



30 HOUR FAMINE 2025

— Transformation Awaits —

STUDENT GUIDE 2025

Welcome to the 30 Hour Famine

We're so happy you're participating in the 30 Hour Famine! **Not only will you impact kids around the world going hungry, but your eyes will be opened about Mahana and her life in Niger,** plus you'll have a blast spending quality time with your friends, playing games, reflecting on your experience, and taking on the challenge of fasting and raising funds with your community to help end hunger together.

Consider this: During your Famine *more than 6,000 kids will die of hunger-related causes.*

You have the power to create a lasting impact in the world. Inspired by the love of God, you can help put an end to injustice, feed those in need, and keep kids alive.

Continue reading: In your Student Guide, you'll get a peek into what your 30 Hour Famine will entail, and you'll find all the information you need to set and meet goals during every step of your Famine.

Transformation awaits!

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.”

—Romans 12:2 (NIV)

“I really love food, but God made me forget about food and realize my hunger is not nearly as bad as others.”

—Student participant feedback



Welcome to the 30 Hour Famine



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Global hunger facts

The reality of famine

First, the bad news. We are facing the largest hunger crisis in modern history. Conflict, extreme weather, and rising costs are driving a deadly combination across the world.

Defining famine

In everyday use, the word **famine** means extreme scarcity of food. It's the absolute worst-case scenario for a hunger crisis.

Famine also has a technical definition used by the humanitarian community. For a famine to be declared in any given area, the following four things must all happen:

- » At least **20% of households** in the area face extreme food shortages with limited ability to cope.
- » More than **30% of children** suffer from acute malnutrition.
- » The country's government must declare it a famine.
- » The daily death rate from hunger exceeds two per 10,000 people.

Hunger today

- » Food insecurity is growing. In 2022, **nearly 258 million people across 58 countries faced crisis or higher levels of food insecurity**. This number of people is the highest on record and represents the fourth consecutive year of increasing acute food insecurity globally.
- » Conflict is a key driver of hunger and famine: **More than 70% of people experiencing hunger live in areas afflicted by war and violence**.
- » **Millions of children are dangerously malnourished**. 45 million children are suffering from wasting (also known as acute malnutrition). Children with this condition have low weight for their height, as well as weakened immune systems that put them at higher risk of dying from common childhood diseases. Those that survive are at risk of lifelong growth and development challenges.

The impact you can make

What we've accomplished so far

Here's the good news. In the 30+ years of the 30 Hour Famine, students like you have come together to help end hunger.

- » **More than 6 million students** experienced a 30 Hour Famine event.
- » **68,500 youth groups** have participated.
- » And they raised **\$191.5 million to feed kids** and families around the world.

By giving up food for the full 30 hours, you not only experience a sense of connection with those in need, you've literally helped save lives.

“*I felt an immense amount of pride in my own abilities and the abilities of my peers, as we had just achieved what I thought to be impossible—going 30 hours without any food. And to top it off, the entire experience had been an absolute blast. I found myself closer to other youth group members, closer to my already-close friends, and closer to God.*”

—**Michael Atlas | Student, New Jersey**

The importance of fundraising

Fundraising is the easiest—and most effective—way for you to help kids suffering from the global hunger crisis.

The funds you raise through the 30 Hour Famine will help World Vision deliver emergency food aid to disaster zones and equip families with the tools they need to overcome hunger in their communities.

Together, we're empowering the world's most vulnerable people to change the direction of their lives. What does this change look like?

- » Parents equipped to grow healthier, more abundant crops and livestock
- » Communities gaining access to clean water for nutritious harvests
- » Children receiving basic medical care
- » Kids going to school
- » Families getting the tools they need to overcome poverty

Meet Mahana

What's it like growing up amidst a drought? For sisters Mahana, 9, and Firdaoussou, 12, it means hard choices for their family.

Mahana goes to school—the only child in her family to do so. Firdaoussou has never gone to school because her mom needs her at home to help on the family's farm. They live in Niger, a country ranked last on the [*Human Development Index*](#). Life expectancy is low, poverty is high, there is a year-long drought, and only about half the population has access to clean water.

Because of the drought, Mahana's family rarely has enough food to eat. Sometimes, she only has one meal per day—or none at all.



Sisters Mahana, age 9, and Firdaoussou, age 12, Niger.

Mahana's community is struggling, but they stick together and have hope that one day things will be better. World Vision is coming alongside them to provide access to much-needed clean water and other essentials. With access to water, Mahana's family looks forward to the



Mahana, Age 9, Niger, with a basin for water.

day their farm can once again fill their bellies so, in Mahana's words, they can "be healthy and feel good."

Goal setting & rewards

Let's keep the fun in fundraising

Fundraising for the 30 Hour Famine can be a daunting task—but it doesn't have to be! Break down your goal by how many people you'll ask for donations OR the impact you'd like to have.

