

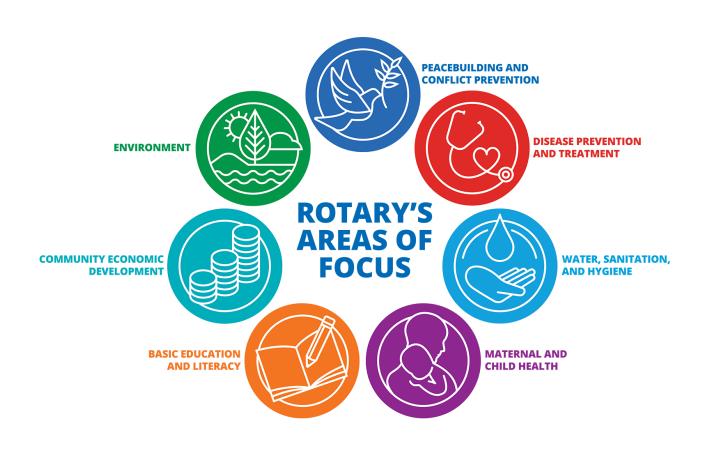
Saturday, April 29, 2023

Super District 6400

Plymouth Cultural Center

At the end of this session, participants will have learned and be able to:

- 1. Define key elements of an effective project.
- 2. Understand the steps involved in developing effective service projects.
- 3. Discuss the value of building a balanced approach to local and international service projects
- 4. Discuss how to engage club members and non-Rotarians in service.

