Extend the Impact of 'DEIS Impact!
Here are some ideas of what you can do:

"Best Kept Secret": Transitioning to Adulthood for Young People with Special Needs

Students are encouraged to join Brandeis campus groups:
Brandeis Buddies: brandeisbuddies@gmail.com
SPECTRUM: SpectrumBrandeis@gmail.com
Brandeis Students for Disability Activism: rhewett@brandeis.edu
<table>
<thead>
<tr>
<th>Time Phase</th>
<th>What can you do...</th>
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<tbody>
<tr>
<td>1 Hour</td>
<td>Be an ally for your friends</td>
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<tr>
<td>1 Day</td>
<td>Sign up for self defense classes</td>
</tr>
<tr>
<td>1 Month</td>
<td>See how you can help with local initiatives</td>
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<tr>
<td>1 Year</td>
<td>Share your knowledge</td>
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**One Main Take Away!**

Survivors are not to blame! Self defense is a great way to feel and be safer, but it isn’t the solution to sexual violence. The way to change the issue is to change the culture - have those hard conversations, support your friends and family, and be an advocate for change.
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| 1 Hour     | **Read:** *Organic Gardener's Guide to Compost* by Steve Solomon  
*Gaia's Garden* by Toby Hemenway (101 on permaculture)  
*The Secret Life of Plants* by Peter Tompkins and Christopher Bird  
**Watch:** videos by permaculture guru Geoff Lawton  
**Do:** help Brandeis Farmers' Club, buy produce from small, local organic farms, reduce energy waste (water, gas, electricity) |
| 1 Day      | **Start a small garden:** save money (and the soil) and grow it yourself  
**Volunteer:** The Food Project - organic farm one train ride away from Brandeis that provides groceries to inner city families, Eagle Street Rooftop Farm – 6,000 sq. ft. farm in Brooklyn, Brooklyn Grange – 10,000 sq. ft. organic farm in Brooklyn. |
| 1 Month    | **WWOOFing:** volunteer on organic farms throughout the world. This is a great, inexpensive way to travel.  
**Green Apprenticeship** at Kibbutz Lotan’s Center for Creative Ecology: one month permaculture course in southern Israel that focuses on mud construction, organic gardening, biogas construction, permaculture design (scholarships available)  
(http://kibbutzlotan.com/green-apprenticeship/?lang=en)  
**Hava Ve Adam:** volunteer on a small intentional community in central Israel  
http://www.havaveadam.org |
| 1 Year     | **Eating less meat:** one ¼-pound hamburger requires 53 gallons of water (NPR)  
**Complete** a permaculture design course offered near you  
**Save** thousands of gallons of water with shorter showers  
**Stop use** of disposables (such as plastic silverware/bags/bottles) |

**One Main Take Away!**

It IS possible to sustain the earth AND the Earth’s human population. All species on this planet take part in a continuous, sustainable cycle of resources: whatever they take from they earth is eventually returned to the earth. Human beings, however, are a part of a broken cycle in the sense that the resources we take from the earth are never returned. This is not sustainable and has serious consequences for all life on Earth. However, there is much that we can do in our communities to repair this broken cycle, thus sustaining ourselves and future generations.
Global Racism or Global Ignorance: The Narrative of Color while Studying Abroad

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<td><strong>1 Hour</strong></td>
<td>Make a list of all the countries you want to visit in your lifetime and break down the statistical demographic of all races residing in the country.</td>
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<tr>
<td><strong>1 Day</strong></td>
<td>Check out travelnoire.com, a travel website that expounds upon the Black experience of traveling abroad. Travel Noire contains sections relating to people, culture, experience, etc. and was founded by Zim Ugochukwu, who wanted to build a community for people who looked like her and loved traveling.</td>
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<tr>
<td><strong>1 Month</strong></td>
<td>Reach out to peers, family members, and friends who may have visited any of the countries on your list and have discussions about their “true experience” abroad as a POC. Try having the conversation in an intimate setting in order to ensure truthful dialogue.</td>
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<tr>
<td><strong>1 Year</strong></td>
<td>While studying abroad and post-return make sure to document your daily experiences in a journal about racial and non-racial interactions. Use your journal as a mechanism for dialogue for your community when returning to the States and as a constant reminder of your journey abroad.</td>
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# Hand-in-Hand: Helping to Transform Women's Lives

