

Don't just sit there – make it a hopeful summer!

This week, we're exploring how community radio gives access to reliable information on how to keep safe from coronavirus to people in remote parts of least developed countries.

Your task: Take part in [Summer of Hope](#) and be on local radio!

How to take part:

1. Think of activities you'll miss this summer: are you gutted that the Euros, Wimbledon or the Olympics have been cancelled? Missing out on a camping trip? Or even just a morning at the local swimming pool?
2. Work out how you can transform a missed opportunity into a sign of hope, raising money for our coronavirus appeal. Could you and your friends run a micro-sports event for your families at home and cheer people on virtually? Or hold a mammoth overnight viewing of past-matches and get sponsored to stay awake! Perhaps it's as simple as donating the cost of your trip to the pool.
3. Go to our [Summer of Hope](#) page for information and 'how to' guides.



Tell your local radio station:

One of our ex-gap year volunteers, Bernadette Goddard, contacted BBC Radio Sussex and spoke about the 480-mile pilgrimage she is completing as part of Summer of Hope. You can listen to what she said here: [Starts 03:17:10](#).

We'd love to help you contact your local radio station, and support you in preparing to speak. Just contact us at youth@cafod.org.uk

Keep us updated via Facebook, Twitter and Instagram. You can use #summerofhope and @CAFOD when you share photos or videos so that we get to see your hard work!



Please follow government guidelines on how to associate safely during this time.