

Choose your challenge!



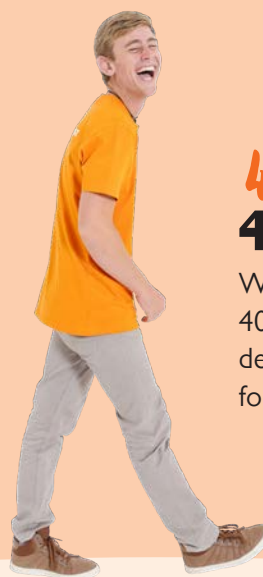
25-27 JUNE 2021

Welcome to the World Vision 40 Hour Famine. We're so glad you're joining us to help shape history! Here are some challenge ideas to get you started:



40 hours, furniture-free

No chairs, beds or tables for a whole weekend – hang on the floor or even set up a tent outside.



40 hours, 40km

Walk 40km in 40 hours, or simply decide to go car-free for the weekend.



40 hours, screen-free

Go without phones, tablets, laptops or TV for a whole weekend.



40 hours, 4 foods

Choose 4 foods to eat for 40 hours, or decide randomly with our paper challenge selector on the next page...



40 acts of kindness

How many can you do in 40 hours? Check out our 40 Acts of Kindness resource for ideas to help you do good.






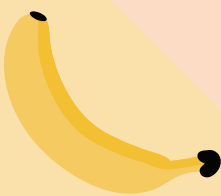


40 hours, no talking

40 hours of silence, harder than it sounds!

40 hours, 4 foods

Which 4 foods will you eat for 40 hours? Cut out this paper challenge selector to randomly decide!



ORANGE	2 beans 	3 carrot 	YELLOW
1 bread 		banana 	4
potato 		rice 	tomato 
PURPLE	7 apple 	6	GREEN
8		5	