Food and Agriculture Organization of the United Nations

SUSTAINABLE DEVELOPMENT GOALS

working for Zero Hunger

# ACTIVITY BOOK

# Change the future of migration

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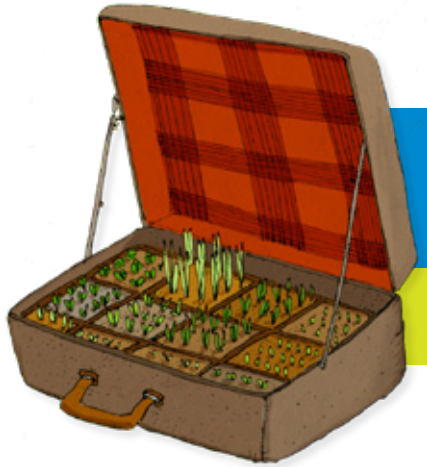


# Change the future of migration.

## Invest in food security and rural development

## About FAO

A **world free from hunger and poverty** is at the heart of our work. The Food and Agriculture Organization of the United Nations (FAO) works with governments, companies, farmers, other organizations, and individuals to reach **#ZeroHunger**. A large part of our work is carried out in rural areas (the countryside), in places where most of the world's poor and hungry live. Although our headquarters is in Rome, Italy, we have offices in over 130 countries all over the world.

Every year we celebrate World Food Day on 16 October to remember the birth of FAO in 1945 and call on people to **join the fight against hunger** and to make sure that we all have enough nutritious food to lead healthy and active lives. The theme for World Food Day 2017 was "Change the future of migration. Invest in food security and rural development."

## We are the Zero Hunger Generation

Over 800 million people go to bed hungry every night. **That's about 1 in 9 people.** We produce enough food to feed everyone on our planet, but for many different reasons, people still suffer from hunger. In 2015, 193 countries committed to the Sustainable Development Goals SGDs to help us to create a better world for all and end hunger by 2030. But world leaders can't do it alone. Achieving the 17 SDGs is everyone's responsibility, from farmers to companies, schools to universities, and from international organisations to YOU.

Let's work together. Let's become the first generation to make hunger vanish from the planet – **the Zero Hunger Generation.** We all have a role to play in ending hunger, so keep reading to find out how YOU can be part of the Zero Hunger Generation!

## Change the future of migration

Did you know that 1 out of every 7 people on the planet was a migrant in 2017? In the last few years, there has been a huge increase in the number of people migrating around the world. **Most migrants are quite young** – about one-third of them are between the ages of **15–34**. Why are people migrating today and how can we give them the choice to stay at home, if it's safe to do so? This Activity Book on migration has packed some creative answers to these questions in a series of suitcases illustrated by Lorenzo Terranera. Suitcases open to show how FAO is helping to give people more choices to stay at home, and how the global goal to reach Zero Hunger is connected to migration.

This book is about migration and migrants. Whether you are a migrant yourself, know a migrant, or are related to a migrant, **migration is an issue that affects us all.**

## What is migration?

Migration is the movement of people, including children, within a country or across an international border. Migrants can be divided into 2 main categories: international migrants, who cross country borders; and internal migrants, who move within the country where they were born (from a rural area to a city for example). The estimated number of international migrants in the world is 258 million, while around 760 million people move within their own nation. There may be **more internal than international migrants**, but moving to a town or city is often the first step before crossing international borders. Migration has always existed. It is part of the growth and change of a country, with people looking for better jobs and lives in their home country and beyond it too. **So why is migration such a big challenge today?**

