

Peace, Water & Wisdom Walk

Guide for Faculty and Students



Do your part to make clean water accessible to the nearly 1 billion people on the planet who don't have it. Organize a Peace, Water & Wisdom Walk in your community.

About The BARKA Foundation

The BARKA Foundation is a UN-affiliated NGO based in the US and Burkina Faso, West Africa. It is focused on the achievement of Millennium Development Goals (MDGs) through a strategy of creating clean water accessibility, empowering women and building bridges between the US and Africa through schools, youth groups, women's associations, artists, faith-based organizations, businesses, political and civic leaders.

BARKA has joined hands with an indigenous village in the bush of Burkina to collaboratively develop a set of best practices for achieving the MDGs that can scale and be replicated in other villages within Burkina Faso and beyond. This community-led approach is designed to empower indigenous people and to preserve their human rights, culture and identity within the wake of development and increasing westernization. Our ultimate goal is to cultivate a culture of peace.

On Peace Day, 2008, BARKA unveiled the BARKA Burkina Consortium, an international collaborative effort to uncover a new approach toward poverty eradication. Its first initiative is to make clean water accessible to the rural population, the poorest of the poor. We can't do this without you and invite your school to become an education partner within the Consortium and to work together with us to create new models which enable clean water for all.

In 2009 BARKA premiered its 1st feature-length documentary film, conducted a 500-mile Walk for Water from the UN to Maine, and produced the 1st Peace, Water & Wisdom Concert & Festival in Ouagadougou, an annual fundraiser for clean water initiatives of the BARKA Burkina Consortium.

Funds raised in the Peace, Water & Wisdom Walk will be used for BARKA's water/sanitation/hygiene initiatives which include drilling wells, fixing broken wells, providing improved sanitation facilities for the village and schools, establishing UNICEF's WASH (Water, Sanitation & Hygiene) programs in local schools and enabling basic irrigation for year-round gardening and re-forestation.

'Barka' is an African word of gratitude, blessing and reciprocity.



About Burkino Faso



Burkina Faso is a landlocked country.

It is surrounded by six countries, Mali to the north, Niger to the east, Benin to the south east, Togo and Ghana to the south, and Côte d'Ivoire to the south west.

- Population: 15.264 million (2008)
- Formerly called the Republic of Upper Volta
- Gained independence from France in 1960
- Renamed by President Thomas Sankara in 1984
- Translation of Burkina Faso: Nation stands tall, or Land of honorable people.
- It is ranked 177 out of 182 countries on the Human Development Index (UNDP 2009).
- Burkina holds the worst rating on the planet in overall health and development status of mothers (Save the Children).
- Infant mortality rate is 20%.(UNICEF)
- Nutritional status of children has worsened since 1993 and malnutrition is the underlying cause of 50% of all-cause child mortality. (UNICEF)
- It has the highest illiteracy rate in the world. (UNDP)
- It is estimated that in a rural village 1 person in 1000 may be able to read. (International Service)
- 46% of people in BF live below the poverty line. (Better by the Year)
- Less than half of the population has access to clean water and less than 10% to adequate sanitation. (UNICEF)
- Desertification and deforestation are on the rise. Water availability has decreased annually for the past 45 years. (Better by the Year)
- More than 80% of Burkina Faso's population lives on subsistence farming.

The BARKA Foundation's Project Partners include:

- H2O For Life <http://www.h2oforliveschools.org/>
- Project WET Foundation <http://www.projectwet.org>
- UNICEF's WASH-in-Schools Global Call to Action <http://www.unicef.org/wash>
- Earth Day Network <http://www.earthday.org>
- Pathways To Peace <http://www.pathwaystopeace.org>
- All For Africa <http://www.allforafrica.org>
- Pure Home Water <http://www.purehomeh2o.com/>
- Global Giving <http://www.globalgiving.org>
- Akvo <http://www.akvo.org>

Dozens of Schools, Rotary Clubs, faith-based organizations and local communities in the US and Canada

The Peace, Water & Wisdom Walk

GOALS:

- To raise awareness about global water scarcity and the billion people who lack access to clean drinking water
- To raise funds for clean water/sanitation/hygiene initiatives in Burkina Faso

LOGISTICS:

- Let us know you're organizing a Peace, Water & Wisdom Walk
- Email BARKA's Co-Founders, Ina & Esu at inaandesu@barkafoundation.org
- We'll promote your event and support it as best we can



When to walk: You can organize a walk on any day that is convenient for your school and community. We recommend having your walk on a school day instead of a weekend as it encourages all students to participate.

