



ZIM**FARE**
ZIM**FAST**

↘ **Cook. Quiz. Give.**

PROGRESSIO
↘ People powered development

HOW TO USE THIS QUIZ PACK

ARE YOU HOSTING A ZIMFARE MEAL?

Thank you for taking part in **ZimFare**. You can host this quiz before, during or after your **ZimFare** meal to encourage your guests to think about and discuss the challenges facing people living in poverty, in a more light-hearted way. This quiz also provides the perfect platform to talk about Progressio's work alongside communities who are facing an uphill struggle. Using the case studies found in your *Participant Pack*, you can demonstrate how Progressio supports communities in Zimbabwe and around the world, who are already working hard to overcome the barriers that trap them in poverty and stop them from reaching their full potential. Any donations collected at your **ZimFare** meal will go towards supporting Progressio's important work overseas.

ARE YOU ZIMFASTING?

Use facts about poverty and hunger from this quiz pack alongside your photos and updates on social media/email to engage your online audience and boost your sponsorship. If friends and family understand **why** you are taking on the **ZimFast** challenge, they are more likely to donate to Progressio. Try to keep facts relevant to your personal updates for maximum effect. For example: **<Image of you with a bowl of Chakalaka> So hungry! Only 160kcal per serving of Chakalaka. The average person needs to eat 2100kcal a day to lead a healthy life, but many people living in extreme poverty across Zimbabwe will feel hungry for the length of their lives. Could you help change this by sponsoring me? <donation link>**



GETTING STARTED

The best way to start planning is to decide who you want to attend, and from there you can think about the best day of the week, time, and location to get them along. When choosing the venue, estimate how many people will roughly attend and how much space you will need. A couple of rounds require sound and video. Get the word out as soon as possible to reach as many people as possible.

PLANNING A LARGER-SCALE ZIMFARE MEAL?

Could your **parish** host a huge event for the local community? Perhaps your **school** could organise a fundraising lunch? Perhaps you could invite your **neighbours** to an event at the village hall? Could your **University Union** offer you some space to host a **ZimFare** meal for your society? Could you get the local pub involved? The community centre? Youth groups? (Remember to check that there is sound and video equipment you can use at your chosen venue).

Use posters to advertise your event in your local community, school, work or interest group. Can you advertise in a local newsletter? Or the local media?

Use social media! Create an event on Facebook and invite your friends and family. Include the venue's Facebook ID or Twitter handle on your messages to increase coverage. Include @ProgressioUK (Facebook) and @Progressio (Twitter) so we can retweet and share!

This may all sound a little daunting, but with a bit of planning the benefits for Progressio and your community can be huge! And remember, we are here to support you every step of the way so get in touch with any questions on:

Shelley.Stromdale@progressio.org.uk

PLANNING A SMALL-SCALE ZIMFARE MEAL?

Great! Invite family and friends. Gather everyone in your living room, or around the dining room table, and play our audio and video observation rounds through your computer or TV.

TOP TIPS

- Book a venue as early as possible, so you have lots of time to invite people!
- Ask people to give generously – this is a fundraiser after all!
- Think about a winning prize – perhaps the bar or restaurant will be able to donate a voucher?

QUIZ MASTER QUESTIONS & ANSWERS



The quiz here is in no particular order, feel free to move the rounds around to your own liking.

access the video for the observation round here:
bit.ly/ZimQuizVideo

1. What days did the ICS volunteers mark during their placement?
2. What partner organization did the volunteers work with?
3. What song is playing? (hint it's the phrase repeated over and over)
4. What colour are the Progressio ICS t-shirts?
5. At the mobile HIV testing what was the colour of the MSF van?
6. What was written all over the volunteers' arms?
7. What were the volunteers cooking?
8. What time was yoga at?

