

BUILDING BRIDGES

NOVEMBER 2023



IT'S ABOUT TIME

Innovations to Take Time Back and Secure the Necessities of Life



TIME WILL TELL

Time is a valuable resource. We share it; we lose it; we take it; we spend it; we track it; we save it; we kill it. But, we can't stop it. And, for all of us, everywhere, every minute of it matters. From sunup to sundown, the way people the world over use time today impacts our tomorrows. While we can't stop it or turn it back, we can help free up time for those who spend seemingly every second of it to simply ensure subsistence tomorrow.

By removing the burden of water scarcity, less time collecting water means more time collecting opportunities. By creating opportunities for education, students have the opportunity to shine. By providing relief from the challenges of food insecurity, less time preparing food means more time preparing for the future.

Time really can be the greatest gift of all.

Lorraine Swift
Executive Director, Change for Children

TIME AND KINDNESS

In gratitude, we celebrate and recognize Cecily Mills for her 20 years of dedicated volunteer service, giving generously of her time, energy, and kindness. Thank you, Cecily!



THIEF OF TIME



Time spent collecting water is time that could be spent attending school and time that could be shared with family, filled with economic pursuits, and invested in community. When clean water is unavailable, contaminated alternatives result in illness that steals time and health from all family members. Unsafe, inaccessible water is the thief of time.

RAINWATER COLLECTION REVISITED

Rainwater collection systems and water storage tanks save time for women and girls in Guatemala. Maria Luisa Ramirez Vasquez shares that she has spent many summer months over many years saving and collecting containers – disposable one-liter bottles, pitchers, saucepans, buckets – in order to be ready to store water when the winter rains begin. With her new 2,500 litre tank, she is happy that the women in her family will no longer be exposed to the risks of collecting dirty rationed water from a trickle of a water supply in the early morning hours. Rural women share their relief that their children will consume healthier food that the stored water will help them to grow, and they share the gladness they feel knowing their kids will go to school with clean and presentable clothes – a little piece of dignity that is a great joy.

WASH SAVES TIME

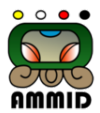
Safe sanitation, drinking water, and hand hygiene practices are among the most powerful ways to protect student health, reducing exposure to and transmission of disease. Time spent on WASH (water, sanitation, and hygiene) education sees a ripple effect as students pass down positive learned behaviors to family, friends, and future generations. In Honduras schools, the recent water system, handwashing station, and latrine installations and improvements mean healthy learners attend school more regularly, and teachers report improved cognitive development. Fewer missed school days means more time for learning – for soaking it all in!

TIME AND WATER FOSTER HEALTH AND DIGNITY FOR FAMILIES.



GLOBALLY, 443 MILLION SCHOOL DAYS ARE MISSED ANNUALLY DUE TO PREVENTABLE WATER-RELATED DISEASES.

Our work would not be possible without the support of local partners, global partners, and community supporters.



TIME WAITS FOR NO ONE

As time passes, so do opportunities to educate children who are diverted away from classrooms if the infrastructure, the resources, and the teachers are not equipped to deliver on the promise of quality education.

TEACHERS SAVE TIME

For many teachers in the Bosawás, their future requires that they once again become students. In line with the Sustainable Development Goals, Nicaragua's Ministry of Education requires that all teachers have a teaching diploma. And while this new policy is in the interest of education, it also threatens the jobs of many dedicated teachers without diplomas who have been teaching for many years in the Bosawás, having simply completed schooling above the grade that they teach.

Professora Flor began teaching primary students with just a ninth grade education. With the technology in place, Flor will now be able to train for and receive her teaching certificate through training modules provided on the offline digital library in her classroom in her home community, saving both her job and her time, and earning her fair pay.

STUDENTS SHINE

Solar installations power the digital libraries in remote off-grid schools, bridging both the energy and the digital divide. Schools with technology resources attract and retain students. A world of information and tailored content in diverse languages is made available with the installation of solar power. Extending hours of available light also means more time to read, to write, and to fuel imaginations.

Less time in the dark means more time lighting up imaginations!

**ACCESS TO TEACHING
RESOURCES MEANS LESS
TIME PREPARING LESSON
PLANS AND MORE TIME
PREPARING STUDENTS.**

A TIME OF CHANGE

*by Tony Llorente
CFC Project Manager, Nicaragua*

When I was in elementary school in my community of Tuburus in the Bosawás, the teachers worked tirelessly to ensure our learning, despite very limited resources. For many of them, textbooks were scarce – they sometimes had to borrow them from neighboring communities. I appreciate and admire their resilience and dedication to teaching us, despite the difficult circumstances.

