously rubbish is now a totally organic garden. In this way we help the environment and don't waste the food that many people need.

Stephen: You really are active in Panama! I'll have to come and see you! Thank you for coming to the Meeting! And don't forget to say "Hi!" for us to your friends back in Central America. Those trees you have planted might seem like only seedlings, but one day they will be a great forest!

One of the issues at the heart of the FAO is undoubtedly climate change. 821 million people worldwide suffer from hunger and malnutrition (FAO, SOFI 2018). For the most part they are farmers, fishermen and shepherds who lose the opportunity to work and produce food because of natural disasters linked to the climate. The main factor that triggers these disasters is global warming which is linked to the increase in the concentration of carbon dioxide in the air due to industrial activities. The large amount of CO₂ produces a significant rise in temperature with very serious consequences for the environment, such as severe droughts, melting glaciers and rising ocean levels. An increasingly high risk, which is unfortunately very common, is that of strong and sudden rains that generate devastating floods that are



CO₂ IS THE CHEMICAL FORMULA FOR CARBON DIOXIDE. IT IS A GAS FORMED BY PROCESSES OF COMBUSTION – FOR EXAMPLE WHEN YOU LIGHT A FIRE OR USE A CAR.

difficult to predict. Among us here today, there is a girl who has experienced one of these dramatic situations ... She is the youngest present at this Meeting and she came here with a very special person!

Cecilia: Hello everyone! I'm Cecilia, I'm 12 and I'm from Argentina. Today I'm here with my grandmother Teresa who is that lady at the back of the hall!



She accompanied me for two reasons: first because I could not travel alone from Argentina, and secondly because we lived through a flood together.

A short time ago, in our city, a great flood caused a lot of damage. Many people lost everything they had. Schools were transformed into shelters for the homeless.

Stephen: Was your home destroyed, Cecilia?

Cecilia: No, thank goodness. Only one part was damaged. We were very lucky. However, the flooding triggered an incredible **current of solidarity** among everyone. My grandmother and I could not help with clearing the streets as many did. So we decided to **collect food and clothes**. We asked our relatives, neighbours and other people. After we had collected a lot of things, we took them to the Cathedral to be distributed. It was a small action compared to everything that had to be arranged and rebuilt for the people, but we were happy to have done something for the others.

Stephen: Well, hearing that a grandmother and granddaughter “team up” and get busy in such a difficult situation is very significant! Thanks to you too, Cecilia!

To act against climate change we need every generation to be useful. Unfortunately it is no longer enough to think in the short term, we must **think about the future**, the generations that will come after us.

There are 177 countries who have already committed themselves to contain global warming and reduce man-made gases. On the 22nd of April 2016, on World Earth Day, they signed a **“climate pact”** called the Paris Agreement.

Alongside the leaders who signed the agreement, however, it is up to us to open a Green Pathway in our own cities!

Natalia and her friends are doing it in Slovenia, one of the “greenest” countries in Europe, with 15 thousand places of natural beauty.

Natalia: Good morning everyone! I’m Natalia and I am 15. I must admit that it was Stephen who convinced me to come to this Meeting. I am very excited to be here but I am not used to speaking to so many people. So I decided to write my experience briefly and to read it out to you:

I have noticed that some people often throw rubbish on the ground, no matter where they are. It started to annoy me so much that at school, whenever I saw papers or bottles on the ground I started picking them up and throwing them in the rubbish bin. My friends, seeing this new habit, began to tease me saying, "Are you the cleaning lady?" They weren't putting me down, they just thought what I was doing was funny. Slowly, however, it caught on and now I'm not the only one who cares about the environment. For one classmate, however, it was different. Throwing papers on the floor seemed like his biggest passion! Inviting him to pick it up didn't work. So I did it for him. It took a while, but eventually he gave in. Now if he happens to drop something, he smiles at me and picks it up.

They often tell me that you won't get anywhere if you are humble and kind to everyone, that in life not everything is beautiful and that I will suffer a lot because others will "walk all over me". But these small changes are enough proof to me that if you are smiling and try to be willing to listen and to help the other, even if you have to adapt and maybe give up something, you can always be happy. Despite the pain you experience when someone disappoints you, despite all the evil that exists and that we see every day, it is worth it, it is worth doing the good things that we believe are important.



Stephen: You're right Natalia! It's very important! I'm glad you decided to come today. Because walking on the Green Pathway means doing just what you and your friends are doing.

Pope Francis reminds us that the environment is "our common home."

"Ecological culture can not be reduced to a series of urgent and partial responses as problems arise to do with environmental degradation, the depletion of natural resources and pollution.

There needs to be a different way of looking at things, a new way of thinking, new policies, new educational programmes, new lifestyles." [1]

"There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. [2] (...) We must not think that these efforts are not going to change the world. They benefit society, often in ways we don't know about, because they call forth a goodness, which, even if unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile." [3]

Pope Francis

[1] Pope Francis, 2015. *Laudato Si – on care for our common home*. Paragraph 111. [2] Paragraph 211. [3] Paragraph 212



Exhaustion of natural resources.

There are various types of natural resources on the earth: minerals (gold, silver, copper, lithium ...), fossil fuels (oil, coal ...), biodiversity (the variety of living things that inhabit the earth - plants, animals ... - with a balance that must be maintained), food resources (fish, agricultural products ...) and water. Currently the unbridled consumption of the earth's resources suggests we are heading towards completely exhausting them and their reserves. To allow humanity to survive we need a lifestyle change for everyone. We need lifestyles that limit the use of non-renewable resources, and that increase the use of renewable ones. We need lifestyles that help the regenerative capacity of our planet, because right now it is struggling because of various problems. The number one problem is pollution.

Natalia: ... It's not easy. Some of the things I started doing everyday seemed irrelevant to other people. I simply kept going, because I felt they were the right things to do. It was a surprise, one day, when some friends began to do them too. A similar thing happened with bottle caps. When they are recycled in very large quantities, they can be used to buy wheelchairs. We collected them all over the world and it became a game! We are so passionate about it that every day is a challenge to see who can collect the most! I'm not sure if this fits the definition of "lifestyle" that the Pope speaks about...

Stephen: Of course it does, Natalia! That's it! Having fun every day taking care of the environment and of others is the most beautiful thing you can do!

I shouldn't tell you now, ... but at the end of this second Pathway we will be playing a very funny game that is about our lifestyles!

Before the final game, however, we still have two precious presentations. The first is from a group of young people from Myanmar, a country in Southeast Asia. Here we have Cara, whose community is one of the many communities there that are committed to the environment.

Cara: Good morning everyone! I am Cara and I am 15. Since all of us from Yangon couldn't come to this important Meeting, we decided to write you a short letter. I'll read it to you:



Yangon, Myanmar

October 2018

Dear everyone at the Zero Hunger Meeting,

We are the kids of Myanmar! We are writing to tell you about some of the wonderful days that we have dedicated to the protection of the environment and that have made us start a real Green Pathway in our city of Yangon.

Since 2005, Run4Unity has been taking place all over the world. Besides being a relay for peace and unity among peoples, it is also an opportunity to initiate voluntary projects to build solidarity.

During Run4Unity 2018 we chose to set up a "Green Pathway" to take care of the environment! With 70 young people from our community we went to a poor neighbourhood in the suburbs of Yangon where "ChuChu", a small company has been set up with the idea of using recycled materials (especially plastics) for the creation of other products. We decided to work together to help clean up the neighbourhood and to offer a moment of ecological education to the surrounding areas.

We started the day with about 70 people. Through a web link we received the Run4Unity "relay baton" from the kids of Korea. So, following the idea of the Three Rs (Recycle, Reduce, Re-use), we started to collect the garbage we found everywhere, from the roads to the canals. Once we started to clean up, some of the local people spontaneously joined in, especially kids and young people. We ended up with over a hundred people helping.

After the cleanup, at midday we paused for a minute's silence - our "Time Out" moment which we spent recalling the Middle East, all the countries at war and in particular the difficult situation of our own country.

After lunch we had the moment of ecological education with a video explaining the damage created by plastic in the environment and we workshopped ideas and games about how to recycle the different materials.