1. *World AIDS day & International Day Against Violence Against Women*
2. *SIMUKAI*
3. *On top of the world*
4. *Grey*
5. *White*
6. *Rethink HIV*
7. *Sadza*
8. *5am*

ESTIMATION ROUND

1. Between 2007 & 2012 avoidable food waste was reduced by 21% (over 1 million tonnes), but how many wheelie bins would that fill? (to the nearest 2 million)
2. The average person needs to eat how many kilocalories a day to lead a healthy life? (to the nearest 100)
3. What percentage of Sub-Saharan Africa is hungry? (to the nearest 5%)
4. Emergencies (such as war or natural disaster) account for what percentage of the world's hungry? (to the nearest 3%)
5. Food waste costs the average UK household how much per month? (to the nearest £5)
6. Women are the world's primary producers of food, if female farmers had the same access to resources as male farmers the number of hungry people in the world would be reduced by how many? (to the nearest 20 million)
7. 66 million primary school-age children attend classes hungry across the developing world, how many of them are from Africa? (to the nearest 2 million)
8. It costs how much for the World Food Programme to give a hungry child a cup of nutritious food? (to the nearest 10 cents)

1. 23 million (accept any answer between 21 - 25 million)
2. 2100 kilocalories (accept any answer between 2000 - 2200)
3. 24.8% (19.8% - 29.8%)
4. 8% (5%-11%)
5. £60 (£55-£65)
6. 150 millions (130-170 million)
7. 23 million (21-25 million)
8. 25 cents (15-35 cents)

For any help or advice on running the **ZimFare** quiz, or if you have any questions in general about the **ZimFare** challenge, please do not hesitate to get in touch with Shelley at Progressio.

Ring: 0207 326 2021

Email: shelley.stromdale@progressio.org.uk

GEOGRAPHY / HISTORY

1. Which is the only African country never to be colonised?
2. The capital of Liberia is Monrovia, but who or what is it named after?
3. Which is the newest country in the world?
4. In which year was slavery abolished in the UK?
5. According to the UN how many countries are in Africa?
6. First African country to gain independence from Britain?
7. Kilimanjaro is the world's highest freestanding mountain, but what country is it in?
8. What countries border Central African Republic?

1. Ethiopia*
2. The 5th US President James Monroe
3. South Sudan
4. 1833*
5. 54
6. Ghana (1957)
7. Tanzania
8. Cameroon, Chad, Sudan, South Sudan, the Democratic Republic of the Congo and the Republic of the Congo (point for each)

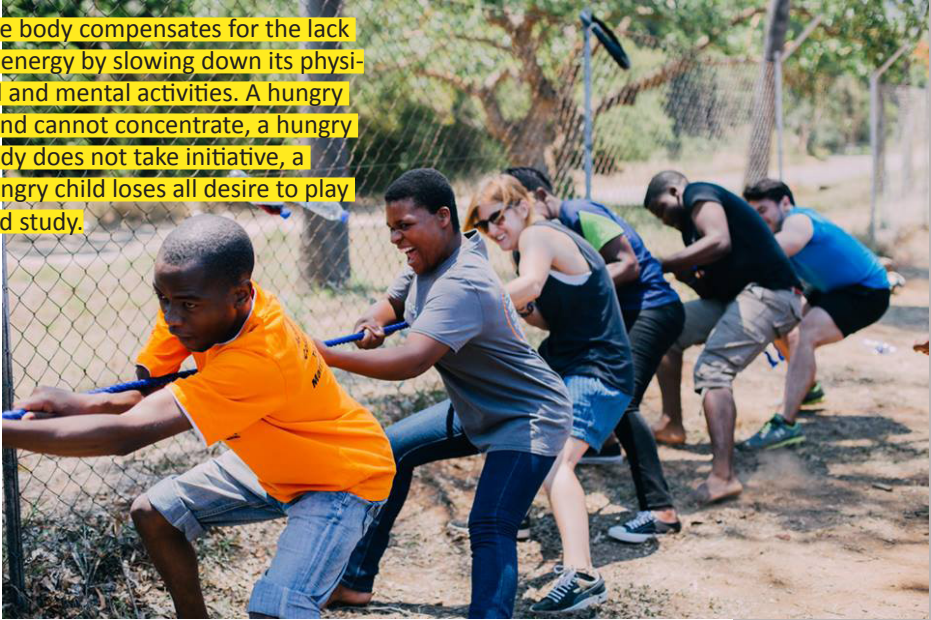
* Italy did invade in the 2nd Abyssian war in 1935-36 but were kicked out by 1941, could not be classed as colonised "settle and establish control"

* Slave Trade Act was in 1807 but slavery itself was not illegal until 1833



Every year, consumers in industrialized countries waste almost as much food as the entire net food production of sub-Saharan Africa (222 million vs. 230 million tons)

The body compensates for the lack of energy by slowing down its physical and mental activities. A hungry mind cannot concentrate, a hungry body does not take initiative, a hungry child loses all desire to play and study.



