Dare to care? : Live wisely

Sustainable Development Goal 3 is about good healthcare for all. Living wisely includes looking after our health, but what happens when we are unwell or hurt in an accident?

The dare

This week we dare you to count your steps! The average mile is about 2,000 steps and your challenge is to walk 2.6 miles (5,200 steps) either round your home, up and down stairs, or round a local green area (as part of your daily exercise). Without running or speed walking, see how long it takes to walk these steps.

In many parts of the world, you would have to walk much further to receive medical care, and you would be walking on rough roads, without access to other transport.

If you were feeling sick or hurt, how would it feel to have to walk this far? If someone you loved needed urgent care and it took the length of time it took for you to walk 5,200 steps, how do you feel about that?

This experience of not having quick and easy access to healthcare should make us think about those who will have to cope in the current pandemic without access to hospitals with ventilators.

Afterwards

Blog, vlog, write a poem, do some art, that shares the experience of having to walk a long way and take a long time to reach basic healthcare.

We look forward to seeing/hearing about your experience so please #CAFOD or @CAFOD when you're sharing, or send us an email to youth@cafod.org.uk

Good luck!

PS. Don't forget to check the CAFOD website next week for more things to do!

Photo by Irum Shahid from FreeImages