I am grateful that this reality is changing, and I feel happy and optimistic about the future. Since the construction of high schools by Change for Children in seven of the largest communities in the territory, unprecedented opportunities have arisen for students to complete education beyond primary school without leaving the Bosawás.

Today, there are not only school buildings, but schools equipped with solar-powered digital libraries, containing thousands of age-specific resources for all subjects and grades. This is a significant breakthrough for kids in our communities!

**7 LEARNING LABS
EQUIPPED WITH SOLAR-
POWERED TECHNOLOGY**

**4778 STUDENTS
WITH ACCESS TO DIGITAL
LIBRARIES**

**212 TEACHERS
WITH ACCESS TO MISKITO
MOTHER-TONGUE
RESOURCES**



IN PURSUIT

Under-resourced community schools mean students who do attend are often under-prepared to pursue further education. Students can face years of upgrading to qualify for University. Providing off-grid digital libraries and laptops leverages technology to improve lessons and learning in remote areas, ensuring coverage of current curriculum content and improved quality education. Students with an education on par with national standards are more likely to pursue higher education.

**RESOURCES PROVIDED ON DIGITAL
LIBRARIES BUILD CAPACITY FOR
TEACHERS TO TEACH IN THEIR MOTHER
TONGUE LANGUAGE, ENCOURAGING
CULTURAL PRESERVATION.**



TRIPLE TIME

DAY IN THE LIFE OF A MISKITO WOMAN

by Edda Muller
CFC Pedagogy Specialist, Nicaragua

She wakes up at 4:30AM.

She collects water for drinking and cooking - four five-gallon pails that she carries one-by-one on her head. In all, water collection will claim more than 4 hours of her day.

She lights the stove and cooks breakfast for her family.

She prepares tortillas, rice, and beans for her husband to take with him to work in the fields.

She sends her school-aged children to school and takes the younger ones to the river with dirty clothes and dishes to wash.

She bathes the children, and hangs the clothes to dry.

She feeds the animals – chickens and pigs.

She pounds rice with a wooden pestle, taking up to forty-five minutes to remove the husk, before preparing the lunch.

She will once again pound rice with a wooden pestle to prepare for dinner and for breakfast for the following day. In all, rice husking will claim about 3 hours of her day.

She collects medicinal plants for teas and salves.

She cooks dinner and puts children to bed.

She spends at least 3 hours of her day collecting wood to light the stove to be ready to do it all again tomorrow.

She is the last to go to sleep.

Technological innovations help save time for women and girls. Reducing the time women spend on household chores and improving agriculture to reduce malnutrition and improve economic security builds resilience and reduces dependence on aid.

GRAINS OF TIME

Rice is a food staple in the Bosawás, and is a tummy filler. It's grown locally and means food on the table year-round. Processing rice with few implements is a laborious process, even at a subsistence level. The traditional method of hand-pounding to separate the rice from the stalks and husks often falls to women and girls, whether taking on the task solo, taking turns with the pestle to share the load, or rhythmically coordinating efforts with two pestles in the same wooden mortar. Young girls become adept at this skill, sometimes before learning to tie their own shoes.



A TIME SAVER

Piloted in one community in the Bosawás this year, making a rice threshing machine available proved to be a game changer. Women, like Reysibeth express their wish for more women to be able to benefit from such a machine in more communities. Women tend to look out for each other here. For each other's kids and families. For each other's time.

MECHANICAL THRESHING MACHINES SIGNIFICANTLY REDUCE WORKLOAD AND SIMPLIFY INCREASED PRODUCTION FOR STORAGE AND SALE, INTRODUCING ECONOMIC OPPORTUNITY WITHOUT INCREASED BURDEN.



THE TRIPLE WORKLOAD OF WOMEN - PRODUCTIVE TASKS, REPRODUCTIVE TASKS, AND COMMUNITY TASKS - IS AMPLIFIED IN THE BOSAWÁS.



Your support of education, clean water, and food security projects makes futures bright for many, this season and always. Season's greetings from the Change for Children team!



10808-124 Street, 2nd Floor
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T5M-0H3



Thank you for your support this season!



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change4children.org/donate



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**WOMEN AND GIRLS
SHOULD BE ABLE TO
DETERMINE THEIR OWN
FUTURE, NO MATTER
WHERE THEY'RE BORN.
- Melinda Gates**