Other key annual dates to consider include:

- International Women's Day: March 8 <http://www.internationalwomensday.com/>
- World Water Day: March 22 <http://www.worldwaterday.org/>
- Earth Day: April 22 <http://www.earthday.org>
- International Day of the World's Indigenous Peoples: August 9 <http://www.timeanddate.com/holidays/un/international-day-indigenous-people>
- International Day of Peace (Peace Day): September 21 <http://www.internationaldayofpeace.org/>
- Global Handwashing Day: October 15 <http://www.globalhandwashingday.org/>
- World Toilet Day: November 19 <http://www.worldtoilet.org/WTD/>

- Distance: 6km is the average distance African women and girls must walk each day to carry water for their families. 6km is used as the distance of the Peace, Water & Wisdom Walk as a symbolic gesture of solidarity.

The route is best worked out as far in advance as possible

Routes ideally start and end in the same place

Depending on the age group, you may wish to consider a halfway resting point where students can take a drink, eat a snack and catch their breath

Please check with local authorities (police dept., Town Manager, etc.) to obtain any necessary permission, permits or municipal support (if the walk crosses streets with traffic lights, local police may wish to be on hand to stop traffic)

Walks usually take between 1 and 2 hours

- Carrying Water: Students are encouraged to carry a gallon of water, either in a backpack or by hand to further create identification with this arduous daily chore
 - Make sure to build in some extra time to fill up gallon jugs
 - Re-use and recycle plastic containers
 - At the end of the walk, ask students to make a wish for children their own age in Burkina Faso and pour the water onto the earth
 - Adjust the weight as needed: younger students can carry 1 or 2 liter bottles
- Walks can be carried out with neighboring schools
 - Determine ahead of time whether schools will meet in 1 place to walk together or start from unique locations and meet up at a designated place along the route
- Music, singing and signage are encouraged
 - Drums work very well to keep a beat for walkers
 - Painted signs add color, art and important messages for passers-by
 - Students can learn simple African songs to sing while walking
 - One popular chant: "No Water, No Life; No Water, No Peace"
 - Older students may wish to have an outdoor concert or picnic (weather permitting) at the completion point

One student volunteer created the following 5-minute video highlighting BARKA's 500-mile Peace, Water & Wisdom Walk in 2009 and subsequent walks in Africa and with schools throughout the US.

Please watch it on You Tube with your students: <http://www.youtube.com/watch?v=-gKbQHCXdW8>

DOCUMENTATION:

- We encourage participants to photograph and videotape the walk
- One aspiring high school filmmaker made a 10-minute documentary short film editing together 2 hours of video
- The BARKA Foundation will utilize Flickr, YouTube and its own website to make uploads of photos and videos available for the world to see

OTHER CONSIDERATIONS:

- Many hands make light work: find a student group, friends, a faculty advisor, PTA volunteers to help share the tasks of organizing the event
- Make sure a few parents/teachers volunteer to walk with students
- First Aid: Make sure someone present on the Walk has a First Aid kit
- Insurance: In the rare case of an accident, personal insurance is generally the first recourse; schools also have insurance policies that cover endeavors such as a community walk

RAISING FUNDS:

- Students are expected to set their own fundraising goal
- Make a list of who you will ask to sponsor you
 - Parents, relatives, friends, classmates, co-workers, local businesses, church members and neighbors are all potential sponsors
 - Utilize the social networks you may be connected with
- Sponsors donate a single amount up front before the walk takes place. Donations are in a lump sum, not per kilometer.
- Donations are tax-deductible due to The BARKA Foundation's 501(c)3 non-profit tax status.
- Donations can be made in 3 ways
 - Cash
 - Check made payable to The BARKA Foundation
 - Online through www.barkafoundation.org
- Ask sponsors to put student's name and school in the online form
- Start fundraising at least 1 week before the walk, preferably two
- Collect all funds by the day before the walk at the latest
- Forms found at the end of this document are offered to help keep track of donations, and to provide tax-deductible receipts for those who need them

EXPANDING YOUR IMPACT

- Invite sister schools and neighboring schools to participate by creating their own Peace, Water & Wisdom Walk
- Challenge a school to see who can raise the most funds
- Join the [Peace, Water & Wisdom Cause](#) on facebook
- [Become a fan of BARKA Foundation](#) on facebook
- [Follow us on Twitter](#) and we'll tweet news of your school's walk and progress
- View photos and follow the status of BARKA's clean water projects on Akvo.org