From this initiative we hope that many other things can come about in the future!

We are not going to give up! We will continue to walk with you on the Green Pathway! Towards the goal - Zero Hunger! ;-)

Have a great Meeting!

The Kids of Yangon

p.s. here are some of the messages we received during the "Run4Unity"





Time out: a moment of silence or prayer held every day in many parts of the world at 12 midday local time.

For more information:
www.teens4unity.org/en/time-out/

"I AM
VERY HAPPY BUT ALSO A
LITTLE WORRIED ABOUT OUR PLANET.
I LEARNED A LESSON THAT I WILL
NEVER FORGET."

"IT'S THE FIRST
TIME I EVER COLLECTED
RUBBISH FROM THE STREET.
I WAS HAPPY TO DO IT
AND I'M READY FOR
NEXT TIME"

"I discovered
that we are the
cause of environmental
problems"

"I WOULD LIKE TO
SHARE THIS ECOLOGICAL
EXPERIENCE WITH THE PEOPLE
WHO LIVE AROUND HERE FOR
THE FUTURE OF THIS
NEIGHBOURHOOD."

"I am very happy
with this garbage collection
business and I would like to
continue with actions based on the
Three Rs : Recycle, Reduce,
Re-use!"



Run4unity: an annual world-wide relay for peace. The concept came from the Teens4Unity: in 24 hours we run all over the world from 11am to 12 midday in every time zone. From 2018 the relay participants are also committed to the Zero Hunger goal.

www.run4unity.net



Ecological education: education that helps us to improve our way of life so that instead of contributing to the destruction of the planet, we contribute to its protection for our generation and for future generations that will come after us.

Stephen: Thanks Cara, I think this long applause says everything! We're not giving up either!

And now we come to the three siblings from Schaffhausen, a small town in Switzerland! Where are they? Ah, here they are coming onto the stage!

When we talk about the Green Pathway we are not just talking about the environment but also about health and sports! Isn't that right?

Martin: Yes! Hello everyone, I'm Martin.

Although so far Switzerland has never managed to win a World Cup, in our neighborhood many of us are very passionate about football! Our local sports field is now in a very bad state, so after a little initial indecision, we decided to do whatever we could to get it back to its original state.

We talked about it with our neighbourhood friends and suggested a few fundraising ideas. To our surprise everyone agreed! So we threw ourselves into this challenge! The first idea was to offer to babysit for our neighbours while they did their Christmas shopping. So we chose a Saturday to leave free so we could stay with the little ones in the neighbourhood. We played with them all the time and cooked spaghetti during the lunch break! We had a lot of fun!

The second idea was to prepare and sell Christmas cookies. We worked a whole afternoon with some adults who offered to help us. In the end we had “mountains” of delicious cookies that we sold in a flash the next day.





So far we have raised 550 euros, but we aren't stopping there! We are already **planning the next project** and we also want to go to the mayor of our city to tell him what we are doing.

Stephen: Of course! You have to go! Maybe he will help you! He will be delighted to have citizens like you who are working to fix the sports field!

Our dialogue on the Green Pathway has also raised many questions. Here with us is Professor Luca Fiorani, expert on environmental issues, researcher at ENEA (National Agency for New Technologies, Energy and Sustainable Economic Development) and lecturer at the Universities Lumsa, Marconi and Roma Tre of Rome.



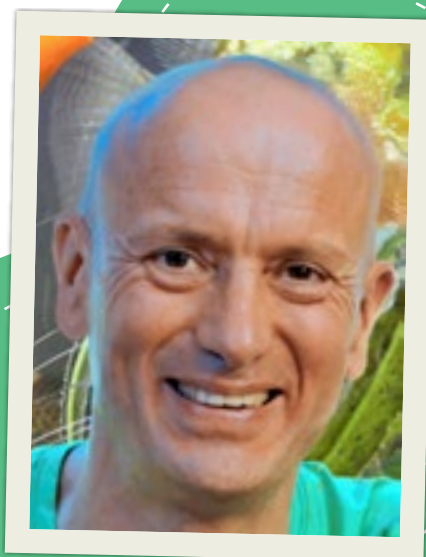
Professor, let me ask you the questions that have come from the hall.

The first is this one: "We realize that the planet's environmental crisis is very serious and that only a change in our lifestyle and that of everyone in the world can **restore hope** to the planet. In your opinion, what aspects of our lifestyles should we change so we can contribute?"

Luca Fiorani: The first things to change are our own eyes and our own hearts. We need to change our eyes so that we recognize in the marvels of nature the presence of Someone, or at least of something, that is beautiful, great, harmonious...

How about we try a little experiment? Tonight take your eyes off your smartphone screen and look up at the starry sky, preferably in a place far away from the city lights: then tell me about the effect it has on you...

We need to change our hearts so we can live the Golden Rule which says: "Do to others what you would have done to you". Why? It's because we want our children and grandchildren to have a planet as wonderful as the one that our parents and grandparents left us. Also, **avoiding consumerism**, and the culture of waste, helps us to **share the good things of this planet** with those who have less than we have today - whether they live near us or far away.



Luca
Fiorani



Culture of waste: It's a consequence of consumerism that leads us to have more and more things instead of reusing or recycling, and to buy stuff we don't even need. It gets us used to throwing stuff away even if it's still working. So things lose their value, and we no longer pay attention to the waste or to the needs of those who live next door. We distance ourselves from people who are weaker, poorer or lonely. The opposite is a **culture of care**, which leads us to take care of ourselves, of others and of the environment.

Stephen: Thank you, professor. Here's the second question. It came from someone listening to our experiences. They ask...

"We kids can make small gestures to look after the environment, perhaps starting from our schools or the neighbourhoods where we live. In your opinion does it do any good? What more could we or should we do?"

Luca Fiorani: These gestures do a great deal of good, because they train us to **change our eyes and our hearts**. You will soon understand that it is necessary **to change the model of development**, that is, to change how both the economy and society work. In the meantime, you can train yourselves with some of the activities recommended by Pope Francis in his encyclical "Laudato Si", a beautiful letter that he wrote to everyone in the whole world to invite them to take care of the planet:



→ put on warmer clothes to avoid turning on the heating,

→ reduce the use of plastic and paper,

→ reduce water consumption,

→ separate your rubbish before it's collected,

→ cook only what you will be able to eat,

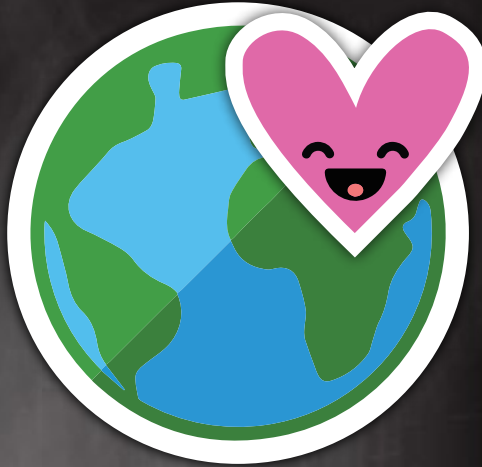
→ take care of other living beings,

→ use public transport or share a car with other people,

→ plant trees,

→ turn off unnecessary lights,

→ thank God before and after meals.



THE GREEN PATHWAY IN ACTION

Taking care of the environment may seem like an undertaking that's way too big for us. From listening to the experiences of the young people here today, and to the words of Professor Fiorani, we have learned that we can make a difference. **Our small daily gestures, when repeated over time,** add up. The eyes through which we look at the world matter, and so do our hearts. We need them to **motivate our actions.**

But ... do we know what the "good habits" are that help our planet to stay healthy? Let's play a game to discover them all. In this chapter we have named some ... can you find others?

Ready? On a piece of paper everyone writes one "good habit" that helps us to have a more ecological lifestyle. Try to write as many as possible. Then fold them and put them in a box.



Action! One at a time, each of you takes a piece of paper from the box and tries to get the group to guess the "good habit" that it contains. How? By giving a good example! It means that you will have to mime the "good habit," without saying anything. If one of you has trouble miming you can ask a friend to help you.

