

# A Day in the Life of a Global Citizen

“Before you finish eating breakfast this morning, you’ve depended on more than half the world. This is the way our universe is structured . . . we aren’t going to have peace on earth until we recognize this basic fact of the interrelated structure of all reality.”

Martin Luther King, Jr.

**Aim:** To increase awareness of our global interconnectedness throughout the activities in our daily lives.

**Materials:** *A Day in the Life of a Global Citizen Quiz*, Answer Sheet, Score Sheet for each participant.

1. Introduce the unit with the quotation from Martin Luther King, Jr.
2. Have participants take the Global Citizen Quiz; then distribute the Answer Sheet and Score Sheet. Have the participants score their own quizzes.
3. Discussion:
  - After participants have completed scoring their quizzes, have them share with one other person what they learned from taking the quiz.
  - Then have each pair join with one other pair to share around the following questions:
    - What did you learn or discover that most surprised you?
    - How do you feel about your results on the quiz?
    - How can you become better informed about international issues?
    - What actions can you take to improve your score?
4. Action: Ask participants to look at their quiz results and choose three actions they can do during the next month to become a more responsible global citizen. Have them share their proposed activities.
5. Close this session with the prayer on page of this unit.

# Global Citizenship Quiz

**In the Morning** (circle one)

1. To wash up,
  - a. I take a long shower and wake up slowly.
  - b. I take a quick shower and get on with the day.
  
2. The shirt I put on is made of
  - a. polyester.
  - b. cotton.
  - c. a synthetic blend.
  
3. The label in my shirt says: Made in
  - a. USA.
  - b. China.
  - c. Sri Lanka.
  - d. Guatemala.
  
4. While brushing my teeth,
  - a. I let the water run.
  - b. I turn off the water.
  
5. For breakfast (circle the most frequent),
  - a. I drink orange juice.
  - b. I have a banana on my cereal.
  - c. I eat fruit grown organically by a local farmer.
  
6. My coffee is
  - a. Fair Trade coffee.
  - b. regular brand coffee.
  - c. I don't drink coffee.

**The Work Day**

7. I commute to work or school
  - a. alone, by car.
  - b. by car pool.
  - c. by bicycle.
  - d. by public transportation.
  - e. by walking.
  
8. I drive
  - a. a SUV.
  - b. a pickup truck.
  - c. a full-size car.
  - d. a smaller size car.
  - e. a hybrid car.

9. I usually eat lunch
  - a. at a fast food place.
  - b. at a restaurant.
  - c. with mostly processed food I bring.
  - d. with mostly organically grown food I bring.
  - e. at a restaurant that uses organically grown food.

**Managing the Household**

10. After work or school, I buy my produce
  - a. from a supermarket.
  - b. from a local farmer's market.
  - c. from a co-op.
  - d. from a store with organic foods.
  
11. In general, I buy dry
  - a. bulk food.
  - b. packaged food.
  - c. a combination of bulk and packaged foods.
  
12. At my house, cans, bottles and plastic
  - a. are recycled.
  - b. are thrown in the trash.
  
13. I shop for clothes and household goods at
  - a. Wal-Mart.
  - b. other big discount stores.
  - c. Locally-owned or fair trade stores.
  - d. Various chain stores at a Mall.
  
14. Generally, for dinner
  - a. I cook dinner from scratch.
  - b. I cook prepared foods.
  - c. I buy take-out or I eat out at a fast food or chain restaurant.
  
15. When leaving a room,
  - a. I leave the lights on.
  - b. I turn off the lights.

*(Quiz is continued on next page.)*

## Global Citizenship Quiz (continued)

### Free Time

16. I get my news from
- a paper that runs many international news stories.
  - my local paper.
  - Public Broadcasting news shows.
  - commercial news (TV, radio).
  - nowhere; it's too depressing.
17. I take some time most days to:
- learn about local and national affairs.
  - learn about global issues.
  - consider what I can buy for myself, my family, or my house.
18. I practice my citizenship by
- learning about political issues (including international issues) and the present administration's and candidates' positions on these issues.
  - attending debates between local candidates and asking questions about their positions on international justice issues, such as food security, trade, debt, etc.
  - writing and/or calling my elected representatives about international justice issues as well as local and national issues.
  - none of the above.
19. For entertainment (choose what you do most often)
- I go shopping.
  - I go to the movies.
  - I watch TV.
  - I visit with family and/or friends.
  - I garden.
  - I read a book.
  - I take a course or join a study group.
20. I speak
- Only English.
  - English and one other language.
  - English and more than one other language.
21. I consider global citizenship
- An important aspect of my life.
  - An aspect of my life I think about occasionally.
  - I have not considered it.
22. In my prayers, I include
- myself, my family, my friends.
  - specific issues such as hunger, peace, poverty, etc.
  - all people throughout the world.
  - all of the above.

