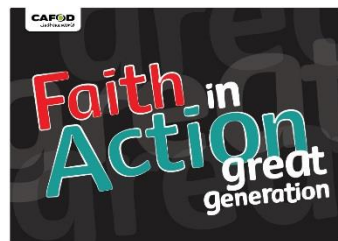


## How can I do my Faith in Action volunteering with CAFOD?

*"My dream is to have a million young Christians – or better, a whole generation – to embody the Church's social teaching by their lives."*  
Pope Francis, DOCAT, 2016.



So you're on this amazing journey, doing your CYMFED Faith in Action award. Then you read the bit where you have to volunteer for between 20 and 40 hours. OK, how do I do that? Well, read on!

We've thought up over 20 different ways for you to volunteer with CAFOD, from fun group activities to a 20-hour individual challenge. They're all amazing ways to reach out to our sisters and brothers around the world, to work to make the world a fairer place and to put your faith into action.

Each suggested activity directly relates to the Faith in Action requirements and suggested activities on pages 28-30 of the *Faith in Action leaders guide* and pages 9-12 of the *Faith in Action participant's journal*.

### How to get 'sign off' for your volunteering

Whatever volunteering activity you choose to do, write a short letter or email explaining what you have done and send it to your local *CAFOD volunteer centre*. Send some photos too if you can. We'll get back to you, giving you the signature you need to evidence your volunteering activity and it counts as an extra hour of volunteering!



*CAFOD volunteer Flavia organised a sponsored nativity walk with her friends.*

### Extra info

- ✓ There are hyperlinks in the following table to all the resources you'll need. (Words in italics)
- ✓ Hours are estimates of the time you'll need to plan, organise and run your activity. Record how long you actually take to complete your activity.
- ✓ You may like to do one activity, or choose a few that link together. For example, for Harvest Fast Day, a silver FIA-er could do an assembly, create a reflection on food and run a fundraising event. That could take you up to 13 hours of volunteering.
- ✓ Check out *What we do*.
- ✓ Our key campaigns for 2016-2017 are the *Refugee crisis* and *One Climate, One World*. Our international work focuses on long term development and emergency response with the poorest and most vulnerable.
- ✓ If you are on the CAFOD Young leader programme, your volunteering as part of the programme can count towards your Faith in Action award.
- ✓ *Cafod.org.uk/GreatGeneration* is for you!



*CAFOD volunteer  
Adrian practising  
speaking at Mass for  
Lent Fast Day.*

### What next?

If you've enjoyed volunteering with CAFOD for your Faith in Action award, there are lots of ways to stay involved.

- ✓ You could set up a *CAFOD action group* in your school or parish.
- ✓ Take part in the CAFOD Young leader programme (16-18 years). Please contact your local *CAFOD volunteer centre* to see if it's running in your area.
- ✓ Apply for *Step into the Gap*, the CAFOD gap year programme (18-30 years), with one month overseas.
- ✓ *Sign up* to volunteer.



*Isabel leading a dance  
session at her youth  
group, El Salvador.*

Good luck with your volunteering!

From,  
The CAFOD Youth Team  
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cafod.org.uk/GreatGeneration  
@CAFOD on Twitter, Instagram and  
Facebook.

*Picture credits: CAFOD, Sarah Barber/CAFOD, Ben White/CAFOD.*



Campaign	Hours	Fundraise	Hours
<b>Pin/Bronze:</b>		<b>Pin/Bronze:</b>	
<ul style="list-style-type: none"> <li>✓ Read the <i>Climate campaign action guide</i> for young people, and choose two activities from page four.</li> </ul>	1+	<ul style="list-style-type: none"> <li>✓ Speak at Mass for <i>Lent (10 March)</i> or <i>Harvest (7 October) Fast Day</i> to encourage people to donate to CAFOD. Speak to your parish CAFOD volunteer or <i>local CAFOD volunteer centre</i> for hints and tips. Get in contact a month before.</li> </ul>	2
<ul style="list-style-type: none"> <li>✓ Send a <i>message of hope</i> to refugees</li> </ul>	1	<ul style="list-style-type: none"> <li>✓ Make a poster to put up about <i>Lent or Harvest Fast Day</i> to encourage people to donate to CAFOD.</li> </ul>	2
<b>Silver:</b>		<b>Silver:</b>	
<ul style="list-style-type: none"> <li>✓ Do a presentation on the <i>Refugee crisis</i> and ask others to write messages of hope to refugees.</li> </ul>	3	<ul style="list-style-type: none"> <li>✓ With a small group, organise and run a fundraiser for <i>Lent or Harvest</i>.</li> </ul>	5+
<ul style="list-style-type: none"> <li>✓ Read the <i>Climate campaign action guide</i> for young people and choose two activities from page four. Explain to other people what you're doing and encourage them to do the same.</li> </ul>	2+	<ul style="list-style-type: none"> <li>✓ Organise and run the <i>CAFOD Quiz</i> or an <i>Olympic sports day</i> as a fundraising event.</li> </ul>	5+
<b>Gold:</b>		<b>Gold:</b>	
<ul style="list-style-type: none"> <li>✓ Live on <i>£1 a day</i> for a week and blog or vlog about your experience.</li> </ul>	20+	<ul style="list-style-type: none"> <li>✓ Organise and lead two fundraisers for CAFOD for <i>Lent or Harvest Fast Day</i> or <i>World Gifts</i>. Write a news story about your fundraiser, including how much you raised. Publish it in your parish, school or through <i>CAFOD</i>.</li> </ul>	10+
<ul style="list-style-type: none"> <li>✓ Run a <i>CAFOD action group</i> in your school or parish for at least two terms.</li> </ul>	20+		