WHAT HAVE WE LEARNT?

Try to gather in small groups to discuss these questions.

- Think about it. Just as it is in this game, so it is in real life. Sometimes by doing something without speaking, simply by setting a good example, you can say more than words ever could. Have you learned any new “good habits” that you did not realize were good for the environment? Which ones?
- Which “good habits” are already parts of your lifestyle? In which ones do you think you can improve?
- Which “good habit” seems harder for you to put into practice? Can you think of anything that could be done to help people to put it into practice?
- Among the “good habits” that you have found, is there one that you think is particularly important for your family or for your city? Which one? Why?

Materials. Felt-tip pens, sheets of paper.

Variations of the game:

- **A challenge between teams.** Create two teams. The game is played the same way but every time one of you guesses a “good habit” his team earns 1 point. Which team will be able to get more points?
- **Design challenge!** Try to guess the “good habits” by drawing situations that represent them. If you’re not so good at drawing, choose a friend and draw in pairs!



ACCESS TO APPROPRIATE EDUCATION IS AN ESSENTIAL ELEMENT IN FIGHTING POVERTY. IN ORDER TO CONFRONT THE PROBLEM OF HUNGER AND ITS CAUSES, WE NEED MORE INFORMATION. THIS MEANS STUDYING AND RESEARCHING THE TOPIC IN DEPTH.



The Indigo Pathway

The Indigo Pathway

Sofia: Good morning everyone! Let's thank Stephen for introducing us to the Green Pathway, for getting us to play that great game and for getting us all to reflect on our way of life!

Sorry ... I haven't introduced myself yet!



I'M SOFIA, I'M 17 AND I'M FROM PERU, A COUNTRY THAT STILL SUFFERS FROM POVERTY AND FOOD SHORTAGES IN SEVERAL REGIONS. UNFORTUNATELY, IN MY COUNTRY, MANY YOUNG PEOPLE DO NOT HAVE THE OPPORTUNITY TO ATTEND SCHOOL. THIS IS ALSO THE CASE IN MANY OTHER COUNTRIES OF LATIN AMERICA AND ELSEWHERE THROUGHOUT THE WORLD.



For the next six months I will do an internship here at the FAO. We will look deeply into questions such as: "Is school important for us young people?" Or "What are the difficulties that stop children of our age from going to school or from having an adequate education?"

This is the theme at the center of our next chapter: the *Indigo Pathway*. To get straight into the heart of the dialogue I'll invite Mya, a Peruvian girl like me, to talk to us...



THIS RED DOT IN THE
HEART OF PERU IS
BOLÍVAR PROVINCE.

Mya: Hi everyone! I am 14 and I'm going to tell you a story that I wrote. It's a story with a difference – you could call it a “Zero Fantasy” story because every thing in it is true...

Once upon a time, there was a land called Bolívar, a vast territory with a population of 2500 people who were completely dependant on agriculture. Father Emeterio, the local priest, used to know all the people of the land. He set off on the back of his mule, (the local equivalent of the car), along all the narrow and rambling roads, for days at a time, to visit the different families of his community.

Ever since he had arrived in Bolívar and had come to understand the living conditions of the people, Father Emeterio had his mind set on one thing: to give these people the tools they needed to build a better future.

He asked himself, “Why don't the children of Bolívar go to school?”

The answer was simple: the families in the area live in chacras, that is, on small plots of land, and in order to grow enough food to survive it takes a lot of hard work, including the work done by the children. In addition, the children live in villages scattered very far from each other. The only way to change this situation was to

build “A school in the Andes.” He had to convince the parents of the many children of Bolívar, in the nearly 30 communities scattered throughout the territory, just how important it would be for their children to go to school. Father Emeterio immediately set off again to visit the families and to convince them of how important education is for allowing children to build a better future. It was also very important that the school, apart from providing suitable education, should also become a place where children and families could feel at home. It was decided that all the students had a right to be given a nutritious meal every day at school – to help them to grow, and to help them to study. This idea won over even the parents who were the most wary, and they then offered to take turns to cook the meals that the school provided for their children.

After the first experiences of temporary schools held in parish rooms and then in rented premises, the real project started with the help of the non-government organization AMU (the Italian initials for “United World Action”). Within a year a new school with 11 classrooms had been built and there were about 250 children and young people attending the primary and secondary school classes.



... My story ends here, but the story continues! Because maybe you do not know that the very first student to finish this school is right here with us now! It's Sofia!

Sofia: Yes, that's right. I have just finished studying at this brand new “School in the Andes”. It's a real dream come true. And it's amazing how everything in Bolívar has changed. Our days are full. The children are able to attend classes regularly. The teachers are motivated, kept up-to-date and they apply innovative teaching methods.



THE SCHOOL OF THE ANDES
UNDER CONSTRUCTION...

... AND THE BUILDING COMPLETED!



OPENING DAY



THE CHILDREN READY TO START



The "School in the Andes" is truly an example of how every community and every person can be a protagonist in the fight against hunger.

Mya: Today we are protagonists with the goal of ensuring a nutritious meal every day for every child. Tomorrow we are protagonists with the goal of ensuring that each child receives a quality education so they can change the future of their own territory!



USE THE CAMERA ON A PHONE TO TAKE A PHOTO
OF THIS QR-CODE AND YOU CAN SEE THE VIDEO
OF THE SCHOOL OF THE ANDES IN BOLIVAR.



Sofia: As you will have understood from Mya's story, the Indigo Pathway is about our education, it's the Path we follow to develop our abilities, our passions, our ideas, and also our dreams. This happens through our schools, but not only there. It's a pathway that gives us the opportunity to innovate what already exists and to create something new.

Did you know that 61 million children do not have any form of schooling? Some have never seen a school, others have seen it destroyed by bombing.

As you have heard, the situation in Bolívar is very difficult and I had the good fortune to receive an education. I know that many of you, like me, have had this good luck. It's true that when you go to school, sometimes it's a bit tiring, but we learn so many new things that help us to see reality, to understand life better, to work out what we are passionate about, and to work out what is right and what is wrong.

But I see there's a question from the hall, it's Mike from the United States. Go ahead, Mike.

Mike: Hi, everyone! Sorry... but one thing isn't clear to me yet. We are here to talk about the Zero Hunger project. What has education and school got to do with hunger?

Sofia: Good question Mike! Thanks for asking it. Actually schooling has a lot to do with the fight against hunger.

The opportunity to go to school in fact means that we, and our classmates, are given the opportunity to grow and to invest in the future - both for us and for our countries. I'll explain. On the one hand, education gives us the opportunity to change our lives. Learning, reading, studying and writing are very important things that help us to



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know our rights and to fight so that they are respected. Then our education allows us to specialize in a profession or to learn a trade. So in the future, we'll be able to work, and avoid the risk of poverty and hunger. But being able to study will also allow us, in the future, to help our countries. Let's think about the environment: in some countries, some of us could invent better systems for agricultural irrigation, in others we could design systems to avoid wasting water ... and who knows how many other ideas could become realities to defeat poverty and hunger, if we combine our studies with our love for our own countries?

Mike: That's very clear! Now I understand why we're following the Indigo Pathway.

Sofia: Yes, we can say that every additional child who is given the opportunity to study is equivalent to a small seed just planted: if you take care of them they will soon become trees and who knows how much fruit they can give in the future! The teens in Pakistan have had a very original idea for doing this. Let's listen to what they invented!

Patrisha: Hi Sofia, and hello everyone! I'm Patrisha and I'm 15 years old.

In our city there are many families who live in difficult economic situations, so much so that sometimes they can't pay school fees or buy schoolbooks. We came up with the idea of opening a "Friendship Bank." At the start, just like a normal bank, we could deposit our savings. With the money we had put aside we could make small loans to those in need. One day we found out that a friend of ours was no longer going to school because his parents couldn't pay the school fees. He was very sad, he wanted to keep studying but he didn't know what to do. We decided to help him by involving the people who had given us money for the Bank. Of course, it meant they let go of a part of their savings in order to donate it, but everyone accepted the idea because it was such a great joy was to see him come back to school with us. Our "Bank of Friendship" has become a means to share what we have with those less fortunate and this sharing produces a new wealth: the joy of creating opportunities for those who would otherwise have none!