# Global Citizenship Quiz Answer Sheet

**1. a.- 1 point; b – 10 points**

The availability of clean water is a critical global problem: the United Nations has designated 2003 as the International Year of Fresh Water. (See <http://www.earthgreen.org/watershortage.htm>) Seasonal water shortages also plague parts of the U.S. Irrigation, lawn watering and high levels of water usage are draining the aquifers (the underground water reserves) at an alarming rate. A 20-minute shower with an average shower head uses 44.4 gallons of water. A quick 5-minute shower uses only 11.1 gallons. A water saving shower head could reduce water usage up to 50%. (See [http://nene.essortment.com/whyconservewat\\_rxey.htm](http://nene.essortment.com/whyconservewat_rxey.htm))

“Humanity is consuming the resources of the earth and life in an excessive and disordered way.”

Pope John Paul II, *Centesimus Annus*, #37

**2. a – 1 point; b – 10 points; c – 1 point**

Polyester and synthetics are products made from petroleum, so to help reduce the depletion of petroleum resources, purchasing clothing made from natural fibers such as cotton, linen or wool is recommended. However, high water usage in the cultivation of cotton in the U.S. is also a concern. More environmentally sensitive alternatives and clearly marked “origin of fabric” on goods are necessary. (See <http://www.wwf.org/epuprojects.htm>)

**3. a – 1 point; b – 1 point; c – 1 point; d – 1 point**

Unfortunately, it is impossible to guarantee that an item has not been made in a sweatshop by reading the label. Sweatshops exist in many countries, including the United States. (A sweatshop is any workplace where workers are subject to extreme exploitation. This includes hazardous working conditions, arbitrary discipline and a lack of living wages, self-determination, benefits, dignity and basic human rights.) Sweatshops are more than just labor abuse; sweatshops imply social injustice, poverty, discrimination, abuse of women, and environmental damage. (See <http://www.sweatshopwatch.org>)

“Stop doing wrong, learn to do right. Seek justice, encourage the oppressed.”

Isaiah 1:17-20

**4. a – 1 point; b – 10 points**

See number 1. Not letting the water run the whole time we are brushing our teeth will save substantial amounts of water. Also consider installing a water saving faucet.

“The earth and all that it contains are for the use of every human being and all peoples. This principle of the *universal destination of the goods of creation* confirms that people and countries, including future generations, have the right to fundamental access to those goods which are necessary for their development. Water is such a common good of humankind.”

Pontifical Council for Justice and Peace, Contribution of the Delegation of the Holy See on the Occasion of the Third World Water Forum, March 2003

**5. a. – 1 points; b – 1 point; c – 10 points**

Large quantities of orange juice and bananas are now produced elsewhere and shipped to the U.S. for consumption; the high use of pesticides by the banana export industry alone has taken a great human and environmental toll. The U.S. spent \$500 million on Costa Rican bananas in 1993, trade that has been maintained by the use of high quantities of pesticides, causing the sterilization and/or poisoning of hundreds of workers. Other workers’ rights are ignored as large corporations have replaced small farmers in these regions. In addition, with the ever-increasing demand for bananas has come the destruction of rain forests, soil contamination, widespread sedimentation and chemical contamination of rivers, increasing dependence on toxic chemicals used in agriculture, and improper disposal of plastic and organic wastes. A similar situation exists with the increasing volume of citrus fruit grown in the developing world by large transnational corporations. (See <http://www.nwf.org/trade/bananas.html>)

“The Church’s social doctrine holds that economic growth must be integrated with other values, so as to become a qualitative growth. As a result it must be just, stable, respectful of cultural and social individuality, as well as ecologically suitable. It cannot be separated from an investment in people.”