THE 3 P'S: PROMOTION, PUBLICITY AND PRESS

- The first place to promote the event is within your school. Here are some ideas:
 - Once you have a date for the walk, a start time and start location, make an easily printable 1-page flyer which organizers can post on walls and in areas where students congregate, and within the local community at shops and community centers
 - Add a short motivational reminder in the daily announcements on the PA system during the week(s) of the fund drive
 - Speak to student groups to determine if they can help initiate, organize and promote the project
- Key Club
- After-School Programs
- Environmental Clubs
- Student Government
- (for college level) Black Student Union, Women's Rights group, Environmental Ethics/Activism, etc.
- Reach out to local community groups such as the Rotary Club, local faith-based organizations, Peace & Justice Centers, and other civic organizations
- Contact your local newspaper, radio station and TV news affiliate; tell them about what you're doing and why; ask them to cover the event
- If your school has a newspaper, radio station or TV crew, see if they'll do a story on the Walk
 - Some local newspapers will actually publish stories submitted by students; this can be a great opportunity for budding journalists
 - Call or write to invite the participation of local officials such as the Mayor, Town Manager and Board of Selectmen, Governor, State Senators, Representatives, etc.



IN-SCHOOL VISIT BY BARKA'S CO-FOUNDERS

Pending availability and travel logistics, Ina & Esu will visit your school to give a multimedia presentation including video excerpts of the film "BARKA! BURKINA", photos from the field, talk about BARKA's clean water initiatives and life in Burkina Faso, and if possible even join your walk!

Service-Learning Curriculum

Service Learning is a teaching and learning strategy that integrates meaningful community service with academic classroom curriculum and reflection to enrich the learning experience, teach lifelong civic engagement, and strengthen communities. As a teaching methodology it falls under experiential education. It has been described as a radically-effective transformative method of teaching students (Learn & Serve America).

And in this case, service learning can also inspire students to get involved and develop a sense of planetary responsibility. It teaches kids that they matter; that individuals can make a positive difference in the world.

Here are two examples of service-learning initiatives created by educators working with BARKA to raise funds for clean water in Burkina Faso.

**"Water is Essential!" 3rd grade curriculum (ppt presentation is available on [BARKA's website](#))
Raises awareness and inspires action as it teaches: the four main parts of the Water Cycle, all living things need water, Earth has a limited amount of water that is continuously recycled, access to water, safe/potable water, the need for safe water in West Africa and to help West African villagers' access safe water.**

During the "Water is Essential!" Service-Learning project, students gave priority to the fact that all humans share the basic need of safe drinking water, to the main reason for people not having safe water is a lack of money, and that money is needed to pay for infrastructure to access water and maintain water supplies. They learned that millions of West Africans lack access to safe drinking water and the natural consequences are sickness and disease. Additionally, they learned that girls and young women sacrifice education to haul enormous loads of water, day after day. Students investigated a solution of helping to bring potable water to West Africans and identified the solution that when safe water is available entire village economies change and the lives of those people goes from disease and malnutrition to hope and success. Students created a documentary film, and designed and sold Colors of Water necklaces to raise funds for non-governmental organizations working to provide water to those most in need. By contributing to a safe water initiative, the participants learned that they could help improve the quality of life for others, affect the world in a positive way by working together to make this a better world, and make a difference by adding to the good. By growing hope and cultivating change, imagine with a ripple effect, if other students in schools across America, where turning on the tap for water is something they take for granted, join in the cause to create change in the world by bringing something so basic as potable water to people in need.

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"WATER, WATER EVERYWHERE" PRE-K-8 CURRICULUM

Inspired by the above "Water is Essential" program, Lori Austin, an educator at Gabriel Abbott Memorial School devised a service-learning initiative to engage the entire school, Pre-K-8, in learning about water and West Africa. Ms. Austin supplied lesson plans for each grade and Americorps/SCA interns taught the classes. The program culminated in a gala evening community celebration designed to raise funds for clean water initiatives. West African food was prepared at the gala.

Curriculum: Students spent 2-3 weeks, with several hour-long lessons on the following "pieces of the jigsaw puzzle":

- Pre-K through 2nd Grade: Learned songs about West Africa from the music teacher (some West African drumming was included) and performed the songs at the evening celebration. These students also worked with the art teacher to create simple "Color of Water" abstract pieces of art to be sold at the event
- 3rd grade: Researched the water cycle and created a powerpoint presentation (3rd grade science stand and acted as a review for students); students also created their own water filtration systems and demonstrated them at the event; also learned West African songs, created artwork
- 4th grade: Investigated why water comes in so many different colors, relating to geography, erosion, and sunlight (all science standards for 4th grade); created water collages from pictures in magazines to show other classes the color palettes to create their artwork; used "Water is Key" website from the Pacific Institute to create a photographic documentary on water scarcity in West Africa.
- 5th grade: Served as the public relations group and wrote letters and invitations announcing the gala event, notifying newspapers, politicians, and others about this project and asking for their support. They created a powerpoint on worldwide water shortages and data supporting this, fulfilling the math standards on data and ELA standards on persuasive writing skills. They also wrote a brochure on how local residents can save and conserve water.
- 6th grade: Created a geography powerpoint on the region of West Africa, including the different nations, tribal groups, cultures, climates and landforms that make this region particularly susceptible to water shortages.
- 7th grade: Learned about potable water, water conservation and created a powerpoint on this topic. This fulfills a 7th grade science standard. They also helped 3rd graders with their filtration systems.
- 8th grade: Documented the entire process and screened their short film at the evening event. The documentary included interviews and narratives, fulfilling 8th grade ELA and technology standards.
- BARKA Foundation founders came to the school and spoke to students at the beginning of the program and returned while on the 2009 Peace, Water & Wisdom Walk to receive funds collected.