Sofia: What a great idea, Patrisha, to open a "Friendship Bank"! So you can always help each other with the savings!

Patrisha: Yes! But not only that! Normally banks do not receive donations, but our bank has! And any donations we receive are added

KEEPING A MONEYBOX IN THE CLASSROOM COULD BE A GOOD WAY TO COLLECT A FEW COINS TO GIVE TO THOSE WHO NEED IT MORE.



to our savings. The amount that was donated was much higher than the amount we had given to our friend for his school fees!

Sofia: Wow ... this initiative of yours really supports education! Congratulations to Patrisha and the kids from Pakistan!



PATRISHA AND HER FRIENDS AT WORK AT THEIR FRIENDSHIP BANK

Sofia: Now let's hear what happened in Colombia, where Angel, at the end of school last year, found himself making a very important decision. Hi Angel!

Angel: Good morning to all my fellow Indigo Pathway travellers! Last year I got a very high score at school. There is a scholarship for the student with the highest score in each class. I realized, however, that my classmate who came second could not continue his schooling without a scholarship. His mother was about to withdraw him from the school.

I said to myself: "I am a Christian and the Gospel says, "Give and it will be given to you"¹. So many times I have lived this sentence and experienced that it really comes true. Now it was time to really help my classmate." So I went to the principal of the school to propose an exchange: I would take second place and offer the first place to that other boy. Everything had to be done in the strictest confidence so that no one would notice. The principal accepted. I was happy, because

¹ (Luke 6:38)



in this way I was able to help a less fortunate classmate and make sure he could continue studying. You can't imagine my joy when, at the time when I had to enroll for my next course, my father received an unexpected financial contribution for my studies! I was overjoyed!

Sofia: You really made an incredible gesture Angel! I honestly do not think I would have been able to...

Angel: Hey, I'm not saying it was easy! But the reality is this, Sofia: my classmate was good at school. He deserved the scholarship as much as I did. It seemed to me that it just wasn't fair that for one or two less marks, he had to abandon his studies.

Sofia: I must say your perspective on this really helps me to understand a bit better! Thanks Angel! And good luck with your studies!

Angel: Thanks! See you later!



Sofia: Now everyone, I'd like to introduce you to someone a little older than us with a very special story. Her name is Pamela and she has come to the Meeting to tell us about part of her incredible life. Welcome Pamela!

Pamela: Hi everyone! I am 32, and I am Italian. As you can see, I'm in a wheelchair. I have a very rare condition, Pompe disease, which affects the muscles and makes them useless. I was 13 when I found out I had it, and to save my life the doctors had to connect me by this tube to a little machine that helps me to breathe. Luckily it doesn't stop me from talking!



I was never passionate about studying or about school, I was never one of the top students: I just did the minimum necessary to pass.

But after being hospitalized everything changed. Every day I was forced to stay in a wheelchair attached to a respirator. I couldn't move except when someone would push the wheel chair to take me from room to room.

Life was very tiring. I had always found studying tiring, now it was worse! The time I spent with my books, however, began to be different. Keeping my mind busy became a way of surviving, because it kept me from thinking about my situation, about how traumatic my life had become.

At the same time my studies put me on the same level as my classmates. We all had to handle the tension of preparing for exams, oral exams and homework. Nothing had changed in terms of my intelligence and learning ability. And now I want to ask you all a question: is going to school something special or something normal for you?

When you get up every morning to go to school, is it a special day or a normal day?

Hall: ...Normal!



Pamela: Normal? I don't think I agree with you. Being able to stand up on your own two feet and having the opportunity to go to school is always something special, only sometimes we don't realize it. The first step to take on the Indigo Pathway is to appreciate what an education is, to appreciate the opportunities that are given to us to grow and to learn! For me, having understood this has been a great help.

I would like to end by telling you one last thing: going to school should become something normal for everyone, a right of every child in the world! This is why we must commit ourselves, each one of us. I do not know if you all know that the Universal Declaration of Human Rights of 1948 and the 1989 UN Convention on the Rights of the Child established the right to education for all the children of the world.

But unfortunately it is not like this everywhere. There are young people our age who are fighting for universal education to really become a right. I am thinking of Malala Yousafzai, a young Pakistani who has been fighting peacefully for civil rights and for the right to education for everyone, especially girls, since she was 12 years old. It was because of her commitment that in 2012 she suffered an attack, which severely wounded her. But she didn't give up. On July 12, 2013, the day of her sixteenth birthday, she was invited to speak at the United Nations in New York where, among other things, she said: "Let us pick up our books and pens [...] They are our most powerful weapons. One child, one teacher, one book and one pen can change the world."



My world has changed so much. On the shelves of our rented living room there are awards from around the world (...) I've even been nominated for the Nobel Peace Prize, the youngest person ever. (...) I am grateful for them, but they only remind me how much work still needs to be done to achieve the goal of education for every boy and girl.

Coming first didn't matter if you couldn't study at all. When someone takes away your pens, you realize quite how important education is.

Peace in every home, every street, every village, every country - this is my dream. Education for every boy and every girl in the world. To sit down on a chair and read my books with all my friends at school is my right. To see each and every human being with a smile of happiness is my wish."

I am Malala. My world has changed,
but I have not.¹

Malala Yousafzai



¹ Lamb, C & Yousafzai, M. 2013.
*I Am Malala: The Story of the
Girl Who Stood Up for Education
and Was Shot by the Taliban.*
London, UK, Weidenfeld &
Nicolson. pp 268-272

Sofia: We thank Pamela for coming to join us here at the Zero Hunger Meeting! Changing our habits, and our ways of thinking, sometimes leads us to look at the world with new eyes and to have more appreciation for our own lives.

This Indigo Pathway has shown itself to be a very rich one. To defeat hunger we have to work so that everyone is guaranteed an education – because we have seen the strong link between hunger and a lack of education. And we certainly understand how valuable education is! Getting to know kids who have difficulties accessing education has helped those among us who have no difficulty attending school to look at education with different eyes, to appreciate it, and to help others appreciate it.

But... I see that someone in the hall has a hand up. Luis of France is asking to have a word.

Luis: Hello everyone, I'm Luis, I'm 16 and I live in Marseille, in the south of France. It seems to me that on this Indigo Pathway one aspect is still missing: to turn our schools into information and training hubs for our #ZeroHunger project. Now that we are aware of how much there is to do, and also of how much we can do, it seems to me that following this Pathway also means committing ourselves to try to involve our friends and classmates. We could create opportunities for them to understand our pathways to #ZeroHunger. We could start at our schools, perhaps by offering opportunities for them to get to know what the FAO does.

Sofia: What a great idea, Luis! Thank you! It seems to me to be an excellent way to make a practical start on our journey along the Indigo Pathway. How about it? Do you agree?

Hall: YES!!!!!!!

Sofia: From the tone of this YES, it seems to me that the proposal is approved.





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A PHOTO OF THIS QR-CODE AND YOU
CAN DOWNLOAD THE ACTIVITY BOOK



Sofia: Of course, it is true that after this meeting here at the FAO with young representatives from all over the world we will all have a different way of seeing so many realities ... and this isn't the first time that this has happened. Here at the FAO they have international meetings, sometimes just for young people. A while ago, 630 girls from 17 nations, aged between 9 and 14, came to FAO to discuss the #Zero Hunger project. They were the first to receive passports as "Citizens of a Zero Hunger World." The activity book that accompanied the meeting is here. We could spread it among our friends and classmates so that soon lots of people will commit themselves to obtaining passports as "Citizens of a Zero Hunger World". But ... I see that here is Ana from Slovenia who is waiting to talk.

Ana: Yes, I was there at that meeting! And I would like to express a wish: I wish that inside this hall there will always be more and more meetings of ambassadors, ministers and heads of state - people who can act on a political and economic level, with meetings of young people like us who can start to change history with their lives. And who knows, maybe some of us might come here one day as a minister or as an ambassador...? But by then it will be a very different role, because, by the time we become adults... the fight against hunger will be won!

Sofia: Yes, you're right Ana. We can certainly dream about this ... because sometimes dreams come true! That is what happened to Marisol Jimenez, a teacher from the Dominican Republic, who founded, and is now the principal of the school "Cafè con Leche" (Coffee with Milk). Marisol, can you tell us how your dream became a reality?

Marisol: Hello everyone, and thank you for inviting me to this Meeting. While studying Education at University, I met a community called "El café de Herreras." (The Herreras Cafe.) It became my dream to teach them to read and write, because there was no school at all in the Herreras neighbourhood. I made sure that all the lessons had a break when the children could have something to eat. I started with 20 children, and after a while there were 100. Self-esteem was very low, they did not accept themselves as they were: some had dark skin, while others were of mixed races. Together with a Spanish missionary we told them our story - that we, too, were a mixture of blacks and whites. From this we got the name of the school: "Café con Leche" (Coffee with Milk). Now we have 650 primary school students. It's a project supported by AFN onlus. (Azione per Famiglie Nuove which translates as Actions for New Families).

Sofia: Your school, as well as for its educational value, has received recognition from the Government for the **balanced nutrition** you provide to the children. In your opinion, what are the links between hunger, poverty and lack of education?

THE CAFE CON LECHE SCHOOL OF SANTO DOMINGO IN THE DOMINICAN REPUBLIC



Marisol: They are all intertwined with each other. Initially, the children couldn't learn or concentrate. I thought they had learning difficulties. Then I realized that they had problems with malnutrition and illness, so their ability to learn was low. Now that their lifestyle has changed, the children learn more. You can see the improvement in their hair and in their faces... I can assure you that poverty and hunger have a direct effect on education.

Sofia: In light of your experience, what importance does education have for children and how can it make a contribution to overcoming hunger in the world?

Marisol: Education can conquer hunger in the world because, based on what we learn, our lives can change and we can learn to overcome obstacles. As we go ahead we can take a look at our own families' stories with a perspective that allows us to overcome barriers that previously seemed impossible. An education in ethical values and citizenship can form people of solidarity, who are ready to succeed, and who dream of what can be achieved. Education is the best gift you can give to a society, it is the basis of all human progress, both personal and collective. It is necessary - just like we need the sun to shine its light in the midst of darkness.



THE INDIGO PATHWAY IN ACTION

Walking along the Indigo Pathway we understand how nutrition and education are strongly linked: a good education helps us to achieve our goal of Zero Hunger, but at the same time in order to study we need energy and good nutrition. Would you like to play a game on this theme? You will need some sheets of paper, a pen and... an apple!

Ready? Among your group choose a person we will call “the teacher”, while all the others will be “the students.” The teacher will have to think of a “secret sentence” of at least 10 words (They can also write the sentence on a piece of paper, but nobody else can see it!). Try to choose a sentence that is in line with the Indigo Pathway, for example, Malala’s phrase, “A child, a teacher, a book and a pen can change the world”. The goal of the game is to be able to guess the “secret sentence”. How?

Action! The group of students will be positioned several metres away from the teacher. One student, holding an apple, will have to run up to the teacher, who will whisper the first word of the sentence into the student’s ear. Then the student has to return to the group, write the word on the paper and pass the apple to another student who will in turn run to the teacher to get the next word of the secret sentence. The relay continues until all the words in the secret sentence have been revealed. If the teachers want to, they can decide to reveal the words of the “secret sentences” in random order. In this case the students, after having collected all the words, will have to guess the correct



order of all the words in the sentence. Finally one of the students will have to run to the teacher with the apple and the sheet of paper to check that the sentence is right.

Material: sheets of paper, pens, apples

→ **Going to school is sometimes ... an obstacle course.** Try to place obstacles along the path along which students must run to reach the teacher. This will make the race more exciting!

→ **Team challenge.** Try to split into two teams, each of which will have to guess the same "secret sentence". Which team will succeed in guessing it first?

WHAT DID WE LEARN?

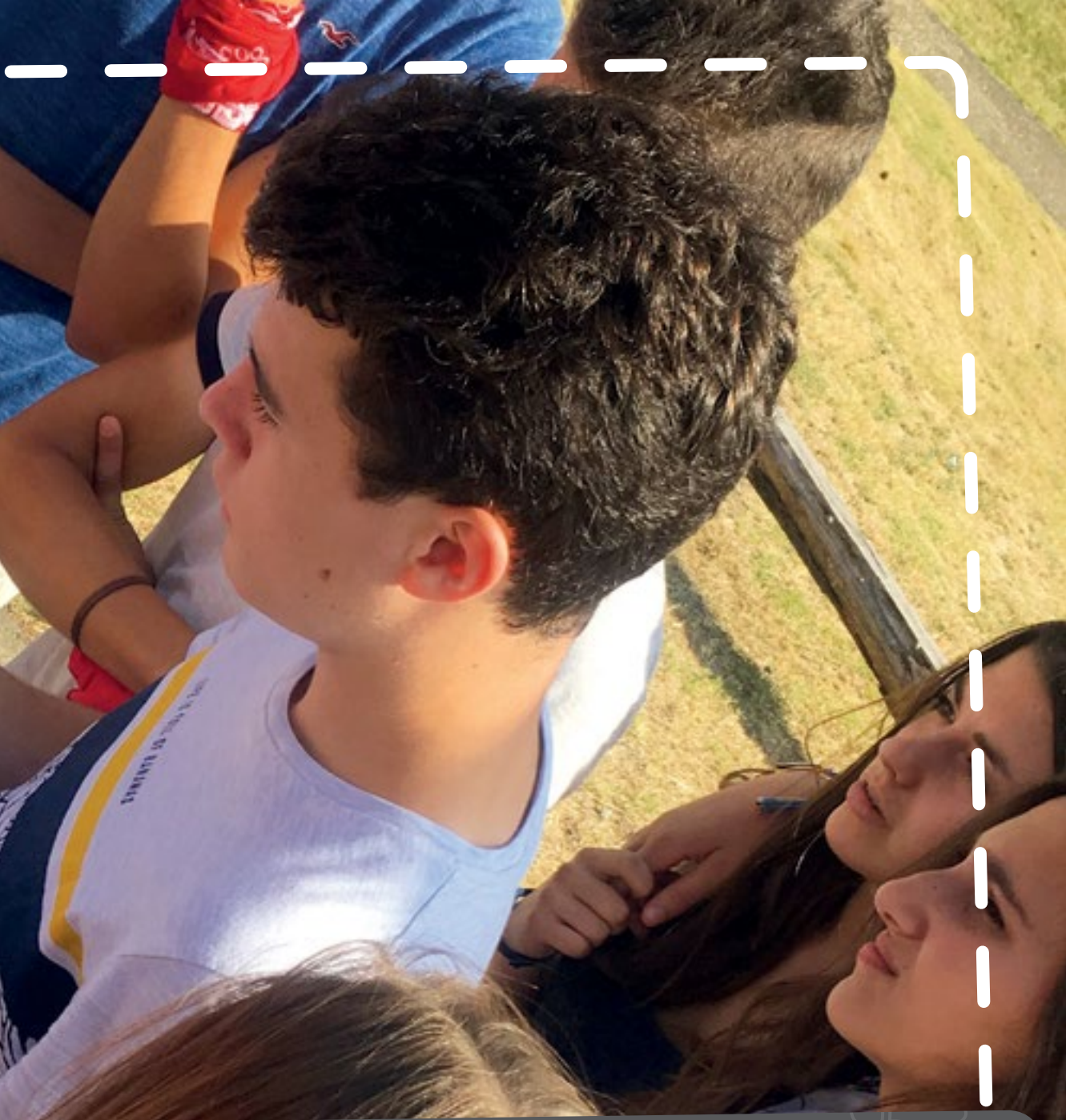
(Moment of reflection after the activity)

Try to gather in small groups to discuss these questions.

- In the game the students had to run with the apple in their hands to reach the teacher. Why do you think there was this rule? What meaning might it have?
- Is it normal or special for you to go to school? Try to explain your answer.
- What do you dream about for your future or the future of your family? What do you think you will have to study to make your dream come true?