Pope John Paul II, Address to the Members of the Foundation for Ethics and Economics, 2001

## Global Citizenship Quiz Answer Sheet (continued)

**6. a – 10 points; b – 1 point; c – 10 points**

Products like coffee, tea and chocolate that we in the North use are produced in the warmer climates of the South. The prices paid for these commodities have not risen in real terms over the last forty years, while the prices of fertilizers, pesticides and machinery (imported from the rich countries) have increased substantially. Small farmers are being driven into poverty and hunger by this economic system, and many small farms are being sold to large corporations. Fair Trade is a growing, international movement which ensures that small-scale producers in poor countries get a fair deal. This means a fair price for their goods (one that covers the cost of production and guarantees sustainable living), long-term contracts which provide real security, and support to gain the knowledge and skills that they need to develop their skills and increase sales. (See [http://www.oxfam.org.uk/fair\\_trade.html](http://www.oxfam.org.uk/fair_trade.html))

“Today hunger is a growing phenomenon, caused not only by famine, but also by political choices that do not improve families’ capacities to gain access to resources . . . for the development of agricultural production.”

Pontifical Council for Justice and Peace, “Towards a Better Distribution of Land: The Challenge of Agrarian Reform”

**7. a – 1 point; b – 3 points; c. 10 points; d – 5 points; e – 10 points**

Vehicle exhaust contributes greatly to the increase of greenhouse gases, which affect the ozone layer of the atmosphere. Walking or bicycling is the most ecologically sound, since neither requires the use of gasoline nor contributes to the build up of greenhouse gases. (See <http://www.idontcareaboutair.com/facts/fuel.shtml>)

“The most profound and serious indication of the moral implications underlying the ecological problem is the lack of *respect for life* evident in many of the patterns of environmental pollution.”

Pope John Paul II, 1990 World Day of Peace Message, #7

**8. a – 1 point; b – 1 point; c – 3 points; d – 8 points; e – 10 points**

Points are based on the **average** miles per gallon for each type of vehicle. The concern is the depletion of the worldwide petroleum resources and the emission of greenhouse gases. (See [http://www.idontcare about air.com/facts/fuel.shtml](http://www.idontcareaboutair.com/facts/fuel.shtml))

“Major cities face the ill effects of vehicle emissions on the health of the population. Scientists have raised the critical issue of the depletion of the ozone layer over Antarctica and the Southern Oceans, a concern . . . the entire world population.”

Synod of Bishops, “Jesus Christ and the Peoples of Oceania: Walking his Way, Telling his Truth, Living his Life,” 1997

**9. a – 1 point; b – 5 points; c – 5 points; d – 10 points; e – 10 points**

Food produced by small-scale organic farmers contributes to health, to reduced production and use of chemicals on land and in foods, and to a fairer food production and trade system not dominated by a few giant food corporations. The fast food industries force small farmers and small business out of work around the globe. (In countries such as Jamaica, for example, fast food chains have driven local small restaurants and the small farms that supplied them out of business, causing additional poverty in a poor country and an increased dependence on food imports.) Fast food demand for ground beef has led to the burning of large portions of rainforest to provide pastures for cattle. For every ¼ pound of hamburger made from rainforest cattle, 55 square feet (the size of a small kitchen) of rainforest was destroyed. (See [http://www.rain forest web.org/Rainforest\\_Destruction/CattleRanching](http://www.rainforestweb.org/Rainforest_Destruction/CattleRanching))

“This spirit [of the common good] calls for a change of attitude and habits with regard to lifestyles and the relationship between resources and goods, as well as an increased awareness of one’s neighbors and their legitimate needs.”

Pope John Paul II, Message to World Food Summit, 1996.

## Global Citizenship Quiz Answer Sheet (continued)

**10. a – 1 point; b – 10 points; c – 10 points; d – 5 points**

Purchasing from a supermarket means purchasing food produced and distributed by large multinational food companies, who often set wages and produce prices too low for a decent standard of living for their workers and suppliers around the world. The food companies' inflated profit margins also come at the expense of the environment: pesticide residue, soil erosion, air and water pollution, loss of biodiversity and inhumane treatment of animals are a result of their decisions. In addition, through lobbying and campaign contributions, these "agribusinesses" shape food safety regulations and rules for labeling and content disclosure which often put company profit before consumers' well being (See <http://www.agribusinessaccountability.org/page/impacts>)