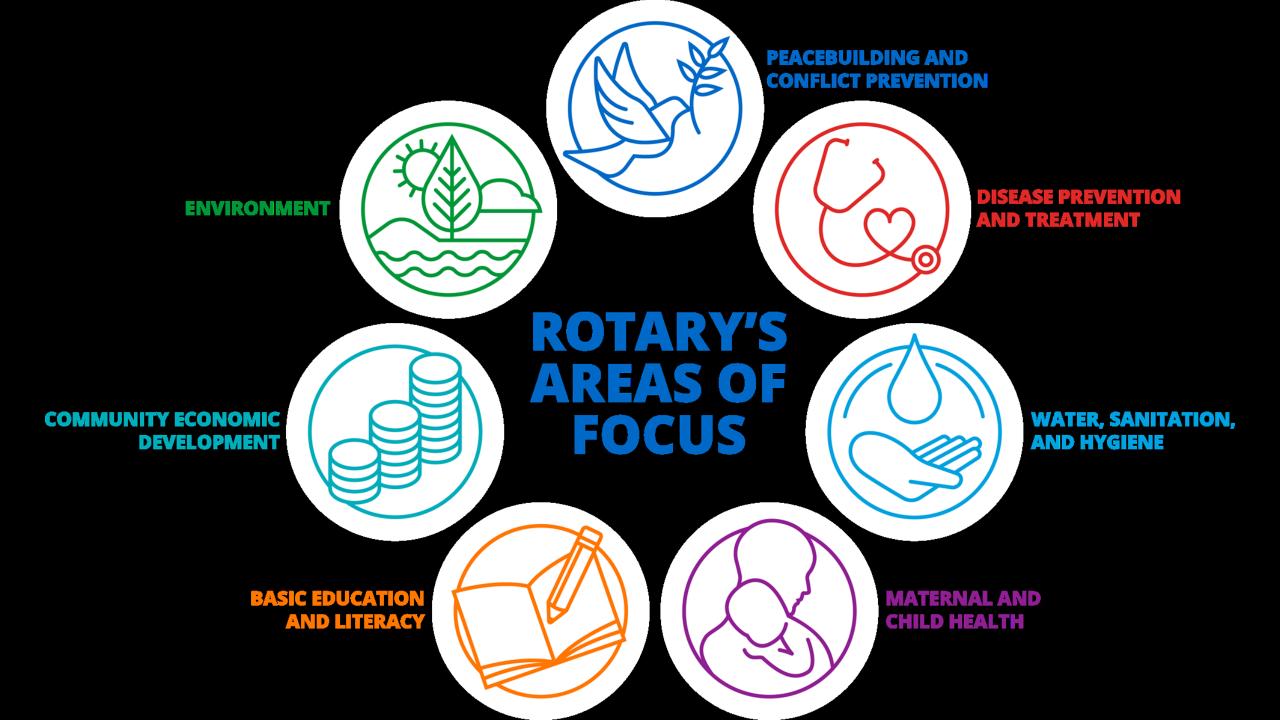




# **Effective Service Projects**

- Are relevant to the community
- Serve as a learning experience for Rotarians
- Respond to real issues
- Are sustainable
- Improve community members' lives
- Recognize the contributions of all participants
- Are supported by members of the Club
- Are based on a realistic assessment of available resources
- Aim for specific goals and objectives with measurable results
- Empower people and communities



















### DISEASE PREVENTION AND TREATMENT

# PREVENTING DISEASE

Noncommunicable diseases, such as cardiovascular diseases, diabetes, dementia and cancer, accounted for seven of the world's top 10 causes of death in 2019, according to the World Health Organization, Each year, more than 15 million people aged 30 to 69 die prematurely as a result of noncommunicable diseases, with 85% of those premature deaths occurring in low- and middle-income countries.

Despite a global decline in the percentage of deaths due to communicable diseases, they remain a challenge, primarily in low- and middleincome countries. Although the world is on the brink of eradicating polio, communicable diseases such as tuberculosis, HIV/AIDS, and malaria are still leading causes of death in these countries with reports of decreasing or plateauing progress.

And according to the WHO, 1 billion people suffer from neglected tropical illnesses, such as dengue fever, Chagas' disease, sleeping sickness, and river blindness.

Provide

training to local

health care providers

and community health workers.

#### TIPS FOR SUCCESS

- Consult with Rotary members who have medical or public health expertise to assist in developing your project idea.
- (2) Communicate with local and regional hospitals, clinics, universities, and ministries of health to avoid duplicating efforts and to take advantage of local resources.
- (3) Enlist community health care workers and other health and medical volunteers to support project development and implementation.
- Partner with successful community-based organizations to strengthen their capacity and expand existing services.



# WE ACTION Support health education

programs that explain how diseases are spread and promote ways to reduce the risk of



Organize activities to address. behavior that can be changed, such as an unhealthy diet, a lack of physical activity, and the harmful use of substances such as tobacco and alcohol.















## DISEASE PREVENTION AND TREATMENT

# HEALTH CARE SERVICES

Less than half of the global population has access to essential health services, according to the United Nations, Major disruptions such as the COVID-19 pandemic, natural disasters, and high-conflict situations could reverse decades of improvement in preventing both communicable and noncommunicable diseases by decreasing access to health care professionals, facilities, and other services. More than 40% of all countries have fewer than 10 medical doctors per 10,000 people, and more than 55% of countries have fewer than 40 nurses and midwives per 10,000 people. An additional 18 million health workers are needed, primarily, in developing countries.

## TIPS FOR SUCCESS

- Work with local, regional, district, and national health systems to increase people's access to equipment, facilities, and the latest health care programs.
- Incorporate innovative technologies and tools to extend the reach of health centers.
- Work with local health centers to develop programs that attract health workers with a variety of skills.
- Work with local universities, nursing schools, and other health care training facilities to provide education in locations where employees live. in order to maximize retention rates.

Support continuing education and training

AKE ACTION

for health care workers. through scholarships, stipends, and public recognition.

More than 10 Rotary Action Groups can

such as malaria, diabetes, HIV/AIDS, and

Alzheimer's and other types of dementia.

help clubs and districts plan and implement

activities to address a wide range of diseases

## Improve the quality of existing services, taking an

AKE ACTIO.

approach to health systems. and infrastructure that involves people as partners in their own care.



that expand access to affordable health care services to underserved communities.

















