



FRIENDS OF LESOTHO

4110 Denfeld Avenue
Kensington, MD 20895
(301) 942-2751
www.friendsoflesotho.org

Making a difference at the grassroots level

Dear Friend of Lesotho,

Thank you for your interest in coordinating a Walk-a-Thon to benefit the Lesotho Tuition Assistance Program (TAP).

Your generous support will enable Friends of Lesotho (FOL) to provide scholarships to Primary and Secondary school students in Lesotho.

This information package contains resources you can use to plan and conduct a successful fundraising project to support many deserving and in-need Basotho students:

- Tuition Assistance Program Fact Sheet
- Walk-a-Thon Project Overview
- Sample Walk-a-Thon Flyer
- Pledge Form
- Donation Summary Form
- Educational Resources

Contact our Membership Chair on our Contacts Page of our website to help locate a Returned Peace Corps Volunteer from Lesotho in your area to serve as a resource for your educational activities.

Contact our Fundraising Chair on our Contacts Page of our website if you have any questions or need any assistance.

With much appreciation,

FOL Fundraising Committee
Board of Directors

Friends of Lesotho – Tuition Assistance Program (TAP)



- Recipients are selected by the Tuition Assistance Program Committee of current Peace Corps Volunteers serving in Lesotho
- Public education in Lesotho is being phased in only for Primary Schools.
- About 65% of Basotho children attend Primary School, but only about 30% are able to attend Secondary school.
- Tuition costs alone average \$40 USD for Primary school and \$200 USD for Secondary school per student per year.

Walk-a-Thon Project Overview



The following is an example of a process used by schoolteachers. Your walk-a-thon project can be adapted for other organizations and age groups, including scouts, churches, civic groups, or other agencies and friends.

Step	Activity
1	To kick off the effort, the teacher shows slides of Lesotho, brings artifacts from Lesotho to school, and teaches some simple Sesotho greetings. Where possible, a Returned Peace Corps Volunteer is invited to give a presentation with age-appropriate activities. The project is then explained in detail with the help of the other teachers on the team.
2	Each student receives a pledge sheet. The students gather pledges per lap around the school track from relatives and friends or a one-time donation to the cause.
3	Each student will walk around the school track for 1 to 1.5 hrs. The student can run, jog, or walk. For each lap completed each student is handed a “popsicle” stick to keep track of the number of laps.
4	At the end of the Walk-a-thon, the teacher verifies the number of laps by counting the number of sticks and signing the pledge sheet.
5	Now the student returns to those who pledged money and collects the pledges and turns it in to the teacher.
6	The teacher sets the last day for collection (about 2 or 3 weeks), writes a check payable to the Friends of Lesotho (Tuition Assistance Program) and sends it to the FOL Treasurer with the Donation Form.

Lesotho Tuition Assistance Program



Walk-a-Thon

Date:

Location:

Contact:

**Friends of Lesotho –
Tuition Assistance
Program (TAP)**



Pledge Form

Name:

School:

Number of Laps Walked:

Verified by:

Donor Name	Address	Phone Number	Pledge per lap	Total Donation
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
Total Donations				\$

Friends of Lesotho Inc.(FOL) is a registered 501 (c) (3) non-profit organization registered in the state of Maryland. Contributions to FOL are tax exempt to the extent permitted by law. For more information, visit us at www.friendsoflesotho.org.

**Friends of Lesotho –
Tuition Assistance Program (TAP)**



Donation Summary

Name	
Years in Lesotho	
Organization	
Address	
Email	
Walk-a-Thon Contribution	\$

Please include this form with your check and mail to:

**Friends of Lesotho
4110 Denfeld Avenue
Kensington, MD 20895**

Friends of Lesotho would like to highlight your Walk-a-Thon in our next newsletter. Please send digital photos and any write-ups, marketing tools, and activities you have to share by contacting our newsletter coordinator identified on the Contacts Page of our website. Rea leboha! Thank you!

Lesotho – Resources

Most of the following resources can be found on www.friendsoflesotho.org . If not, how to access the items is indicated in the column labeled, “Location.” Please note that the educational materials available from the Worldwide Schools Program and The Africa Adventure Resource Box are specifically designed for schools and youth groups.

Resource	Description	Location
FOL Contacts	Board of Directors and Committee Chairs with emails	FOL website Contacts Page
Local Returned Peace Corps Volunteer (RPCV)	Returned Peace Corps Volunteer who served in Lesotho to assist with educational resources and/or program	FOL website Contacts Page: Membership Chair
FOL Brochure	General information and membership form	FOL website Contacts Page: Secretary
FOL Presentation	PowerPoint slides on background information on Lesotho, who we are, what we do, how you can help us support grassroots projects in Lesotho.	FOL website Contacts Page: Secretary
FOL Newsletter	Wide variety of articles of interest to our members and others who wish to learn more about our projects.	FOL website News Page
About Lesotho	Summaries of history, politics, culture, health, climate and other interesting information.	FOL website About Lesotho Page
Lesotho on the Web	Hosted pages listed on our website.	FOL website Home and News Pages
World Wise Schools – Lesotho	Lesson plans developed by the National Peace Corps Association (NPCA) http://www.peacecorps.gov/wws/educators/lessonplans/ Enter keyword: Lesotho; click Submit Search.	Worldwise Schools website
World Wise Schools – Lesotho Video	Video on Lesotho to be used with the World Wise curriculum and lesson plans.	DVD format 8wasabi@alaska.net
Royal Wedding Video	Video of the King’s wedding of interest to an adult audience.	DVD format 8wasabi@alaska.net
Sesotho Language Learning	Common words and phrases with audio clips	FOL website Sesotho Page

Maps, Photos, Letters	Variety of educational materials	FOL website Maps, Photos, Letters Pages
Photos and more videos	Extensive collection of photos available at: http://images.google.com ; search on Lesotho. And many videos at YouTube .	Google Images You Tube
Africa Adventure Resource Box – Lesotho	<p>A guide for teaching third to sixth grade children about Nigeria, Burkina Faso, Tanzania, Zaire and Lesotho. The five-session project is organized around themes from children's lives: food, families, storytelling, work and worship.. The resource box contains audio cassettes of African music, maps, photos, a poster, book, brochure and <i>Africa Adventure</i>, a 33-minute video. The video contains three African fables and stories of children in Zaire and Lesotho.</p> <p>The resource box can be borrowed or purchased at: http://www.tng-secure.com/scripts/mcc/catalog/ In Quick Search in the left column, Enter Text: Africa Adventure Resource Box, then click Go.</p>	Mennonite Central Committee Resource Catalog Online

Feedback: Please send your comments and suggestions to improve this package of materials to our Fundraising Chair identified on the Contacts Page of our website.