## Challenges and benefits

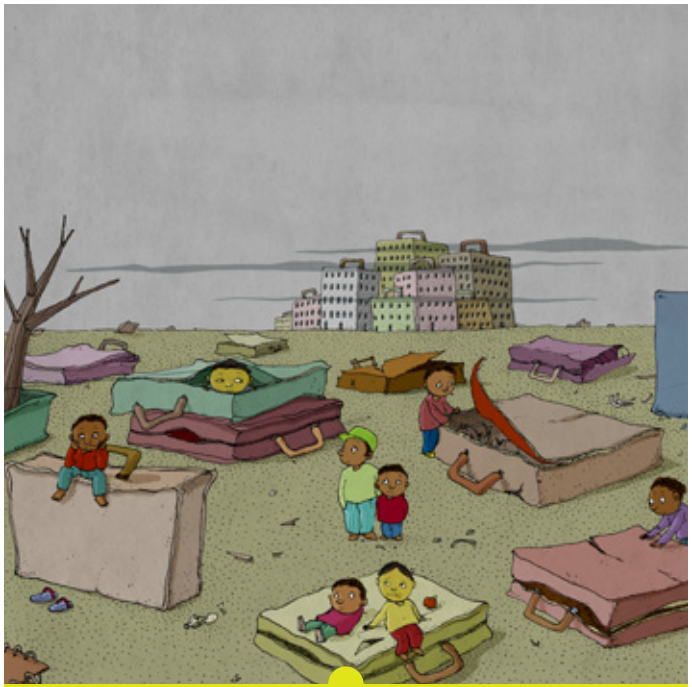
Migration is a challenge today partly because **people are arriving in countries or towns in huge groups**, often seeking protection. Many international migrants arrive in developing countries that have less money, food, job opportunities and natural resources to share with newcomers. Having to share these resources among more people can sometimes create problems or tensions. Rural communities can also suffer from the loss of young workers who migrate, often meaning that less food is produced or available. Similar challenges are faced with internal migration.

On the other hand, **migrants can bring new skills, knowledge and cultures to their host countries** and contribute to **economic growth** provided they are given access to more and better jobs. They can increase the workforce in communities where there aren't enough people to do all the work and also free up jobs for young people in the country they leave. Once they settle down, they often invest in their host community or support their home country by sending money.

## Why is migration often the only choice?

Sometimes people move because they want a new start, a new job, to study or to be reunited with family. But sometimes people are forced to migrate because of life threatening events including fighting and war or natural disasters that destroy their homes like earthquakes or tsunamis. Often migration can be the only option to improve people's lives when faced with poverty and hunger, no jobs, no support from the government, limited natural resources (like water or healthy soils), or climate change impacts.

Read through the next pages to find out more about these challenges and how FAO is working with countries to help people to stay at home when it is safe to do so, or build a new life after a natural disaster or conflict.