# SANITATION AND HYGIENE

Nearly 2 billion people lacked access to basic sanitation facilities in 2020, according to UNICEF figures. Of these, 673 million still defecate in the open. Poor sanitation is linked to the transmission of diseases such as cholera, diarrhea, dysentery, hepatitis A, typhoid, and polio. It can also undermine the growth and development of children.

At least 10% of the world's population is estimated by the WHO to consume food irrigated by untreated wastewater. Each year, 297,000 children under the age of five die from preventable water and sanitation-related diarrheal diseases.

# AKE ACTIO Train teachers

to instruct students in healthy habits in schools. using participatory lessons in sanitation and hygiene and including subjects such as menstruation.

# AKE ACTION

## Increase access

to water and sanitation services and expand watershed protection and restoration measures in order to improve water quality and quantity and reduce the vulnerability to water-related risks and stresses.

The Water, Sanitation, and Hygiene Rotary Action Group and the Rotary Action Group their areas of expertise.

#### TIPS FOR SUCCESS

- Avoid telling a community what sanitation solutions it needs, Instead, work with residents to determine what technology and education is most appropriate, and explore several options. Be sure to include women in the discussion and decision-making process.
- Use professionals to develop and implement bygiene education programs that use participatory learning to promote behavior changes and healthy habits. Teaching that uses only methods such as lectures or informational pamphlets is rarely successful.
- Avoid fully subsidizing or donating toilet facilities to households, especially if a local market for sanitation is developing in the region. This can undermine the growth of local sanitation businesses and sanitation marketing campaigns.



















### WATER, SANITATION, AND HYGIENE

# IMPROVING WATER **QUALITY AND** ACCESS TO WATER

By 2025, the UN says, 1.8 billion people will be living in countries or regions with absolute water scarcity, and two-thirds of the world's population could be living under water-stressed conditions. Some 663 million people don't have clean drinking water, UN figures show. And globally, women and children spend 200 million hours every day collecting water, according to UNICEF.

# KE ACTIO Implement

rainwater harvesting systems to collect and store rainwater to use for drinking or to revitalize underground aquifer

Work with regional governments and private opencies to expand water resource management conservation, and restoration activities in your local watershed Ensure that water, sanitation, and giene services align with and are ntegrated into the watershed management plans.

#### **TIPS FOR SUCCESS**

- Work with community members to establish a water committee and a fee system to allow the ongoing operation and maintenance of the water
- Conduct a hydrogeological survey before digging or drilling a well to determine the quality of the water supply and whether enough water will be accessible all year to meet the demands of users such families, farmers, and businesses.
- Include government and private-sector enterprises in the design, implementation, and monitoring of the project to solidify the long-term community participation.
- Consider government standards and guidelines for water and sanitation facilities. Refer to WHO standards if national standards don't exist.
- Understand that providing access to a water supply does not guarantee people safe drinking water. Assess a water source for bacteriological or chemical contamination to determine if the water needs to be treated or purified for consumption.

# AKE ACTIO.

Improve the

management of water esources, which will lead to better water, sanitation, and hygiene services and improve people's health. Strengthen the link between communities and water, sanitation, and hygiene service providers by bringing them together to find solutions to local issues.

KE ACTIO Work with communities and local governments to identify longterm funding methods to expand and rehabilitate water



Provide household water treatments and safe water through chlorination, filtration, or solar disinfection to make drinking water safe.















### MATERNAL AND CHILD HEALTH

# CHILD HEALTH CARE

An estimated 5.2 million children under age five died mostly from preventable and treatable causes in 2019, according to the WHO, Globally, preterm birth, birth asphyxia and trauma, and congenital anomalies, as well as infectious diseases such as pneumonia, diarrhea, and malaria, are the leading causes of these deaths. More than 80% of these deaths occurred in sub-Saharan Africa and central and southern Asia.