Take the 30 Hour Famine challenge

Challenge yourself to raise enough funds to feed a child for an entire year! Can you get 20 people to donate \$24? 30 people to give \$16? Reach the Challenge goal and you'll receive 30 Hour Famine rewards—check out page 8!

Of course no matter how much you raise, the best part is knowing that your fundraising is improving lives all around the world.

My Goal: _____

Every \$40 you raise will feed and care for a child for a month.

Examples:

- » *I will ask 20 people for \$20 = \$400 (20 X \$20) to feed a child for 10 months (\$400/\$40).*
- » *I want to feed a child for 18 months = \$720 (18 X \$40) which means I need to ask 36 people for \$20 each (\$720/\$20).*

Reward levels

Superstar Supporter

Raise
\$40-119

Raise \$40-119 to feed a child for three months and earn a **T-shirt**



30 Hour Famine Challenge

Raise
\$240-479

Raise \$240-479 to feed a child for one year and earn a **water bottle**



Defender of the Hungry

Raise
\$120-239

Raise \$120-239 to feed a child for six months and earn a **frisbee**



Challenge PLUS

Raise
\$480-959

Raise \$480-959 to feed a child for two years and earn a sticker sheet, T-shirt, a pair of sunglasses, a tumbler, and a **belt bag**



World Changer

Raise
\$960+

Raise \$960 and above to feed a child for three years and earn a **sweatshirt**



Fundraising how-tos & ideas

Two easy steps to start your online fundraising

Set up your online fundraising page so family and friends can support your fundraising efforts. If your leader hasn't already sent you a link to join your group, use these steps to find your team.

Step 1: If you haven't already, create your own account at 30hourfamine.org. Select "Student" when asked for your role, then find and join your team.

Step 2: Make it your own! Customizing your page can make a huge difference as you fundraise.

Here's how:

- » Upload a profile pic: Make sure it's an easily recognizable shot of you so people who use your link know they're in the right spot.
- » Tell your story: Why are you doing the 30 Hour Famine? Why does caring about hungry kids around the world matter to

Pro-tip:

Once your site is ready, start promoting it on social media. You can also expand your reach by asking family members or friends to repost or share your fundraising content.

you? Remind donors that their small acts will make a big difference for kids in need, and thank them for joining you.

- » Make your own URL: From "Your Page," go to "Settings" to update your fundraising goal and your personalized URL. Get creative—try something like *HaleyHelpsTheHungry* or *JohnTakesOnFamine*.



Reminder! Use the following hashtags when posting about the experience on social media:
#30HF #30hourfamine #worldvisionusa

Fundraising how-tos & ideas continued

Top 4 fundraising ideas

1 Work it out.

In exchange for donations, you could help donors with yard & garden work, housecleaning, or other “odd jobs” around the house.

2 You mean business.

Plenty of companies like donating to a good cause. Ask local businesses to sponsor your event in tiers of \$480, *enough to feed and care for a child for one year!*

3 Be vocal.

Encourage donors to level-up their giving by telling them you’ll sing a song of their choice and post it on social media IF they give \$X more. Remember to use **#30HF, #30hourfamine, #worldvisionusa**

4 Watch the clock.

Ask donors to “sponsor” each hour of your 30-hour fast. If you get 30 people to give you \$40, you’ve got \$1,200! Write their names on your Famine T-shirt, make a silly thank-you video, or commemorate them in some other creative way during the Famine.

Pro-tip:

Be sure to remind adults and businesses that their donations are tax-deductible—but only when they get a receipt. (Receipts are found [here](#).*)

“ I feel a lot of empathy for the kids who constantly struggle from poverty. This is probably my biggest motivation to fundraise for this cause. Knowing that others are experiencing something much worse than me really makes me want to take action and help them.”

—Student participant feedback

Fundraising tips & practice script

Make your list

First things first: The best place to start fundraising is by reaching out to the people you know.

Who to ask?

Family: _____

Friends: _____

Parents of friends: _____

Friends of parents: _____

Church members: _____

Teachers/coaches: _____

Coworkers/boss: _____

Fundraising tips & practice scripts continued

Practice, practice, practice

It can be tough asking people to donate, but this starter script can help! Customize your script, consider other [global hunger facts](#) or donation amounts, then practice reading it out loud.

After that, try making a video explaining why you're fundraising, and post it across social media with hashtags: **#30HF**, **#30hourfamine** and **#worldvisionusa**.

Pro-tip:

Texting is a simple way to make fundraising asks, but don't stop there! Use email, go door to door, or whatever works best for you!



Hey all! I'm so excited to be doing World Vision's 30 Hour Famine. It's a youth group event that helps teach the effects of hunger while raising money to feed hungry kids around the world.

Did you know that one in 11 people around the world do not have enough to eat? And that kids suffer the most?