Supporting local agriculture through farmer's markets and/or community supported agriculture programs (CSA) preserves small farms and helps ensure food safety. CSA is a strategy to connect the consumer with the local farmer to develop a regional food supply and a strong local economy. Consumers buy shares from local farms and are supplied produce on a regular basis during the year.) Buying local produce also reduces gasoline consumption needed to bring the produce to market. (See <http://www.umass.edu/umext/csa/about.html>)

Food cooperatives are worker- and customer-owned food shops. Coops can take the shape of retail stores or buying clubs. Food coops give priority to consumer education, product quality, and member control, and usually support their local communities by selling produce grown locally by family farms. While there is more corporate production of organic foods, buying locally has more benefits for small farmers, consumers, and the environment.

"People must always take priority over products, profits and production systems... any business that does not enhance its workers' lives and serve the common good is a moral failure no matter how healthy its financial bottom line appears."

*Catholic Social Teaching: Our Best Kept Secret*, 4<sup>th</sup> edition, Orbis Press, 2003.

**11. 10 – 5 points; b – 1 point; c – 5 points**

Buying food in bulk reduces the amount of packaging and the amount of trash going into the landfill. An average American uses 15 times as much lumber and paper than a resident of a developing country uses. Much of the lumber and paper in unnecessary packaging comes from rainforest areas. Avoiding unnecessary packaging and buying bulk food as much as possible helps prevent rainforest destruction. (See <http://www.creativeaction.org/create/rainforest.html>)

"It is manifestly unjust that a privileged few should continue to accumulate excess goods, squandering available resources, while masses of people are living in conditions of misery at the very lowest level of subsistence. Today, the dramatic threat of ecological breakdown is teaching us the extent to which greed and selfishness—both individual and collective—are contrary to the order of creation, an order that is characterized by mutual interdependence."  
Pope John Paul II, 1990 World Day of Peace Message, #8

**12. a – 5 points; b – 1 point**

Recycling cans, bottles and plastic can reduce the need for nonrenewable resources and reduce solid waste in landfills.

**13. a – 0 points; b – 0 points; c – 10 points; d – 0 points**

A site that specifically focuses on justice concerns at Wal-Mart is <http://www.walmartwatch.com>. Many large corporations produce their products in sweatshops in the U.S. as well as in developing countries (See <http://www.responsible shopper.org>) In addition, large corporations have contributed to the current unfair trade system through lobbying pressure on governments. Shopping at local stores that are accountable to the community and at fair trade stores is recommended when possible. Let chain store managers know you would like information on their policies in terms of worker's rights and fair trade; consumer pressure is necessary to ensure a just economic system.

"Yet the workers' rights cannot be doomed to be the mere result of economic systems aimed at maximum profits. The thing that must shape the whole economy is respect for the workers' rights within each country and all through the world's economy."

Pope John Paul II, *Laborem Exercens*, #17



## Global Citizenship Quiz Answer Sheet (continued)

**14. a – 10 points; b – 3 points; c – 1 point**

Preparing meals from foods purchased in bulk with minimum packaging reduces environmental degradation.

**15. a. – 1 point; b – 5 points**

Energy usage is lower when lights and appliances are turned off when not in use. Oil reserves are not renewable. Installing energy efficient light bulbs will reduce electric bills and save energy. See <http://facilities.uoregon.edu/conservation.php> and <http://www.thestudentzone.com/articles/lightbulbs.html>.

**16. a. – 10 points; b – 5 points; c – 10 points, d – 3 points; e – 1 point**

To be a global citizen, a knowledge of what is happening outside our borders is crucial. Local papers and television news provide limited international news. National Public Radio and public television news programs cover more international stories. Articles in papers such as the *New York Times* and other major urban newspapers also focus on international issues and are available on the internet.

“Every day, human interdependence grows more tightly drawn . . . the common good takes on an increasingly universal complexion.”

Second Vatican Council, *Gaudium et Spes*, #26

**17. a – 10 points; b – 3 points; c – 1 point**

To be a global citizen, we need to know what is happening around the world. Our faith requires that we care about how others live— and how our choices and lifestyles have an effect on the global community.

“The dignity of the human person involves the right to take an active part in public affairs and to contribute one’s part to the common good.”