The UN Sustainable Development Goals include specific targets for reducing the preventable deaths of newborns and children under age five by 2030.

KE ACTIO Promote good nutrition, especially for women who are pregnant, might become pregnant, or recently gave birth. Encourage exclusive breastfeeding whenever possible for the first six months of a child's life.

### Develop or support programs that provide immunizations against vaccine-preventable diseases for children

KE ACTIO

under age five.

## The Rotary Action Group for Reproductive, Maternal, and Child Health and the Rotary Action Group for Clubfoot help clubs and districts adapt proven solutions that improve maternal and child health and that meet the needs of local communities.

# REPRODUCTIVE HEALTH

According to the WHO, 214 million women in developing countries had unmet needs for modern contraception in 2017. Having access to contraception offers benefits including more possibilities for education and economic development, and in some cases prevents the transmission of HIV and other sexually transmitted infections

#### **TIP FOR SUCCESS**

Take the time to understand people's beliefs about contraception and create an environment of open, nonjudgmental communication to build productive working relationships in the community.

Eliminate

mother-to-child

HIV transmission

by increasing access

to testing and

antiretroyiral drugs.

# Provide information

AKE ACTION

about and access to contraceptives. Filling the unmet need for contraception could reduce the number of maternal deaths by nearly one-third.

# LE ACTIO Provide information

about and access to testing and treatment for HIV and other sexually transmitted infections















## MATERNAL AND CHILD HEALTH

# ANTENATAL CARE, CHILDBIRTH, AND POSTPARTUM CARE

In developing countries, 1 in 45 women is at risk of dying from causes related to pregnancy, childbirth, and postpartum care compared with 1 in 5,400 in developed countries, according to the WHO

In 2017, 810 women around the world died every day from preventable and treatable complications during and after pregnancy and childbirth. These complications included severe bleeding, infections, other delivery issues, and high blood pressure during pregnancy.

About 94% of these deaths occur in developing countries, and 80% of them could be prevented with access to reproductive health services, prenatal care during pregnancy, skilled care during childbirth, and postpartum care.

AKE ACTIO

Support

continuing

education and

training for health

care workers through

scholarships, stipends.

and public recognition.

Organize efforts to provide birthing kits to health. professionals.

NE ACTIO. Support programs for health professionals and community health workers.

#### **TIPS FOR SUCCESS**

- Consult Rotary members who are trained in maternal and newborn health care, such as midwives, obstetricians, and gynecologists, to assist in developing your project idea.
- Work with local, regional, district, and national health systems to increase access to equipment. facilities, and the latest maternal and child health care programs.
- Work with community-based organizations that have expertise in maternal and child health.
- Empower community members to take over the management of training programs for local health care workers in order to ensure their sustainability.















#### **BASIC EDUCATION AND LITERACY**

More than 79.5 million people fled war, persecution, and conflict in 2019, according to the United Nations

— the highest number the organization had ever recorded. Although the solutions that will end violent
conflict are complex, Rotary believes that when groups of dedicated people work to create peace in their
communities, their efforts can have a global effect.

# TEACHER PROFESSIONAL DEVELOPMENT

Teachers around the world face challenges every day as they seek to serve their students and provide them with the best education possible. In addition to the usual challenges, the COVID-19 pandemic illustrated that many teachers didn't have the training or equipment to lead or provide distance education — especially those with no initial teacher education and few opportunities for in-service training.

To reach universal primary and secondary education in 2030, nearly 69 million more teachers are needed, according to the UN — more than 24 million for primary education and more than 44 million for secondary education. Sub-Saharan Africa has the lowest percentage of trained teachers: 65% at the primary level and 51% at the secondary level. The ratio of pupils to trained primary teachers is 58-to-1 in sub-Saharan Africa and 40-to-1 in southern Asia.

