



## Imagine if you had to work as a servant in someone's home AND go to school . . . .

*Join us and experience a "Day in the Life" of a child domestic worker in Nepal while raising money to invest in a future where these children do not have to work but can focus on preparing themselves to achieve their dreams by finishing school.*

### What do I have to do?

We will give you a list of things that a domestic worker in Nepal typically does in a day. These may include things like:

- Having no hot water – so it's a cold shower for you!
- Only have electricity for 5 hours a day from 6 - 8am and 9pm – midnight.
- Getting up at 5am to complete your homework before preparing breakfast for your family and then washing up.
- Carrying a bucket of water for around 500 metres.
- And this is all before you go to school! You'll have to walk to and from school (or at least part of the way if it's too far to walk but most child domestic workers in Nepal would walk to school, sometimes for an hour or 2).
- Memorise 25 facts about Nepal and repeat them to your teachers, word for word.
- When you get home from school, you have to prepare dinner for your family, wash up (remember, no hot water unless you boil it – but not if you don't have gas because there may not be electricity!) and then do your homework by candlelight.

### How will it help the children in Nepal?

It will help in so many ways.

- You will ask your friends and family to sponsor you. If you complete all the tasks in the day, they will sponsor you for a certain amount of money through your own fundraising site on Every Day Hero so you can track your progress and compare yourself you're your friends. There will be prizes for the most money raised! The money raised will be used to support Mitrataa's work in Nepal, empowering girls and women to achieve their dreams through education and training;
- You will be raising awareness about the plight of child domestic workers in Nepal and around the world by giving the children a voice;
- You will be showing the child domestic workers in Nepal that you care about them – they love knowing that people so far away are supporting them to achieve their dreams!

### Where can I get more information?

For more information, please contact Bec Ordish

([bec@mitrataa.org](mailto:bec@mitrataa.org)).

**"How wonderful it is that nobody need wait a single moment before starting to improve the world." Anne Frank**