Pope John XXIII, *Pacem in Terris*, #26

**18. a – 5; b – 5; c – 10; d – 0**

As Americans, we have a responsibility to actively participate in the democratic process. Whether one is yet of voting age or not, each of us can participate through being informed about issues and candidates and asking hard questions of all candidates. We can let our voices be heard

by communicating our concern with international justice issues to our elected officials. We can continue to look for the local-global links in all issues.

“It is essential for every human being to have a sense of participating, of being part of the decisions and endeavors that shape the destiny of the world.”

Pope John Paul II, 1985 World Day of Peace Message, #9

**19. a- 0 points; b – 3 points; c – 3 points; d – 5 points; e -5 points; f– 5 points; g-10 points**

Everyone in contemporary society is pressured to participate constantly “in the marketplace of desire” by shopping, and many seek retreat from constant over-stimulation by passive and/or self-benefitting activities. To create healthier lifestyles which allow us time for community life and global concerns, consider learning about simple living (see the Turn the Tide campaign <http://www.newdream.org/turnthetide/> )

Persons “fulfill themselves by using their intelligence and freedom” in community with others.

Pope John Paul II, *Centesimus Annus*, #43

**20. a – 1 point; b – 5 points; c – 10 points**

Knowledge of other languages contributes to global communication and global citizenship. In learning another language, a person learns about another culture, how other people think and respond, and she/he can gain a new perspective on the global community.

All persons “are called to discover ways of meeting and dialoguing. Unity is not uniformity. We cannot build peace though mutual ignorance but through dialogue and meeting.”

Pope John Paul II, Message to the 17<sup>th</sup> International Meeting of Prayer for Peace, 2003

**21. a – 10 points; b – 5 points; c – 1 point**

We are all called to participate in working for a just global community.

Pope John Paul II speaks about our “vocation as responsible builders of an earthly society.”

Pope John Paul II, *Sollicitudo Rei Socialis*, #1



## Global Citizenship Quiz Answer Sheet (continued)

**22. a – 3 points; b – 5 points; c – 5 points; d – 10 points**

Being a global citizen means expanding how we define “neighbor” to include those we do not know personally and those beyond our borders. As we learn about their lives, their joys, their needs and their hopes, it becomes natural for us to pray for people in different parts of the world.

“There can be no progress towards the complete development of the human person without the simultaneous development of all humanity in the spirit of solidarity.”

Pope Paul VI, *Populorum Progressio*, #43

### Global Citizenship Quiz Score Sheet

1. ____	9. ____	17. ____
2. ____	10. ____	18. ____
3. ____	11. ____	19. ____
4. ____	12. ____	20. ____
5. ____	13. ____	21. ____
6. ____	14. ____	22. ____
7. ____	15. ____	
8. ____	16. ____	<b>Total</b> ____

### Interpreting the Scores

**150 – 220 points:** You are very aware of the interconnectedness of the peoples of the world and knowledgeable about the issues. You practice global citizenship in the choices you make in your daily life. Congratulations on your response to Catholic Social Teaching’s call to global solidarity.

**90 – 149 points:** You are well on your way to becoming an active global citizen and joining people of faith in global solidarity. You are aware of many of the issues and are integrating them into your daily choices. Keep on responding to the call of Catholic Social Teaching. The activities in the Education for Justice units that will be available during the next months will help you on your journey to justice.

**20 – 89 points:** You are an emerging global citizen. More contact with the issues and with Catholic Social Teaching will strengthen your daily choices as a global citizen and as a person of faith committed to global solidarity. Resources from the Education for Justice Web Site will help you develop your knowledge and your commitment to follow the Church’s call for justice in the world.

O God of Justice,

Sitting here in my warm kitchen with a cup of coffee  
the world seems safe and secure.

Forgive me  
for taking for granted the abundance which you have provided,  
for closing my eyes to the headlines in the morning paper,  
for dulling my ears to the cries of the poor.

Turn my world upside down  
that I might truly serve you.

Light within me the fire of justice  
that I might recognize my complicity  
in systems of injustice.

Break open my heart to receive  
the pain of my sisters and brothers  
who work long hours in inhuman conditions  
that I might have the things I desire.

Compel me, O God, to speak words of truth  
to those in power and so  
be a voice for the voiceless.

Fill me with such compassion  
for the forgotten ones of the world  
that each choice I make  
becomes a life giving one for them.

In the name of the One who stood in solidarity with all.  
Amen.