#### TIPS FOR SUCCESS

- Spend time talking with people in the school community, especially teachers, before planning a project to make sure you understand their goals, strengths, challenges, and needs.
- Develop long-term relationships with teachers to ensure that they have access to the latest training and materials.
- Consult with local education officials to design appropriate teacher training programs and ways to implement them that will complement the school, local, or national curriculum.

Organize
a vocational
training team to
offer underserved
communities training
in how to implement

a curriculum.

Provide professional development for teachers and supplies such as teaching aids, extbooks, and dassroom

enhancements.



The Basic Education and Literacy Rotary Action Group brings together experts from nany educational specialties to help clubs and districts design and implement effective programs















#### BASIC EDUCATION AND LITERACY

# SUPPORTING STUDENTS

Access to school has always been a global challenge. It was only exacerbated by the COVID-19 pandemic, which forced about 90% of all students, or about 1.6 billion people, out of school. It also put many marginalized students at a further disadvantage because they were excluded from distance learning opportunities.

#### **TIPS FOR SUCCESS**

- Remove barriers to girls' education caused by cultural attitudes, safety concerns, and the need for girls to contribute to the household economy. Gender equality is a vital part of sustainable community development.
- Empower students, parents, teachers, and administrators as decision-makers in your activities.
- Work with local organizations that can offer advice and resources to help you organize a training, tutoring, adult literacy, or mentoring program.

















### COMMUNITY ECONOMIC DEVELOPMENT

Global extreme poverty rose in 2020 for the first time in more than 20 years, the World Bank said, as the COVID-19 pandemic compounded the effects of conflict and climate change - which were already slowing the progress in reducing poverty. The World Bank expected about 150 million additional people to be living in poverty by the end of 2021 as a result of the pandemic.

In 2018, 4 out of 5 people below the international poverty line lived in rural areas.

- · Half of the poor are children. Women are a majority of the poor in most regions and in some age groups.
- Climate change could drive 68 million to 132 million people into poverty by 2030. The issue is a particular threat in sub-Saharan Africa and southern Asia. where most of the global poor are concentrated.

# INCOME GENERATION AND FINANCIAL INCLUSION

About 1.7 billion adults around the world don't have an account at a financial institution or through a mobile money provider, according to a 2017 World Bank report. That was down from 2 billion in 2014.

More than 55 countries have made commitments to financial inclusion since 2010, the World Bank said, with more than 60 launching or developing a national strategy.

AKE ACTIO Partner with a local and credible microlender to improve people's access to financial services and support a financial infrastructure

in the community.

AKE ACTION

## Develop mobile banking resources

in partnership with a microlender, Cell phones, which can be used to make deposits. and transfer funds, can increase access to banking systems in developing communities.

#### **TIPS FOR SUCCESS**

- When you support service projects in a developing community, purchase goods and supplies locally to stimulate the economy and avoid unnecessary shipping fees.
- Establish a Rotary Community Corps (RCC) and empower members to take action. RCC members can help identify barriers to the community's economic progress and develop sustainable
- Provide training to people based on the community's needs, with a clear plan to sustain the projects and businesses.

















#### COMMUNITY ECONOMIC DEVELOPMENT

# JOB CREATION AND ENTREPRENEURSHIP

Unemployment and underemployment caused by the coronavirus crisis affected as many as 1.6 billion workers in the informal economy half of the global workforce, according to the International Labour Organization.

Only 47% of women of working age took part in the labor market in 2020, compared with 74% of men, according to the UN. The number is even lower in southern and western Asia and northern Africa, where less than 30% of women are part of the labor market.

AKE ACTIO

Expand

AKE ACTIO. Assess the local employment market and analyze people's existing skills as well as the skills necessary for them to have better opportunities.

Provide

vocational training NE ACTION opportunities. including job placemen programming, at equipment or local nonprofit supplies to a organization cooperative to increase production and sales in the local market.