## HUNGER AND POVERTY

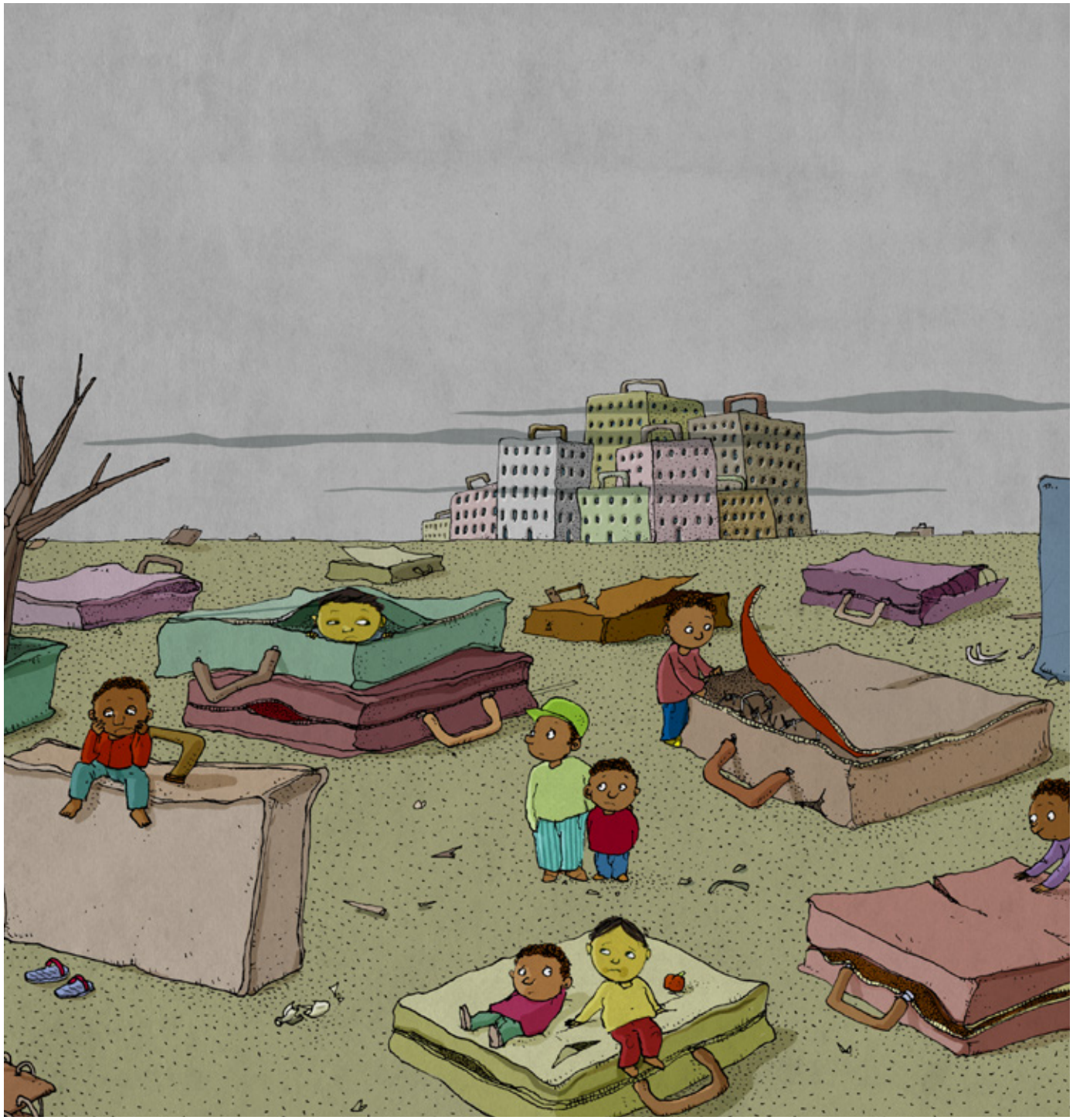
## CLIMATE CHANGE

## CONFLICT

# HUNGER AND POVERTY

Did you know that there are **2.1 billion poor people** and **over 800 million hungry people worldwide**, and that most of the world's hungry **live in rural areas**? What do you think poor and hungry people in the countryside do when they realize that they can't buy or grow enough food for themselves and their families? Many of them move to towns or cities in search of a better life, hoping to find work so that they can send money back home to feed their families.

Some people remain in rural areas because they are farmers and have always worked their land, but they can barely grow enough food to feed themselves and their families, and they certainly don't grow enough to sell in markets. They may not even have access to banks so that they can take a loan to start a new activity that can bring in money for their family. This is especially true for women and young people. Others may grow enough food to sell, but don't have a market nearby, or can't get to their market easily, so this extra might go to waste. Many farmers don't have any money saved for emergencies and their governments don't have a system in place to help them, so when something bad happens (like crops failing, a drought, or livestock dying), they are more likely to go to bed hungry or feel that they have no choice but to leave their land in search of food or work.



## HOW IS FAO HELPING?

FAO is working to make sure that people have the choice to stay at home, if it is safe to do so, by lifting them out of hunger and poverty. By **giving farmers the right tools and teaching them how to produce more,** these farmers can grow extra food to sell on the market and earn money. Children and young people in rural areas can learn about farming, how to solve problems and look after themselves by going to **Junior Farmer Field and Life Schools (JFFLS)** organized by FAO.

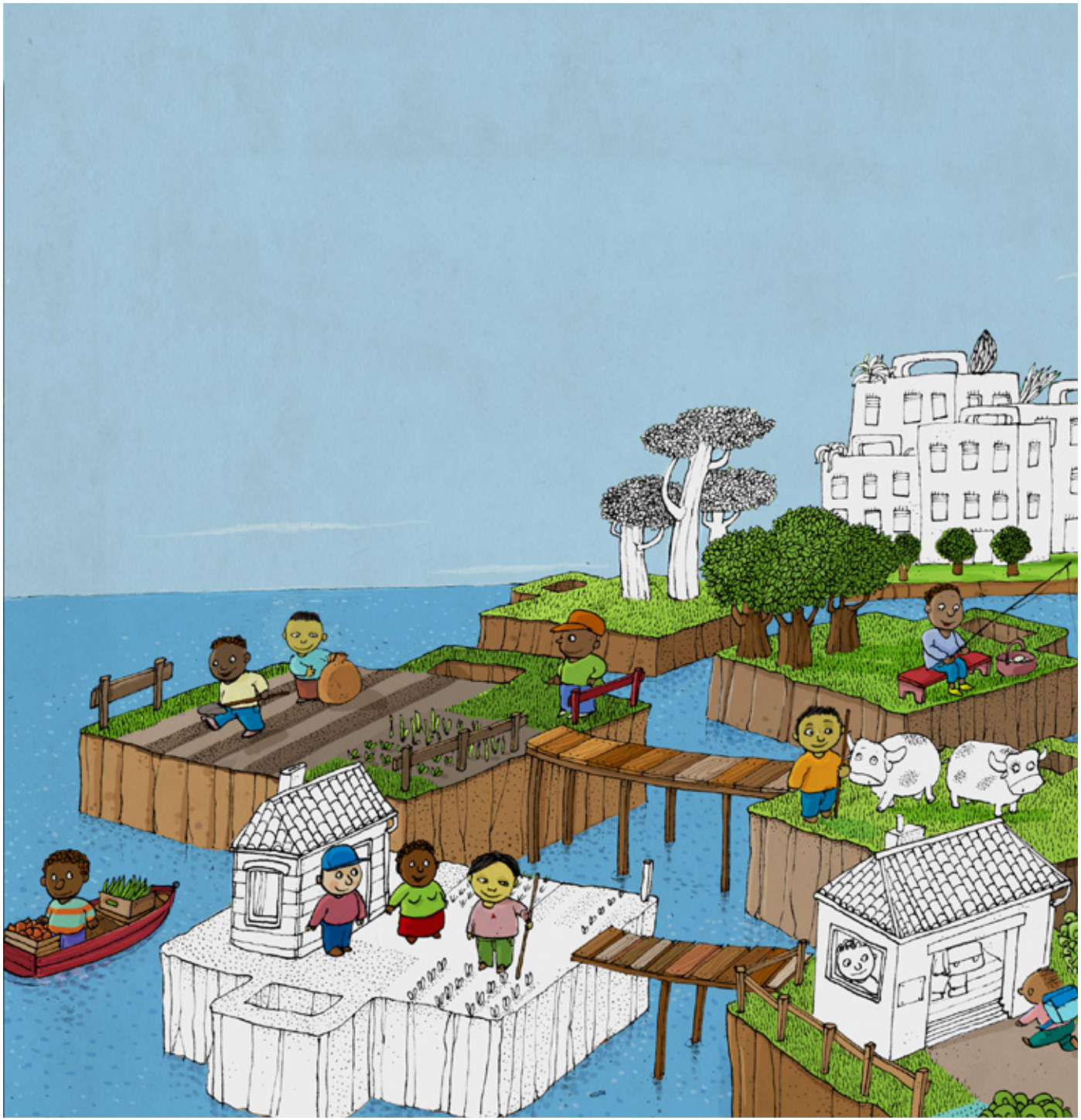
FAO is working with countries to fix or build roads that lead to markets so that famers can get to them to sell their extra produce. Another way FAO is helping people in rural areas is by encouraging countries to involve more young people in agricultural work by **providing training and access to money** to help them **start other profitable rural activities**. These include vegetable gardens, processing and packaging foods such as jam, chicken farming, or producing and selling traditional textiles. If people decide to migrate, we work to ensure that they know about opportunities and their rights as migrants and workers in their host countries. FAO also helps migrants use the money they earn abroad to support their communities of origin. Since some migration will always happen, FAO also works with governments and partners to ensure that it is **safe, orderly and regular.**

**Now it's your turn to help us. Colour the white sections to complete the picture.**

# CLIMATE CHANGE

If you read our Activity Book "Climate is changing. Food and agriculture must too.", you might remember that climate change is affecting the health of our planet and changing our world, in part by causing more natural disasters and severe weather events. When a natural disaster strikes, did you know that people often have to leave their homes for other areas, towns or cities? **In 2015, more than 19 million people had to move after surviving a natural disaster.** In our Activity Book on climate change, we taught you that the people who suffer most during and after a natural disaster are poor farmers, fishermen, pastoralists and forest dwellers.