Here's the great news. Just \$40 feeds and cares for a child for a whole month! Would you be willing to donate \$40? Or, \$120 to support a child for three months? Here are two ways to give:

Go to my fundraising page at _____.
Or go to 30hourfamine.org and search for me!

Your donation is tax-deductible and of course the best part is knowing that you've helped feed kids in need.

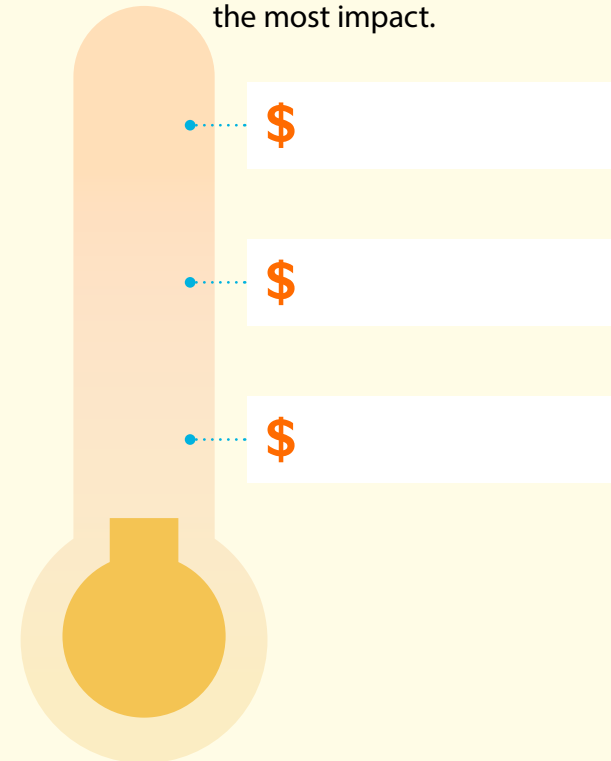
Thanks for your support!

Goal tracker

Personal fundraising goal

\$

If you've participated in a Famine before, challenge yourself to beat your highest amount raised to make the most impact.



Goal date

My 30 Hour Famine is on:

Pro-tip:

Visit 30hourfamine.org to get insider access, encouragement, and ways to prep for your Famine!

Your 30 Hour Famine Reflection Journal

Below are the questions that go with our suggested group reflection exercises for the 30 Hour Famine. If your group has a different agenda or you have additional thoughts to share, you'll find several blank pages at the end of this section.

Group reflection #1:

- » You've just finished the first Famine game. How are you feeling?
- » Reflect on Mahana's story—what do you think it would be like to do chores, go to school, or hang out with friends on an empty stomach every day? Do you think you'd have energy to do all you normally do in a day?
- » Did you notice a difference in your energy level because you're hungry?
- » Notes:

Your 30 Hour Famine Reflection Journal continued

Group reflection #2:

» Notes:

Take some time to consider the burden of earning a wage.

» Did anything stand out to you from Mahana's economic empowerment video?

» What would it be like to keep trying to get ahead while circumstances keep you down?

Your 30 Hour Famine Reflection Journal continued

Group reflection #4:

Take some time to consider your own education.

» What do you think about going to school? Do you like it?

» What's one new fact you learned from playing this game?

» How did watching Mahana's education video give you a different perspective on your own education?

» Notes:

» Because of COVID-19, you might remember what it's like not to go to school. What was your experience like?

Your 30 Hour Famine Reflection Journal continued

Group reflection #5:

Sometimes we take our own health and well-being for granted.
Let's reflect ...

» What stood out to you from Mahana's health video?

» Can you think of a time you faced an obstacle that was difficult to overcome?

» What would it be like to live without access to medicine or a doctor?

» Notes:

Your 30 Hour Famine Reflection Journal continued

Group reflection #6:

Feeling thirsty? Consider your own hunger at this time and how good it feels to be quenched with clean water.

- » Have you ever had to think about if your water is safe to drink or not?

- » What would this weekend be like if you couldn't drink water in addition to fasting from food?

- » Notes:

- » Have you ever had to wonder how long it will take you to find water?

Your 30 Hour Famine Reflection Journal continued

Group reflection #7:

In this safe space, consider how hard it would be if you felt unsafe—even among friends and trusted leaders.

- » What do you think it would be like to grow up with conflict and uncertainty around you all the time?

- » Think back to what Mahana is learning. Like her, in what ways can you be part of positive change when life gets difficult?

- » Notes:

- » How does that affect Mahana and children like her?

Your 30 Hour Famine Reflection Journal continued

Final thoughts:

Your 30 Hour Famine Reflection Journal continued

Final thoughts:

Your feedback

Share your thoughts on your 30 Hour Famine

Take a moment to reflect on the following prompts and share with your youth leaders what these 30 hours have meant to you.

1. Here are the top three things I learned.

2. Here's how I'm going to change or what I'm going to do differently because of this weekend.

Your feedback continued

3. _____ was really hard.

4. I LOVED _____!