AKE ACTIO. Work with a local microfinance institution and community members to create the most realistic plan to repay

Organize a vocational training team to teach people how to create a business plan, mentor local entrepreneurs, and help them get access to business capital.

AKE ACTIO.

#### TIPS FOR SUCCESS

- Consider which skills job seekers need for the local market and avoid teaching skills that aren't
- 2 Design your training in partnership with local networks (such as those that offer apprenticeships and international opportunities) to ensure that the training is relevant and that relationships can develop between trainers, trainees, and prospective employers. Remember that skill development can occur in formal, informal, and on-the-iob settings.
- 3 Engage with existing networking systems or create appropriate create appropriate ones. Recruit high-potential participants, especially women.

Work with a cooperative that provides training, joint economic ventures, and ownership of assets to its members through an equitable structure.

KE ACTIO.

The Rotary Action Group for Community Economic Development brings together experts to help clubs and districts design and implement projects that strengthen communities through skills training, job















Global environmental issues represent some of the defining challenges facing humanity, and solutions that account for our relationship with nature and natural resources connect us both locally and globally. More than half of the UN's 17 Sustainable Development Goals for 2030 are closely linked to environmental sustainability.

The scale and interconnectedness of these challenges means that communities and organizations need to observe basic safeguards but are also empowered to take positive and restorative action. Rotary members have organized thousands of community-based solutions across the globe to support a healthy environment, from beekeeping in Germany to preventing deforestation in the Philippines and harvesting rainwater at schools in Jordan. The environment presents a wealth of service opportunities.



The Environmental Sustainability Rotary Action Group helps clubs and districts carry out a range of environmental programs by understanding the best practices, working with other organizations to create resources and learning opportunities, and advising on program design and implementation.

#### TAKE ACTION

Rotary supports activities that strengthen the conservation and protection of natural resources, advance environmental sustainability, and foster harmony between people and the environment. Our members work on addressing environmental problems such as pollution and habitat degradation. Addressing the root causes of such problems for the benefit of people and nature often requires collaboration with multiple stakeholders.

You can engage with this area of focus by designing projects and programs that seek to:

- . Protect and restore land, coastal, marine, and freshwater resources
- . Enhance the capacity of communities and local governments to support natural resource management and conservation
- . Support agroecology and sustainable agriculture, fishing, and aquaculture practices to improve ecological health
- . Address the causes of climate change and climate disruption and support solutions to reduce the emission of greenhouse gases
- . Strengthen the resilience of ecosystems and communities affected by climate change and climate disruption
- Support education to promote behaviors that protect the environment
- · Advocate for the sustainable consumption of products and the environmentally sound management of byproducts to build a more resource-efficient economy
- \* Address environmental justice issues and environmental public health concerns









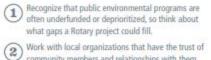






#### ENVIRONMENT

#### TIPS FOR SUCCESS



community members and relationships with them.

When the environment overlaps with other areas of focus, consider approaches that foster equitable access and benefits from clean air, clean water, sustainable agriculture, green spaces, and climate adaptation.



projects that

the world.

rried out around

















### PEACEBUILDING AND CONFLICT PREVENTION

More than 79.5 million people fled war, persecution, and conflict in 2019, according to the United Nations

— the highest number the organization had ever recorded. Although the solutions that will end violent
conflict are complex, Rotary believes that when groups of dedicated people work to create peace in their
communities, their efforts can have a global effect.

# **BUILDING PEACE**

Peace has a unique status in Rotary. We approach peace not as an abstract concept, but as a living, dynamic expression of human development. As a humanitarian service organization, we hold it as both a cornerstone of our mission and an area of focus — one of the main ways in which our members strengthen communities.