EACH OF US CAN BE AN ACTIVE PROMOTER
OF THE COMMON GOOD. LET'S LOOK AROUND
OUR OWN TOWNS AND GET TO WORK.



The Black Pathway

The Black Pathway

GOOD MORNING EVERYONE!

MY NAME IS JANE, I AM 14 AND I COME FROM NEW ZEALAND! I ARRIVED IN ITALY JUST TWO WEEKS AGO. I'VE BEEN TAKING ADVANTAGE OF THIS TIME TO GET TO KNOW MORE ABOUT THE WORK THAT THE FAO IS DOING, AND TO DO WHATEVER I CAN TO BECOME A "#ZEROHUNGER WORLD CITIZEN."



This last part of the program of this historic, very first, #ZeroHunger Meeting has been entrusted to me. The atmosphere that has been created in the hall throughout our day together – from the stories you have shared, the games we have played and the activities we have done - has led me to make a wish: that we can meet again next year for a second edition!

But right now it's our turn! As you have seen in this first edition, we have already looked deeply into three of the Pathways that lead us towards our goal #ZeroHunger. Now we propose that we take a good look into another, a very important Pathway that, in its way, brings them all together. It's the *Black Pathway*.



I see there is a question from the hall. It's Imre from Hungary. What would you like to say?

Imre: Sorry Jane, I don't understand. Black isn't a colour of the rainbow like the other Pathways. What do you mean by saying "...it brings them all together?"

Jane: With the Black Pathway we refer to our participation in promoting the Common Good, that is, to all the ideas we can think of to improve the lives of the people who live in our areas.

This leads us to become active citizens, sensitive to the hardships as well as the beauty of the places where we live, and ready to unite ourselves with

those who already work for the Common Good. We commit ourselves to the fight against injustice, hunger and poverty – and we start with our own cities.

Try to think about it, Imre. If, in our hearts, we didn't care about making things better for all people, if we weren't interested in what happens around us, would we even consider the question of how to distribute the world's goods in a better way?



Common Good: the good that concerns everyone; all the beautiful and positive things that can help us, and others, to live in peace and harmony. Working to bring about the common good means being active, carrying out ideas and projects to improve the life of a family, a neighbourhood, a class or a city. Since the time of the Ancient Greeks and Romans, taking care of the good of the community has included participation in political life. It was the same in parts of Asia: in Japanese society, for example, the Samurai, who were loyal guardians of traditions, were both warriors and political officials.

Imre: Jane, it's true ... and probably we wouldn't even think about how to **avoid waste**, take care of the environment or fight for everyone to have an education...

Jane: That's right! To become citizens of a #ZeroHunger world, this kind of commitment and group participation is necessary.

It's like the way that each colour needs a colourless background in order to truly shine. So we have chosen black for this Pathway...

But I see that there is a hand up over there. Welcome. Please, what would you like to say?

Salimah: Hello everyone, I'm Salimah from Nigeria. I remembered that when speaking of the Red Pathway, we talked about the "Golden Rule" that invites us to do to others what we would like to have done to us and not to do to others what we would not like to have done to us. If we put the Golden Rule into practice we can't avoid becoming interested in others, and we will start doing to them what we would like to have done if we were in their place.

Jane: Exactly Salimah! In fact, the Golden Rule is the basis of every step we take on the journey. It is the first commitment we make as we travel on the Pathways.

There is a group in India that has already been working with this spirit for some time. Isn't that true, Priya?

Priya: Yes, absolutely! We are the youth of the Shanti Ashram, a community based in the hills not far from Coimbatore, in the South of India. We try to put into practice the ideals of peace and universal brotherhood proposed by one of our great countrymen – Mahatma Gandhi. We try to live by one of his mottos. It says, "You and I are one: I cannot hurt you without hurting myself." It seems to us that this is another way to express the Golden Rule. We put it into practice with many initiatives. India has 440 million children and young people, 60 million of whom are very poor. Some time ago, we initiated the "India Poverty Solutions" project. We invite schoolchildren to join this project by putting their savings into a money box for three months. After that time, one third of the money is kept by the ones who saved it, one third goes to their families and one third goes to poor children.

In Coimbatore 40 schools have joined us. This means the project has the involvement of 4,355 children and young people. Then the idea spread to other cities: Kochi, Mumbai and Bangalore, involving almost 100 schools



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and institutions with 58,237 children and young people participating. The current goal is to spread the initiative further in India and to spread it to other countries.

But apart from giving money, we can also do many other things. One of us, a 14-year-old called Arun, after finding out about the poverty and hunger faced by families affected by HIV, started collecting food grains for them. This initiative has also spread and today we distribute food grains to 150 families.





Jane: Thanks, Priya, for sharing your projects with us!

If we just look around us, many ideas can come to us! In Kenya, to introduce children and young people to the Black Pathway, they use a very special cube! Teresa Ann will tell us some details of this experience.

Teresa Ann: Hello everyone, I'm Teresa Ann, a teacher at the Magnificat Project at Mathare in Kenya. This project is supported by the Association Azione Famiglie Nuove (AFN Onlus) The association's name in English means "Actions for New Families." The project offers activities to help the children of the Seme village and the Mathare slum in Nairobi to receive adequate nutrition and to study. We continue to follow the children, at least until they turn 14 or 15, with a programme focussing on respect for the other and reciprocity. Our primary commitment, however, is to ensure that the children have adequate nutrition. We have found that after a month with adequate food, these children regain their skills, and become strong and healthy. Once that happens it is possible to start introducing the Pathways to them. The tool we have begun using is the "Cube". It's a cube that has a phrase to put into practice on each of its six sides. Each phrase is designed to help us to start looking at the people around us in a different way and to learn how to become builders of fraternity and peace. Through this tool, and through playing, the children learn to: be first to reach out to others, treat each person with respect, share each other's joys and hurts, discover the good in others, treat others as you want to be treated, forgive those who hurt you. The circumstances in our villages are not straightforward and often parents can't take care of their children's education. So our work also involves trying to teach the children the values of respect and of peace and we start by trying to practise them ourselves. The Cube that the children throw every day helps us to spread a new way of thinking. We have seen that it helps to improve relationships and that the children become active peacemakers.

Jane: What a wonderful Cube! Do you have any more? I'd love to use one with my friends in New Zealand!

Teresa Ann: Of course!

Jane: Thanks for the gift, Teresa Ann! We come from very different countries, but with this Cube - *your* project can continue in *my* country!



Sometimes, hunger and poverty are very close to us, while at other times they may seem far away. But this doesn't mean that they are none of our business - just because they might not affect us closely. We can carry out projects together, even if we live far apart. This is happening in many places.

A very interesting example is that of the group "Drop by drop" with young people from Italy and from Thailand working together on this project.

Matteo: Hello! We are some of the students from class 4B at the comprehensive school "G.Giuliano" in the city of Latina, in Italy, and a group from Mae Sot, a city in western Thailand that shares a border with Myanmar to the west. I am Matteo, from Italy, and here beside me is Num, from Thailand. We came here accompanied by some of our Italian teachers and some Thai friends. But... let's start from the beginning. Some time ago, one of our schoolmates threw away his morning snack. When the teacher told him not to waste his food, because there are other children who don't have any food, we asked the teacher who were those poor children. So we got to know about Mae Sot, a place in northwest Thailand, where children and young people live as refugees. We looked up their location on a map of the world. What could we do for them? We thought of our bedrooms full of toys, and we understood that those of us who have lots of things could give something to those who don't have anything. So we collected toys, stuffed animals, notebooks and pens and we put them into boxes that we then decorated with our drawings.

Jane: And how did you do to get them to Thailand?

Matteo: When they heard about our initiative, a shipping company offered to send the boxes for free to Bangkok. Not just for the first time, but for the other shipments, too. In fact, after the toys, we started collecting clothes and school supplies and we also invited our other classmates, our teachers and our parents to get involved. Then it occurred to us that perhaps money was needed too. With photos sent to us from Mae Sot, and with the help of our teachers, we created calendars to sell so we could send the money we raised.

