**POWER WALK EXERCISE**

*This exercise has been adapted to the Myanmar context.*

**Time**: 30 mins

**Material**: Character cards

**Objective**: The objective is to introduce who the vulnerable people are in the community and what makes them vulnerable. This will increase the awareness of field actors to ensure they run programmes that will reach those who need their programmes most.

**Instructions**

* Ask participants to all stand in a row at one end of the room, facing the facilitator.
* Distribute the following characters on pieces of paper to participants. The participants are not allowed to show their piece of paper to the other participants.
* Ask them to imagine their ‘character’ and respond to the below questions as if they were the person on their piece of paper.
* Ensure that everyone understands their character before the activity begins.
* If participants are able to answer yes to a question, they should take a step forward. If the answer is no, they should remain where they are.
* Read out one statement at a time and give participants time to think about the statement.
* Analyse the reactions.

**Character cards**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Child who is from a minority ethnic group | An expatriate working for a donor agency, such as ECHO, UN, etc. | 45 year old female NGO worker, working for ACF as a team leader | 13 year old girl who has been married to a 28 year old man for 1 year | A CMC member’s wife |
| 22 year old woman living alone after her husband left to find work in Malaysia | 12 year old girl from Pauktaw working as a domestic worker in a house in Sittwe | 16 year old girl working in the market selling vegetables | 4 year old disabled boy whose parents died | 9 year old disabled girl whose mother has died, living with her poor father |
| A 30 year old man who cannot walk and has not relatives living with him | A 20 year old lady who is blind and lives with her elderly mother | An 80 year old woman living with her son and daughter in-law | 12 year old girl who is the daughter of a teacher | 17 year old village leader’s/camp committee leader’s son |
| 15 year old girl originally from a rural village now in Yangon as a sex worker | 8 year old boy who works in a restaurant and sleeps there at night | A policeman | A female teacher | A doctor |
| A 34 year old male night guard for a TLS | A student at Sittwe university | A child living on alone | A 35 year old man who suffers from HIV | 52 year old religious leader |

**Questions for participants**

1. Can you buy new clothes in market when you want/need them?
2. Do you have enough to eat?
3. Do you have an allocated shelter?
4. Do you participate in household decision-making processes?
5. Do you take part in community social activities?
6. Can you take part in educational or recreational activities?
7. Are you able to access health and education services?
8. Are you respected by your community?
9. Are you able to choose who you will marry?
10. Can you read and write?
11. Do you express your views to community leaders?
12. Can you afford medicines for you and/or your family?
13. Do you have a livelihood activity that can provide you with enough income to provide for yourself and your family?
14. Do you have anyone who can assist you fetching water from the water point and/or going to the latrines and showers?

**Analysis of reactions**

* Ask everyone to look at where they are standing in comparison to the others. Emphasize that there is a big difference between people at the front and back. Ask the participants why this might have happened?
* Ask participants at the front to explain who their character was. Ask them why they think they were at the front?
* Ask participants at the back and ask them to explain their character. Ask them why they think they were at the back?
* Ask the participants at the front how they feel to be at the front of the group?
* Ask the participants at the back how they feel to be at the back?
* Ask the participants at the front if they looked back at the participants who were left behind? Did they wonder why people were left behind?
* What responsibility do we have to those at the back and why?
* Who is responsible for those at the back?

**Conclusion**

State that those at the front are mostly men, older, physically able bodied, those with money, power and respect from the community. The role of everyone, particularly humanitarian staff, is to enable the voice of those at the back to be heard by those at the front and encourage those at the front to support the most vulnerable at the back. It should be emphasized, that we need to be aware of those who are the most vulnerable. They will need our support through our programmes, to ensure access and safety when using our programmes. Thus, we should think about how we ensure our services are available to vulnerable people and don’t cause harm to our beneficiaries.