

Every step can help reduce poverty and injustice.

In 2005, Oxfam Community Aid Abroad is asking you and your, friends, family or work mates to join the **walk against want**. Join more than 10,000 people around Australia and walk similar distances to those walked daily by people in developing countries to provide their families with basic necessities, such as clean water and food. Oxfam is committed to working with Indigenous communities; currently we have numerous Indigenous Australia programs. You will help raise vital funds to support communities in over 30 countries.

Four easy steps

1. Register to participate
2. You may like to choose one of the pledges below to aim for
3. Get your group, organisation or team members to collect from friends, family and work colleagues
4. Join your nearest walk or walk around your local park or area

As health services and medical personnel are not always available in villages, it is essential that basic hygiene and sanitation education be provided, along with clean water systems and food and nutrition services. The money you or your organisation raises by choosing one of the following pledges can provide either one of the following health, education or food challenges.

Health Challenge

- **\$50** can pay for HIV training materials and education activities for one village in Cambodia where HIV prevalence is increasing.
- **\$200** can provide training for a village health volunteer in a rural village in Laos where access to public health services and information is limited.

Education Challenge

- **\$20** will cover the cost of sending a child from a poor family to school for one month in Sri Lanka.
- **\$135** can pay for a Women's Self Help Group in Cambodia to receive training in financial management and book keeping to help set up small businesses and support their families.

Food Challenge

- **\$35** can pay for a one-month supply of rice for a family in the Solomon Islands. Food crops which were destroyed by cyclones and take three months to regrow.
- **\$100** can be used to start a vegetable garden to provide nutritious food for families in need in South Africa.

When?

SUNDAY MARCH 13, 2005 -- 10am

Where?

There is a Canberra metropolitan walk or you can organise your own walk in your area. The 2005 Canberra walk is held at Rond Terrace Commonwealth Park, at Lake Burley Griffin. Participants can choose from either a 5km walk or a 15km walk/cycle around the lake.

It will be a fun-filled day for people of all ages!

How to register?

Register your group with Helen Parker by calling **0410616856** or e-mail **helenparker@caa.org.au**
For more information visit our website at **www.oxfam.org.au/walk**