Num: Hello, I'm Num from Thailand. We distributed the things that arrived in the Italian packages in various villages of Mae Sot, in the refugee camp of Mae La, and at the Heavenly Home orphanage. We used the money raised to help children and their families in Vietnam by replacing the huts





where they lived with stone buildings. In a few places in South Vietnam the money sent paid for the replacement of reed bridges with wooden bridges. Perhaps the greatest dream we achieved together has been to build an actual school in Mae Sot! It has the same name as our project: "Goccia dopo goccia" ("Drop by drop").

Jane: Matteo and Num, you two have written to each other, and before today, you have only ever seen each other on a screen. Now you have met for the first time! How do you feel?



THE CHILDREN OF MAE
SOT, (THAILAND) IN THE
"DROP BY DROP" SCHOOL
— THANKS TO THE HELP
OF THEIR FRIENDS IN ITALY.



Num: As soon as we saw each other this morning we hugged each other!

Matteo: This experience of “Drop by drop” is really incredible - for me and for all of us. We started everything with a small step, a tiny drop. To that first drop we have added many others – ones that we could never have imagined. We will see what happens in the future...

Num: Yes, *drop by drop*, we can start a whole river!

Jane: You boys, your words have really moved me! Each time we take action to make the world a better place, it's like we take another step towards becoming **Citizens of the Zero Hunger World!**

Now, it's time to hear about the experience of some girls from Switzerland! Hi, girls!

Aurora: Hello! I'm Aurora and I'm 15. I'm speaking on behalf of the group.

In January 2018 we heard about the Zero Hunger Generation for the first time. The FAO invited us to work with them towards the goal - that no more people would suffer due to a lack of food. All 18 of us, a group of girls from Zurich aged between 10 and 17, immediately decided to commit ourselves to doing something!



First of all, we researched facts about the situation of hunger in the world. We were struck by a documentary on the FAO website, where we saw so many hungry children. There is enough food for everyone on the earth, but it is unfairly distributed! Every 8 seconds somebody in the world dies of hunger!

Next, we made a plan of how we could do something about it. Some of us checked the Internet to find out what activities were already being done in our country, while others investigated what we could do. Together we decided to look around our homes and to gather up all the things that we no longer needed. We put all these things together and organized to sell them at a stall outside a supermarket. At the same time we took the opportunity to inform people about the situation of hunger in the world. So, in front of a supermarket in Zurich, we sold our items, as well as some sweets and delicious sandwiches that we had prepared.

We made some large posters and put them up. They presented the dramatic situation of hunger in the world. We explained what is already being done and what still needs to be done.

We spread out to inform as many people as possible. Many listened, and we had very interesting talks with them. By the evening we were very happy about what we had been able to do for





TEENS ON THE STREET OF ZURICH (SWITZERLAND) INFORM
PASSERSBY ON THE PROBLEM OF HUNGER

those who suffer from hunger. With great joy we found that we had raised 825.70 francs. We gave the money to a humanitarian project in Burundi.

Jane: What you have done is wonderful, Aurora! Now what will you do next?

Aurora: We have many other ideas, but first of all, we want to involve the media to inform as many people as possible. We want to touch people's hearts so that they, too, will want to work together with the Zero Hunger Project! It was finding out about this enormous problem that led us to make our commitment and do something.

Shortly after our supermarket Zero Hunger stand, the editor of a newspaper wrote to us: "Your commitment to hunger in the world has really struck us. From today, our newspaper will publish many articles that open our eyes to the situation of children in the world. It's our way to try to help make the world a little better. Keep up the good work!"

We have also been interviewed by a radio station...

We are only at the beginning... but just seeing this whole hall united together for such a great goal, it gives us a great push to keep going ahead!

Jane: Hearing about your commitment and what you have been doing in Switzerland gives us all a great push to go ahead as well! Thanks girls!



Yet we never stop feeling that something is missing and we are always trying, in one way or another, to find it somewhere - in any part of the world, or the spirit, anywhere except where we are, where we have been put. But that's where the treasure is, and nowhere else.

In the place that I feel is my natural environment, in the situation where life has placed

me, in whatever happens to me day after day, in whatever daily life requires of me: precisely here lies my essential task. Here lies the fulfilment of existence placed within my reach. It is under the hearth of our own house that our treasure is buried.

Martin Buber
1878 - 1965

Another very interesting idea has come from Laurent, from Belgium!

Laurent: Hi, everyone! I'm Laurent and I'm 14 years old. A few months ago, while I was thinking about the great problem of world hunger, it occurred to me that **hunger is first of all a need**, a strong need, because it's the lack of something vital. I asked myself: "What do people around me suffer? In people's lives, is there some "Thing" (with a capital T) that no one can do without? " I wondered about it for days. And in the end I said to myself: "Yes, maybe it does exist. There is a real need. It's another type of hunger, apart from hunger for food: it's "hunger for love."

So I began to **look around my city and try to think of the places where there was more suffering**, where more love was needed. The children's hospital seemed to me to be the place to start. I shared the idea of wanting to **do something useful and fun for these people with my friend Lea**. We thought of dressing up as clowns to visit the children in the hospital.

We also thought that maybe our friends would like to join in. Didn't we, Lea?

Lea: Yes! While I was telling one classmate about it, others became interested. They liked the idea. I offered to come and try **to bring some joy** to the children's cancer ward. In the face of the suffering of these children, I realized that not only can I overcome my own problems, but I can also give a lot to those around me. I will never forget the smiles of those children and their parents. In one room we stopped to talk to a father of a child who was attached to so many tubes! I realized that sometimes even just being close to people is enough to give some comfort.

WEARING A CLOWN SUIT AND A
SMILE YOU CAN BRING JOY TO
MANY PLACES IN THE CITY



Laurent: In total there were five of us who went. Five friends – and for each one of us it was an unforgettable experience. By helping others we were also helping ourselves. Today the priorities in our lives are so much clearer. We know who we are, and we know what goals we want to fight for! We want to be part of the Zero Hunger Generation! The generation that reduces any kind of hunger to ZERO!

Jane: Dear everyone, the time for our Meeting is coming to an end. Hearing all these initiatives, perhaps we are wondering - where do we start and how do we get started? Are there any proposals? Are there any methods that could help us?

I see that there is an idea from Latin America... Welcome, Pedro.



Pedro: Hi, I'm Pedro, I'm 13, and I'm from Argentina. We would like to propose a method to everyone. It's called "**6x1 - Six steps for one goal.**"

It's a way to help us to get ideas, to plan and to implement initiatives of peace and fraternity starting from our own cities, from the neighbourhoods in which we live. As well as ourselves, other groups of children, in various cities of the world, are trying to put this method into practice. To understand how it works, we have prepared some slides to see together.



OBSERVE

The first step is to look around us: to get closer to the local reality, to observe carefully everyday as we travel along the streets of our neighbourhoods. Then we try to work out what we see as the "grey points", the critical issues, the existing problems.



THINK

After collecting our observations, we need to process them and prioritize them. First we assess the severity of the various problems we have observed. Then we assess how urgent it is to find a solution to each problem and whether each of those problems seems to be improving or getting worse. Then we come together to decide where to focus our efforts.



INVOLVE

GET OTHERS INVOLVED

As we make plans for our activities we will probably realize that we can't do it all by ourselves. It may be useful to encourage the participation of others (other children, young people, adults, friends, neighbours, teachers, catechists, Associations, Movements, authorities etc). Or perhaps we will find out that others in our city are already doing something to solve that problem and it becomes an opportunity to work together in a more effective joint project.



ACT

ACT

Then we move on to the action phase: everyone to work!



EVALUATE

EVALUATE

After having worked on a project, you need to evaluate how it went so you can improve in the future. What were the difficulties? How did we solve them? What were our strengths?



CELEBRATE

CELEBRATE

And to finish up ... a moment of celebration with all those who worked together: to recognize everyone's contribution, to thank each other, to look towards new goals.

Jane: Thanks, it's a great idea that we could all use in our own cities.

