



World Humanitarian Day is celebrated on August 19 every year, honoring humanitarians around the world who sacrifice it all to aid those in crisis. Here's how you can be a humanitarian, too!

### Find out what World Humanitarian Day is all about.

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On August 19, 2003, 22 humanitarian aid workers lost their lives in Baghdad, Iraq. Five years after the tragedy, the United Nations General Assembly designated August 19 as World Humanitarian Day. The first World Humanitarian Day was celebrated the next year, in 2009.

World Humanitarian Day honors the humanitarian workers who lost their lives or were injured on the job, acknowledges the humanitarian workers who provide important care and services to those who need it, and encourages us all to be humanitarians in any way we can!

### Learn more about humanitarian issues. Are there any you're passionate about?

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Humanitarian issues affect entire communities of people who, usually, are already struggling to survive. Humanitarian issues include:

- ♥ Malnutrition and hunger
- ♥ Poverty and lack of basic needs, like clean water
- ♥ Inadequate housing
- ♥ No access to proper healthcare
- ♥ Poor education
- ♥ Natural disasters
- ♥ Wars and political conflicts
- ♥ Injustice and inequality

With the help of an adult, visit your local library, research online, or find videos that help you learn more about the humanitarian issues that matter to you most.

### Get inspired by well-known humanitarians!

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Have you heard of any of these well-known humanitarians?

- ♥ Mother Teresa
- ♥ Bryan Stevenson
- ♥ Mahatma Gandhi
- ♥ Clara Barton
- ♥ Nelson Mandela
- ♥ Malala Yousafzai

Pick any humanitarian you admire. With the help of an adult, learn more about them! Make a poster about their life, watch a video about them, or read some of their quotes and write down your favorites.

### Be a humanitarian in your own community!

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You don't have to travel far to make a difference in the world. Here's how you can help your own community:

- ♥ Donate food to a food bank
- ♥ Volunteer at an animal shelter
- ♥ Pick up trash and recycle
- ♥ Serve food to the homeless
- ♥ Collect clothes and shoes to donate
- ♥ Visit a nursing home or hospital
- ♥ Make hygiene or back-to-school kits
- ♥ Help a neighbor in need