Rotary's peacebuilding initiatives seek to create environments where lasting peace is possible. We do this by:

- Continually investing in sustainable and measurable peace programs in our communities and around the globe
- Educating and creating an extensive network of peacebuilders and community leaders dedicated to peacebuilding and conflict prevention
- Providing members with several ways in which they can actively engage with, contribute to, and promote peacebuilding initiatives in their communities

The Rotary Action Group for Peace and the Rotary Action Group for Refugees, Forced Displacement, and Migration bring together the family of Rotary and like-minded experts to support clubs and districts with their projects.

#### TAKE ACTION

Rotary supports training, education, and practices related to peacebuilding and conflict prevention through initiatives that help create social cohesion and that transform conflict in our own communities and around the world.

Our members focus on prevention and transformation — identifying and working to resolve the underlying conditions, relationships, and social structures that give rise to conflict. By addressing the causes of conflict, communities can move beyond conflict resolution or management to change the environment that led to violence or a threat of violence. This focus on transformation helps ensure sustainable and lasting peace.

Rotary members can engage with this area of focus by designing projects and programs that:

- Enhance the capacity of individuals and communities to transform conflict and build peace
- Train community members in peace education, peace leadership, and conflict prevention and resolution
- Provide services that help integrate vulnerable people or those affected by conflict into society
- Improve dialogue and community relations to determine the best way to manage community
- Fund graduate scholarships for career-minded professionals related to peacebuilding and conflict properties.
- Create platforms for cross-cultural exchanges and dialogue















## PEACEBUILDING AND CONFLICT PREVENTION

#### TIPS FOR SUCCESS

- (1) Use role-playing, sports, or other experience-based learning methods to teach children and young adults socially appropriate ways of dealing with conflict.
- Work with local organizations that community members trust and have a relationship with.
- Train community leaders in strategies to prevent and mediate conflict, such as facilitating community dialogue and initiating alternative dispute-resolution practices.
- Partner with Rotary Peace Fellows and other conflict-prevention experts and organizations.

Enroll in the Rotary Positive Peace Academy



## Rotary Club of Bracebridge Muskoka Lakes Service Project Proposal

In order to propose a service project for our Club, please answer the questions below and submit your proposal to the Chair of the Service Projects Committee. The proposal will be considered by the Service Projects Committee members at their next meeting. You may be asked to attend the meeting to provide further information or you may request to attend the meeting if you would like to present your idea in person.

1	Please indicate which of	Rotany's Siv Areas of	Focus your project aligns with:

- ☐ Supporting Education
  ☐ Saving Mothers and Children
- ☐ Saving Mothers and Children
  ☐ Growing Local Economies
- ☐ Fighting Disease ☐ Promoting Peace













□ Providing Clean Water

- 2. What type of project is this with regards to Club member participation?
  - ☐ Hands-on service project (opportunity for Club member participation)
  - Funding only (no hands-on participation)
- Describe the project and the problem or need it will address, including how the project will benefit the local or international community. Provide the estimated length of time needed to complete the project.
- 4. Who are the beneficiaries of the project? Approximately how many people will benefit from the project?
- 5. Please outline the proposed budget for the project.
- Please describe the specific activities that Club members can engage in to support this project.
- 7. Will your project need to be sustained, and if so, how do you propose to do this?
- Describe any partnerships which you feel would be beneficial for successfully completing
  this project and for future sustainability (i.e., other agencies, other service clubs, other
  Rotary Clubs, government, etc.).
- 9. Are you prepared to lead this project within our Club?