Before we all say goodbye, I would like to take advantage of the presence of an expert, Professor Daniela Ropelato, who is Professor of Political Science, as well as the Deputy Dean, at the Sophia University of Loppiano in Italy. Professor Ropelato, in this session we have talked about taking an interest in, and really participating in the lives of our cities. In your opinion, what is so important about becoming active citizens? Also, if some of us decide to enter into politics, what advice do you have?



Daniela Ropelato: Thank you for these questions!

After many years of research at the university, of experimentation with new ideas and of friendship and collaboration with politicians from all over the world, I have become more and more convinced that it is vitally important that you young people make your contribution. You should make it with all the generosity, intelligence and sincerity that are characteristic of people your age. I have two simple reasons for this. The first is because you are full of ideas and the people you represent are waiting for you to put these ideas into action as soon as possible. That way you can achieve the goals of peace and justice that are so close to your hearts.

Daniela Ropelato





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The second reason is because giving of ourselves is what gives meaning to our lives. You have the right to live for a great ideal. Don't let anybody, or anything, take that away from you! These ideas grow out of living the Golden Rule. They form the roots of the kind of politics that builds up the common good. (Unfortunately, it is very different from the kind of politics we often hear about on television or on social media!) For this reason, I am sure that among you, there are some who are already preparing themselves to engage in the politics of our cities, parliaments and governments of the future. Of course you will be the politicians of tomorrow! In one way you all will be, because there is a political responsibility that we all have to exercise, in our various professions, as we continue to weave relationships enlightened by the Golden Rule. On this basis, for some of you, the pathway of becoming a professional politician may open at some time or another in your lives. But it won't be so different for those of you who work in medicine, or the arts, or in the sciences...

This is what happens when young people have already established habits of choosing to share what they have; of listening to and trying to understand others' points of view; of distributing resources firstly to those who most need help; of forgiving others and of finding new and better ways to do things.



Of course, this is not an easy road: we need to study, we need eyes that can see the big picture, and it is necessary to keep ourselves grounded and closely united with a group of friends ...

A characteristic of the colour black that we have given to this Pathway should give us the courage we will need. Just as black contains all the other colours, so politics should become a place where everyone finds their place.

Jane: Prof. Ropelato, I have one last question to conclude our session - and this wonderful Meeting. Despite our enthusiasm, sometimes, when we look around us, we get discouraged. Do you believe it really is possible to change things? Is it possible, if we commit ourselves across the world, to end poverty and hunger? Can we young people really make a contribution towards this goal?

Daniela Ropelato: You're right: if we read the front pages of the newspapers, or chat on social media, there are many reasons to be discouraged. The problems are so vast and so profound. How can it be that



men and women never learn from their mistakes??? But there is hope! Always remember that an immense forest silently continues to grow, even if a falling tree seems to be the only interesting news. It's always easier to be passive and accept the negative analysis of situations, because that way you don't run any risk. Instead it is up to us to build and to create positive new realities! This has always been the case, and this is why, in the words of Chiara Lubich, "... we can define the history of humanity as an unstoppable march towards universal fraternity..." We are on that march, sometimes the horizon is not visible, but our role is that of the pathfinders who run ahead in order to show others the way. Many times throughout history this has been the role of the young people. Now this exciting journey towards #Zero Hunger needs your contribution. Even the way you give it is important. Since our modern era is characterized by the search for unity, our contribution must be characterized by our unity. That way the steps we will take, the words we will say – we, young people and adults together - will be even more decisive and more incisive. Let's not be content with anything less!

THE BLACK PATHWAY IN ACTION

Since the beginning of our Black Pathway we have understood that there is a Rule that helps us to feel responsible for the good of all - and to actively engage in changing the world around us. It's a Rule that can help us to achieve great goals - like Zero Hunger. It's the Golden Rule. It seems very simple, but it's not always easy to put into practice. Sometimes you need a little training. So let's try to train ourselves in living the Golden Rule by playing this game.

Ready? You will need a fairly large space to play. Spread out some hand sized balls (or other objects of a similar size) around the ground. Then split up into pairs. In each pair one will be blindfolded, and the other will be the guide. The guides stand behind their partners with one hand on their shoulders. In their other hands the guides carry a bag to collect the items during the game.

Action! All the blindfolded players have to listen to directions from their companions behind them. These directions have to guide the blindfolded players up to the objects so they can collect them. Note: only the blindfolded players can collect the objects from the ground. Then they have to place the items into the bags held open by their guides. The winners are the ones who collect the most objects!



Materials: balls or small objects, blindfolds, bags

Variations of the game:

Role Swap. Try to add this rule: every time an object is collected and placed in the bag, the blindfolded one and the partner swap roles. Those who were blindfolded first become the guides and vice versa.

Minefield. Instead of collecting objects, each pair has to avoid them and get to the other side of the playing field without ever touching any of the “mines” scattered on the ground.

WHAT DID WE LEARN?

(Moment of reflection after the activity)

Try to gather in small groups to discuss these questions...

- What qualities should the blindfolded players put into practice during the game? And what about the players who were guiding them?
- How do you think this game could help us be better at living the Golden Rule?
- Can you remember the last time anyone put the Golden Rule into practice for you? And the last time you put it into practice for anyone else?
- If you were the mayor of your city, in order to contribute to the good of all, what would you like to maintain and what would you like to change?

The authors

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New Humanity International NGO is a worldwide organization with general consultative status with the Economic and Social Council (ECOSOC) of the United Nations and is an official partner of UNESCO. It draws its inspiration from the spirit of the Focolare Movement. Its overall goal is to contribute to the creation of unity in the human family, promoting the spirit of universal fraternity in all spheres of society. Through cultural activities and actions New Humanity aims at promoting international solidarity and a culture of peace, enhancing relationships between diverse people, nations, ethnic groups, cultures, and religions, based on reciprocal respect and on social, economic and cultural cooperation, with a particular attention to the new generations.

www.new-humanity.org



The Association Project **Teens for Unity** gathers together the 150,000 teenagers of the Focolare Movement across 182 countries. Having a diversity of languages, ethnicities and cultures, their goal is to build a united world by spreading peace, fraternity and the Culture of Giving among all peoples. In order to involve as many young people as possible, they commit themselves, individually and as groups, to spreading unity everywhere by overcoming divisions in families, between generations, in schools and in all their surroundings. They organise activities - such as fundraisers, sporting events, concerts, ecological activities, forums and actions for peace on both local and global levels. www.teens4unity.org



AMU is a development NGO (Non Government Organization). Established in 1986, it is inspired by the ideals of universal fraternity of the Focolare Movement. Its cooperative projects focus on development based on communion designed around the person. They promote inclusion and offer sustainable futures to people in vulnerable situations. Work, education in fundamental rights, support for education and training, women's emancipation and the fight against poverty and disease are arenas in which AMU has worked with other NGOs and local associations for more than 30 years and in more than 80 countries worldwide. www.amu-it.eu



The Association **Azione per Famiglie Nuove onlus (AFN onlus)** or *Actions for New Families*, is inspired by the ideals of unity and universal fraternity which animate the Focolare Movement. In a context of sharing among cultures, religions and different social realities, AFN promotes support for families and impoverished children through cultural and training initiatives and projects offering welcome and development assistance. It is active in about 50 countries worldwide. Through its long-distance sponsorship programs and its social projects, it demonstrates its commitment to improving the living conditions of children and families. At the same time, it takes part in the development of their communities. It is also an Organization Authorized by the International Adoption Commission presided by the President of the Council of Ministries, for the international adoption of abandoned children. www.afnonlus.org

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DISCOVER THE STORIES OF ROBERT, CECILIA, MIKE, PRIYA...
AND MANY OTHER TEENS FROM EVERY CORNER OF THE
EARTH WHO DREAM AND FIGHT FOR A WORLD #ZEROHUNGER.

THE WORLD NEEDS US: OUR IDEAS, OUR PROMISES AND OUR
ACTIONS. IT NEEDS A GREAT TEAM OF YOUNG PEOPLE WHO
ARE COMMITTED TO THIS COMMON GOAL: TO TRANSFORM
THE WORLD INTO A MORE JUST PLACE, WHERE PEOPLE NO
LONGER SUFFER FROM HUNGER AND POVERTY.

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