



**Share the
Journey** ☀
#sharejourney



Five Steps to holding a shared meal

Sharing a meal is much more than just spending some time with other people to eat together. Food is one of the fundamental basic human needs and is of critical importance to all of us. It's also a powerful vehicle to bring people together in a moment of joy, relax and of true communion.

We invite you to share meal with refugees and migrants during Caritas Internationalis' Global Week for Action (17-24 June). Here are five easy steps on how to organise an event in your community.

1. *Connect with people*

If you are not even sure where to start, a good first step is to contact migrants and refugees through local Catholic charitable organisations. When newcomers arrive, there are government and non-governmental organisations who help them with the transition.

You may want to emphasise that it is free to attend for your guest(s)! Most people invite someone and ask them to bring someone else along or maybe invite a family who can then just join your family. It will depend on whether you decide to do it in your home or host a bring-and-share meal in a more public space.

2. *Set a date and invite your guests*

Once you have people to attend then all you need to do is set a date for your shared meal activity and invite your guests. You can do it simply by arranging the time and date through phone or text message with your guests. Do not forget to check in on the dietary requirements of your guests. Also make sure to check if your guests have transport arrangements to get to the agreed venue, and if not, maybe consider whether you could help them get there.

Do not forget to follow up with your guests to confirm the date and time 24 hours before and if for any reason you need to cancel or reschedule, make sure you do it with plenty of time to spare.

3. *Enjoy your shared meal*

You will get to meet new people, learn something new and most importantly make your community a more welcoming place! The only other thing you need to remember on the day of the activity is to share photos and videos of you sharing meals and post it to social media, such as Twitter, Instagram and Facebook, by using the **official campaign hashtag #ShareJourney (NOT #ShareTheJourney)**.

Don't forget to tag/mention Caritas in your posts: (Facebook) @caritasaotearoa or (Twitter) @CaritasNZ!

4. *Spread the word*

Many people who host shared meal activities go on to host many more or continue to connect with their guests. Of course, there is no pressure to do either, but if you had a positive experience, please do share it with friends, maybe encouraging them to do the same and together we can all celebrate different cultures and diversity.

5. *Tell us how it went*

Let us know about the event by sending us an email to Advocacy & Research Manager, Teresa Thorp at TeresaT@caritas.org.nz:

- Name of the organisation/group
- Country of origin participants
- Number of participants
- Location of the shared meal
- If you have pictures

For more activity ideas, visit <http://journey.caritas.org/gwa18/>.