# Rotary Club of Bracebridge-Muskoka Lakes Proposed Projects Review

1.	Project name:	

Interest level	10	9	8	7	6	5	4	3	2	1	$\neg$
	Very high	ı								Very low	
Benefit to community	10	9	8	7	6	5	4	3	2	1	
	Very high	ı								Very low	
Participation level for	10	9	8	7	6	5	4	3	2	1	
members	Very high	1								Very low	
Cost to club	Too high			Reas	onable	e	_ H	ligh, b	ut w	orth it	
	Consider	askin	ig me	mbers	to pe	rsona	lly sup	port		_	
Would you be interested in	Yes			No_							
Very high Very low  Idenefit to community  10 9 8 7 6 5 4 3 2 1  Very high Very low  Very low  Identicipation level for numbers  Very high Very low  Identicipation level for numbers  Very low  Very low  Identicipation level for numbers  Identicipation level for numbers  Very low  Identicipation level for numbers  Very low  Identicipation leve											
team for this project?											
Would you participate in this	Yes			No_							
project in some way?	If yes, in	what	way?								
Comments/ Suggestions											$\Box$

# 2. Project name: \_\_\_\_\_

Interest level	10	9	8	7	6	5	4	3	2	1	
	Very high	1								Very low	
Benefit to community	10	9	8	7	6	5	4	3	2	1	
	Very high	1								Very low	
Participation level for	10	9	8	7	6	5	4	3	2	1	
members	Very high	1								Very low	
Cost to club	Too high			Reas	onable	e	_ +	ligh, b	ut w	orth it	_
	Consider	askir	ng mei	mbers	to pe	ersona	lly sup	port		_	
Would you be interested in Yes No											
being part of the organizing											
team for this project?											
Would you participate in this	Yes			No_							
project in some way?	If yes, in what way?										
Comments/Suggestions											

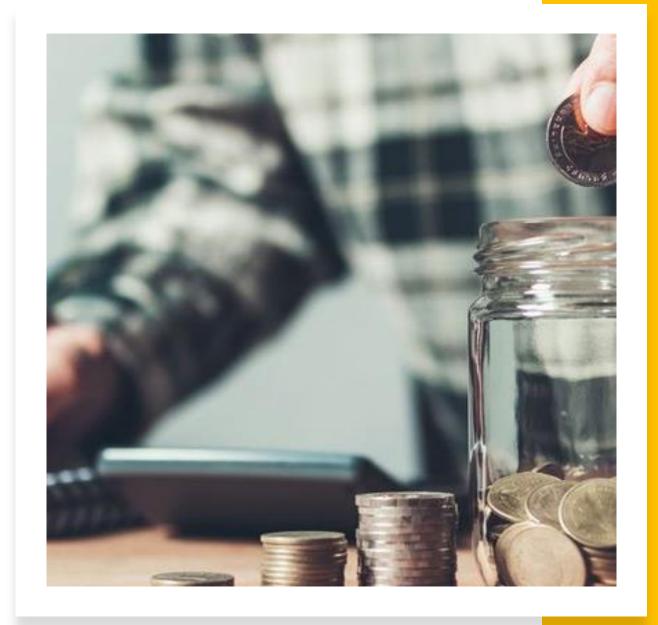
# Planning and organizing a project:

- Step 1: Use your district's local expertise
- Step 2: Conduct a community assessment
- Step 3: Set project goals
- Step 4: Work with partners
- Step 5: Create a project plan and budget



# Acquiring resources for the project:

- Step 1: Publicize your project plan
- Step 2: Participate in project fairs
- Step 3: Secure funding through Rotary
- Step 4: Secure funding outside of Rotary



# Implementing your project:

- Step 1: Publicize your project plan
- Step 2: Raise awareness about your work
- Step 3: Ask questions along the way



# **Evaluating & promoting the project**

- Step 1: Measure your results
- Step 2: Promote your project and share what you learned
- Step 3: Submit reports



# Online Tools and Resources:

- Rotary Club Central
- Rotary's Areas of Focus guide
- Community Assessment Tools
- Grant application tool
- Rotary Showcase



# **Breakout Discussions**

- How can you engage club members and non-Rotarians in service?
- What is a key service project in your club? What made that project successful?
- What is the value of local service projects? What is the value of international service projects? How would you determine the best mix for your club?





Saturday, April 29, 2023

Super District 6400

Plymouth Cultural Center