If these people are lucky enough to avoid a natural disaster, they may still have to leave their homes because they can't grow enough food anymore. Climate change and rising temperatures can change the environment so much that where once a farmer could grow food, seedlings no longer survive, or grass no longer grows for animals to eat. It can turn healthy soil into unhealthy, dry and infertile soil, which means that people can no longer work, and there is less food produced. This means that the people who used to work the land are more likely to become poor and hungry because they can't produce food to eat or sell.



## HOW IS FAO HELPING?

One way to make sure that both people and their lands are better able to recover from the shocks of climate change and natural disasters is to **help to prepare** for them where possible. It is important to **protect our lands,** and FAO helps farmers to do this by teaching them about Climate-Smart Agriculture (CSA). CSA means working land and growing food in sustainable ways that don't damage or strip it of precious nutrients and limiting the greenhouse gasses produced. CSA helps farmers to grow more food on the same amount of land, often using even less water, which means that the farmers can earn more money. It means that farmers and land can prepare for disasters like droughts.

FAO is also teaching farmers to use seeds that are more resistant to drought and disease, to breed livestock that are used to hotter temperatures, create storm-proof ponds and cages for fish, and plant trees that are heat and drought tolerant. When natural disasters can't be prevented, **FAO helps farmers to get back on their feet** or return home after a short period away, by supplying seeds and tools to begin planting again, providing easy-to-grow, and nutritious crops. FAO works with partners to set up monitoring systems to try to limit the effects of crises. These are called **early warning systems,** which are alerts that tell people and governments when to prepare for a disaster so that fewer lives, money and resources are lost.

**Now it's your turn to help us. Colour the white sections to complete the picture.**

# CONFLICT

Did you know that over **65 million people were forced to leave their homes because of conflict in 2015?** People are still leaving their homes today because of ongoing conflicts. Many come from rural families – farmers, herders, pastoralists, and fishermen. They are often already at risk of going hungry or falling into poverty. In fear of their lives, they flee their homes. They see no end to the fighting and have lost, or risk losing, everything. People who move to a different part of their own country are called **Internally Displaced Persons (IDPs)**, while those who leave their own country are termed **refugees**. Most IDPs and refugees live in developing countries. This is a challenge for developing countries who may already be struggling to support their own populations.

Hunger, ineffective and weak governments, livestock movements, sharing limited natural resources (especially water and land), and climate change impacts can all lead to conflicts between local farmers, or between locals and displaced people.

It is also worth remembering that not everyone can, or wants to, flee. **Did you know that in most conflicts over 80% of rural people remain behind?** Farmers don't want to abandon their land or animals. Even if it is very hard to reach them, people that stay behind also need help to survive.

## HOW IS FAO HELPING?

Although FAO cannot stop wars and conflict, we can help host countries and communities, the people that flee conflict, people remaining in conflict areas, and countries affected by conflict to recover. FAO supports people in crisis and, once war has ended, helps farmers to get back on their feet to produce food again. **We provide emergency assistance** through cash transfers, crop seeds, like quick growing and nutritious vegetables, livestock and basic tools. FAO is working in some of the worst war-torn countries including Syria, where we are helping farmers to produce food, and in Yemen, by helping IDPs and their host communities to start rural activities and make money.

We help those who have fled due to conflict to settle into their new homes, and give support to the communities hosting new groups of people. It is important to remember that refugees and IDPs deserve protection, respect, safety and dignity, and **we all need to stand together against acts of discrimination**.

**FAO can also help to prevent and reduce tensions that might lead to conflict.** We work with communities to better manage their natural resources, encouraging farmers to solve arguments over livestock or natural resources in a peaceful way through discussion and negotiation.

**Now it's your turn to help us. Colour the white sections to complete the picture.**

# Take a closer look

Find out which page each of the drawings below belongs to. Then complete the sentences to the right of each image.

1

This drawing is from page_____, which talks about

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_____

This drawing shows _____

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It is important because: _____

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2

This drawing is from page_____, which talks about

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This drawing is from page_____, which talks about

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It is important because: _____

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# Now it's your turn

You've read all about the causes of migration and how FAO is helping. Now we want to see YOUR ideas! In the suitcase below, show us how we can give people choices to stay at home, if it's safe to do so.

Scan or take a photo of your poster and post it on Instagram with the hashtag **#ZeroHunger.** Remember to also tag @FAO.

# 17 Goals for a ZERO HUNGER Generation

How old will you be in 2030? Did you know that 193 countries have agreed to end hunger and create a better world for all by then? They plan to do this by completing 17 goals, the Sustainable Development Goals (SDGs). **These goals are everyone's homework** until 2030 and they belong to us all, whether we are from the developing or developed world. The only way we can achieve them is if we work together.

## How does FAO contribute to the SDGs?

FAO's work contributes to many of the SDGs but our **main focus is SDG2: Zero Hunger**. And we can't achieve Zero Hunger without tackling many of the issues that cause people to migrate. It is possible to feed our growing population and help them rise out of poverty without threatening the health of our planet for future generations.

## Migration CAN contribute to achieving the SDGs

If governments learn to manage migration better, and to stop and prevent conflicts, it can lead to economic growth and bring us closer to achieving the Sustainable Development Goals. **Safe, orderly and regular migration can contribute to development,** if migrants are able to find a job, learn the local language or receive training to acquire new skills.

Migrants can also contribute to growth in their country of origin by sending money back to their families, which can improve food security and rural people's lives. If migrants are able to go home when conflict has ended, they can bring new skills they learnt while they were away, back to their community. In addition, addressing the root causes of migration – climate change, poverty and hunger, conflict – helps us to reach our ultimate goal: Zero Hunger. **Achieving the SDGs means involving all people, including migrants!**

## What can you do?

You can try to encourage governments to address climate change, and work towards solving long-term conflicts that are forcing people to flee from their homes. You can also convince governments to give people alternatives to migration, where possible, by providing new and better work opportunities at home.

By changing some simple everyday habits that have an effect on our climate, for example by wasting less food, saving water and recycling, **we can become the Zero Hunger Generation** – the first generation to make hunger vanish from the planet. Have a look at our **Climate Actions in the Activity Book** on Climate Change to find out more:

bit.ly/WFDBOOK16_EN.

# SUSTAINABLE DEVELOPMENT GOALS

# The importance of choice

Deciding to stay at home, or to leave home when it's safe to do so, should always be a choice for everyone. FAO is working to give people choices. This means investing in people's abilities and dreams and lifting them out of poverty and hunger. But some people choose to go and find ways to contribute to their new home or country of origin. Migration Champions are doing their part to achieve the SDGs. They come in all shapes, ages, colours and sizes; what counts is that they **stand up for others and help to make our planet a better place.**

Have a look at some of our favourite Migration Champions, be they young or old, from the past or the present, individuals or organisations. Many of them are also **Zero Hunger** Heroes, actively fighting hunger around the world.

**Can you think of any others?**

**Shakira Mebarak**

Shakira started her singing career in Colombia before becoming an international star and moving to Spain. Shakira is a Migration Champion because she founded the Pies Descalzos Foundation, which provides education and meals to 4,000 Colombian children. She is also an active advocate for children's rights all over the world.

**Self Employed Women's Association (SEWA)**

SEWA has lifted over 2 million women out of poverty in Asia. They work with FAO to help women and young people in Africa too. They create jobs, spread knowledge, offer health services and provide education to give people a better future. SEWA is a Migration Champion because they are giving millions of people the choice to stay at home when it's safe to do so.

**Grameen Bank**

The Grameen bank in Bangladesh provides poor people with access to money to start profitable activities. The founders were awarded the Nobel Peace Prize in 2006 for their groundbreaking work. Grameen bank is a Migration Champion because it is giving people new opportunities, lifting them out of hunger and poverty.

**Yusra Mardini**

When fleeing home during the Syrian civil war, Yusra and her sister pushed a sinking boat for over 3 hours until it reached Greece. Yusra is a Migration Champion because she helped to save the lives of 18 other refugees. She also swam in the 2016 Summer Olympics in Rio as part of the Refugee Olympic Team and today, she continues to advocate for refugees everywhere.

**Albert Einstein**

Einstein fled Germany for the USA because of the rise of the Nazi party shortly before World War 2. He received the Nobel Prize for his revolutionary work in physics. Einstein is a Migration Champion because he worked tirelessly to save the lives of German Jews by helping them to escape their country and settle into their new community.

**Migrant money-senders**

When people leave home and start a life in a new country, they are sometimes able to send money to family or friends who stayed behind. When migrants send money home, they are sending what we call cash remittances. In 2015, migrants sent over $600 billion in remittances to their countries of birth. They are Migration Champions because they help their old and new countries to grow and develop.

## The heart of the matter

Now that you have finished reading about some of the causes of migration and how FAO is helping, you can answer the following questions.

**1.** What are the 2 main types of migration?

_____

**2.** Do more people move within countries or across international borders?

_____

**3.** List the main causes of migration explored in this book.

_____

**4.** Out of everything FAO does to help migrants, what do you think is most important?

_____

Look at the two pictures to the right. What differences do you notice?

Addressing the main causes of migration – climate change, conflict, poverty and hunger – will help us to reach our ultimate goal: Zero Hunger. It is important to remember that if we work to make migration safe, orderly and regular, countries can gain wealth, and food security and rural peoples' lives can be improved. Migrants, of all types, can also help countries to make our world a better place if they are quickly welcomed into their new countries and able to work.

Look around your classroom and at the people in your life. Are you or any of them migrants? Think about how your life or classroom would be different without migrants. Think about the good things migrants bring to your life, and the challenges they have faced.

**Remember that migrants everywhere deserve protection, respect, safety and dignity.**

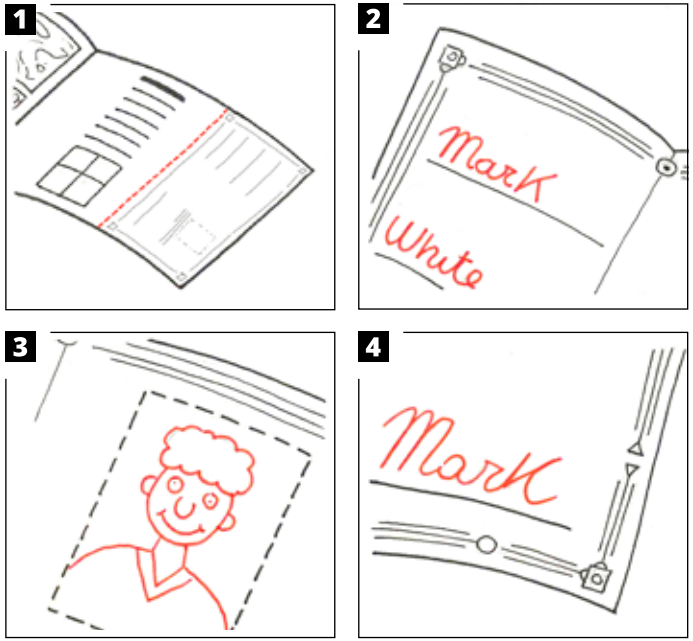
## INSTRUCTIONS

Now that you have completed the Activity Book, we want you to become a Zero Hunger Citizen by doing your part and helping us to achieve our goal by 2030.

If you need some inspiration for things you can do to help create a Zero Hunger World, look at our climate actions, available at:
www.fao.org/world-food-day/2016/climate-actions.

Follow the steps below to complete your Zero Hunger Passport:

1. Carefully tear out the passport on the right.
2. Fill in the details on the inner left page.
3. Draw a picture of yourself or glue a photo in the box provided.
4. And finally, read the declaration under your picture, write your name in the blank space and sign on the line at the bottom of the page.




Remember to **fold** your passport down the middle

Name: _____ Age: _____

Surname: _____

School: _____

Country: _____

As a **Zero Hunger** Citizen, I commit to spreading the word and doing my part to end hunger.

_____

*Sign on the line above*

SUSTAINABLE DEVELOPMENT GOALS

Food and Agriculture Organization of the United Nations

With your actions, this passport will be valid for a **Zero Hunger** World by 2030.

# PASSPORT

2 ZERO HUNGER

APPROVED

Date / /

**#ZeroHunger**

to a **Zero Hunger** World

www.fao.org

# Activity Book Series

You can download the FAO Activity Book Series on our "Building the #ZeroHunger Generation" portal together with a range of material to support educators and parents in the preparation of activities or classes on important global issues at the core of FAO's work: **www.fao.org/building-the-zerohunger-generation**

- Your guide to FAO

- Working for Zero Hunger

- Climate is changing

## Contact us: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