SPORTS

1. English cricketers Jonathan Trott, Matt Prior and Andrew Strauss were all born in which African country?
2. In what year did South Africa host the football world cup?
3. Which premiership footballer has won the African footballer of the year award 4 times?
4. Zola Budd pushed who during the 3000m final at the 1984 Olympics?
5. Which sport and which Olympics, Guinean athlete Eric the Eel gain notoriety?
6. Which South African golfer won the 1997 US open?
7. What is the national sport of Zimbabwe?
8. When South Africa won the Rugby World Cup on home turf in 1995, Nelson Mandela donned the shirt of which player?

1. *South Africa*
2. *2010*
3. *Yaya Toure*
4. *Mary Rand*
5. *Swimming and 2000 Sydney*
6. *Ernie Els*
7. *Football*
8. *Francois Pienaar*

LITERATURE ROUND

1. What year was George Orwell's 1984 written?
2. Robert Galbraith is the pseudonym for which bestselling author?
3. Who wrote a Passage to India?
4. Which author, born in 1926, has sold millions of copies of her diary?
5. "It was the best of times, it was the worst of times" is the first line of which book? (1 point) Name the author (1 point)
6. "All was well" is the last line of which book? (1 point) Name the author (1 point)
7. Which well known children's book was banned in China in 1931?
8. Which book won the Pulitzer Prize in 2014?

1. 1948
2. JK Rowling
3. EM Forester
4. Anne Frank
5. The tale of two cities, Charles Dickens
6. Harry Potter and the Deathly Hallows, JK Rowling
7. Alice in Wonderland
8. The Goldfinch

PICTURE ROUND (ON BACK PAGE TO PHOTOCOPY)

- | | |
|--------------------------|-------------------------|
| 1. Hotel Rwanda | 6. English Patient |
| 2. Out of Africa | 7. Invictus |
| 3. Zulu | 8. Gorillas in the Mist |
| 4. Last King of Scotland | 9. District 9 |
| 5. Blood Diamond | 10. The Mummy |

MUSIC ROUND

1. Adele: Set fire to the rain
2. Coldplay: Paradise
3. Katy Perry: Roar
4. Frozen / Idina Menzel: Let it Go
5. Lorde: Royals
6. Taylor Swift: Shake it off
7. Bruno Mars: Grenade
8. Lumineers: Ho Hey

ENTERTAINMENT ROUND

1. Who has had the most number one singles in UK singles chart?
2. Which country won Eurovision in 2015?
3. Which artist wrote the UK's biggest selling single of all time? What was the song?
4. Name the first ever film to have speaking in it
5. Steven Spielberg has won two Oscars for Best Director, name the films he won them for (1 point each)
6. What is the longest running kids TV show in the UK?
7. Who is the oldest Kardashian/Jenner daughter? (1 point) Bonus point if you

can rank them all in age order

8. What's the name of the entertainment industry in Nigeria?

1. *Elvis Presley (21)*
2. *Sweden*
3. *Elton John - Candle in the Wind '97*
4. *Jazz Singer*
5. *Schindler's List, Saving Private Ryan*
6. *Blue Peter*
7. *Kourtney, Kim, Khloe, Kendal, Kylie*
8. *Nollywood*



Women are the world's primary food producers, yet cultural traditions and social structures often mean women are much more affected by hunger and poverty than men.

PICTURE ROUND

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



IT'S ALL OVER! **WHAT NOW?**

A huge thank you for taking the time to plan and run your own **ZimFare** meal & quiz. Without fundraisers like you Progressio would not be able to continue its important work overseas and we are so grateful for your support.

SENDING YOUR ZIMFARE TO PROGRESSIO

BY POST

Fill in the donation form on the reverse of your **ZimFare** leaflet. You can pay money to Progressio using a cheque or your bank or credit card. Send all donations and Gift Intention cards to:

Progressio
Units 9-12, The Stableyard
Broomgrove Road
London
SW9 9TL

BY PHONE

You can call us on 020 7733 1195 and pay money using your bank or credit card, just make sure you have your details to hand when you ring.

Poor nutrition causes nearly half (45%) of deaths in children under five - 3.1 million children each year BUT this number has fallen by 17% since 1990





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ANSWER SHEET

ROUND:

1.

2.

3.

4.

5.

6.

7.

8.

TEAM NAME:
