

Young Leader *Graduates*

1. Connect with CAFOD

- Don't forget us! Join us on Instagram or TikTok.
- Check our website for e-petitions.
- Come and volunteer at another event.



*Brian from the Jesuit Hakimani Centre, Kenya.
Flame 2025: Cancel debt, choose hope.*



Raissa, DRC, Textiles project.

2. Get Active

- Commit to taking part in a Sports event for CAFOD.
- Get creative and make something to sell at a local fair.
- Donate your 18th birthday to us.

3. Keep sharing the stories

- CAFOD will always have trustworthy and reliable information direct from our local experts. Please share that on your social media.
- Don't stop speaking out for your brothers and sisters around the world.

cafod.org.uk/getinvolved



Daniel, DRC
Woodworking project