Total cost of the program: \$80 for mailing costs, card stock, acid free paper, and picture frames.

Result: Gabriel Abbott Memorial School students raised \$1200 at the gala event.

Publicity: The project was written about by two local newspapers:

["Unbottled Education: Students Fundraise for Clean Water Projects in West Africa"](#), Berkshire Eagle, March 17, 2009

["School Project Takes Abbott Kids into Deep Water"](#), iBerkshires.com, March 31, 2009

Use your creativity to find ways to integrate The Peace, Water & Wisdom Walk and issues of water scarcity into your class' curriculum. BARKA Foundation is compiling links to several curriculum studies from the world's top NGO's (non-governmental organizations) on its [website](#). Please check them out to see if they're right for your classroom.

Key subject areas include:

- Water, Sanitation & Hygiene (see UNICEF's WASH-in-Schools publication available on [BARKA's website](#) and Pacific Institute's "[Water is Key](#)" website)
- The UN's [Millennium Development Goals](#)
- Women's Rights
- Peace-building (see curriculum materials from Peace One Day and Pennies for Peace on [BARKA's website](#))
- Indigenous Paradigm (see UN [Permanent Forum on Indigenous Issues](#))
- After-School Programs
- Filmmaking Department (to document the walk)
- Gym/Physical Education (to focus on the walk/run aspect of the event)
- Art (through making signs, banners, posters, crafts to sell)
- Music (learning African songs, polyrhythms, drumming and other instruments)
- "Greening" your school (see Earth Day's materials for becoming a "Green School" on [BARKA's website](#))



References

"BARKA is one of those rare foundations whose water efforts are born out of creative solutions. Ina and esu have globally engaged children, educators, and NGOs to help raise water consciousness, and to bring clean water to those in dying need in Burkina Faso."

William Waterway Marks Author, Water Voices from Around The World; voted 1st Place in the world's largest international book competition as: "Most Likely to Save the Planet"
www.watervoices.com

"Should the Berkshires care about Africa's water problems? Absolutely."

State Representative (MA) Daniel Bosley

"I am the Mossi King representing more than half of the Burkina Faso population. I am a man of peace, having received this country's highest honor for building peace. My full support of this endeavor is based on the social, spiritual, economic, and moral benefit for the people of Burkina and for all the people in our global village. It is with gratitude that I acknowledge the respect that BARKA Foundation has shown me and the spiritual traditions of my country. Together we hope to change the world in some small yet significant way for the betterment of all. This is a project for the children of the future and I will employ all within my power to ensure its successful outcome."

His Majesty, Emperor Mogho Naaba

"To work alongside Esu and Ina is to feel their relentless passion, energy and drive to make the BARKA Foundation into a significant force for positive change. They do this 24 hours a day, 7 days a week because they are driven by a greater force which compels them to act. They work at this feverish pitch not for their own gain, but because they see the urgency of the situation and know that time is of the essence for the future of the children in this world."

-Adam Ruderman, Social Entrepreneur, BARKA Board Member

"This year in the Global Village class the students looked at micro-loans and how do we as a country and as individuals have an impact worldwide. BARKA came into the classes, explained microfinance economically, socially and physically in terms of what they produce. BARKA showed films of women in Burkina Faso receiving and using micro-loans. It gave the kids a real understanding not only of world economics but of how they can be empowered to help other people just through their academic studies and coming together to organize a drive from micro-loans..."

...I think it's a perfect thing for a high school in the Berkshires or anywhere else in this country to be involved in (BARKA's) work in Burkina Faso. It gives the kids a sense outside of their geographical limits, it opens their horizons in terms of world cultures, languages, literature, economics, poverty, amazing assets that they might not otherwise have access to. It gives them a sense that they are empowered to help."

Maeve Hitzenbuhler, Principal, Monument Mountain Regional High School

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For further information go to <http://www.barkafoundation.org> or email inaandesu@barkafoundation.org

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