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| 1 Hour     | Go on line and learn about El Salvador’s gang and human trafficking problems.  
Go online, read up and learn about human trafficking problems in South Asia.  
Find definitions of “slums” in dictionaries (Thesaurus, Mirriam Webster, Oxford)  
Google Nicholas Kristof and Sheryl WuDunn to learn about their work with women & girls worldwide  
Read some of the articles about Cuba in daily newspapers, such as the Boston Globe or the New York Times. |
| 1 Day      | Visit a Salvadoran restaurant in area and talk to people there. Make papusas!  
Reach about and talk to people in this country about human trafficking and gender violence issues. Watch documentaries that put the issue in perspective.  
Watch films (For e.g. Slumdog Millionaire, City of God) to gain insights into life and living in slums; find common threads to global concerns for increasing urban poverty; how women experience living in slums and how different it is from men.  
Start to read a book about the lives of women in Afghanistan (e.g. Love & War in Afghanistan, The Secret Sky, The Women of Afghanistan Under the Taliban, Mountain to Mountain: A Journey of Adventure and Activism for the Women of Afghanistan)  
Talk to US Cuban students, read stories/poems by Cuban writers. |
| 1 Month    | Find agencies in area that are working with Salvadorans and learn what you can contribute. Contact Consulate from El Salvador in East Boston and your local state and national representatives to learn more about immigration reform and efforts to stop trafficking.  
Find local agencies in the region that are working on anti-trafficking initiatives and learn how you can contribute. Contact the Indian Consulate to find out about their safe migration efforts and policies for prevention, rehabilitation and reintegration of trafficking survivors. |
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<td>Source local organizations working on urban poverty; understand community needs and meaningful ways of addressing them; develop questions on how these measures impact communities – gender, age and so on. Explore literature on gender and urban poverty (e.g., Jo Bealls)</td>
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<tr>
<td>Participate in a fundraising event – a walk or run – for a local, national or international organization</td>
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<td>Consider one of many U.S. summer sessions in Havana - type in &quot;Cuba Summer Programs&quot; or check the study abroad office</td>
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<tr>
<td>Become engaged in local and global actions to stop human trafficking and to reform immigration laws in US.</td>
</tr>
<tr>
<td>Become engaged in global actions to stop human trafficking Start a giving circle that can support local charities and organizations in addressing the problem.</td>
</tr>
<tr>
<td>Explore volunteering and/or employment opportunities with organizations such as UN Habitat, International Land Coalition that have a global presence in policy reform. Participate in discussions and webinars on women and land rights and associated issues and make a difference.</td>
</tr>
<tr>
<td>Volunteer to teach English as a Second Language. Brandeis works with a Waltham program <em>The Breaking Barriers at WATCH English Tutoring Program</em>. Contact Elaine Wong <a href="mailto:ewong@brandeis.edu">ewong@brandeis.edu</a></td>
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<tr>
<td>Follow the daily developments in US-Cuban relations</td>
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**One Main Take Away!**

Your actions count!
# Hope into Practice

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<td><strong>1 Hour</strong></td>
<td>Suggested websites to read (found on my website: <a href="http://pennyrosenwasser.com/resources/">http://pennyrosenwasser.com/resources/</a>)</td>
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| **1 Day**  | My book ends with a 36-page Action-Oriented Reader’s Guide, which is full of experiential exercises and suggested actions to be done in conjunction with reading the book chapters, such as:  
*Share in a group with 1-2 others:*  
- What role has anti-Semitism played in your life/how does it affect you today?  
- What would you like to never hear or read again, as a Jew?  
- What examples do you notice of the misuse of the term anti-Semitism, where sincere critiques of unjust Israeli policies are dismissed as anti-Jewish?  
*Use music, poetry, art, or movement to share the story of your racial identity.*  
*Consider going as a group to an event about Jewish multiculturalism or one that focuses on Jews who are Mizrahi, Sephardic, Jews of color, and/or from Africa or Asia.* |
| **1 Month** | *For the next week or more, go easy on yourself. Give yourself room to mess up—and still be feel good about who you are.*  
*Organize a cultural event that includes representation by several different Jewish ethnicities.*  
*Organize a group potluck, and ask everyone to bring an ally who is not Jewish. At the potluck, make time for everyone to share what you appreciate about your ally and why you invited this person.* |
| **1 Year**  | *Consider supporting/getting involved with an organization led by Mizrahi or Sephardic Jews, Jews of color, Jews whose heritage is from Africa or Asia.*  
Suggested organizations to join (found on my website: [http://pennyrosenwasser.com/resources/](http://pennyrosenwasser.com/resources/)) |

**One Main Take Away!**

*That we have the courage to face our fears, but not act on them: that our fears are real, rooted in history, but we must choose justice despite our fears.*

*The importance of uprooting our internalized oppression—because the better we feel about ourselves, the better we will treat other people, the more full of possibilities our lives will have, and the more effective our activism will be towards a just and generous world.*

*That "hurt people hurt people"—so for any people who have been traumatized, if we don't work through and heal that, we can end up projecting it onto another people we have been taught to hate and fear. But that "the chain of pain can be broken, we don't have to pass on to others what was done to us.”*

*That we move towards a Jewish future that is informed but not defined by the Nazi Holocaust.*

*That we use the memory of Jewish suffering to link us to the plight of anyone who is oppressed.*
What You Can Do!
Interested in working with Youth Development and/or More Than Words? Check out the following for how you can get involved!

In a few minutes!
• Research what youth development/impact organizations are near you! They need people as they work with schools, businesses, and companies!
• Type in “volunteer search engine” into Google and use it to find out what non-profit organizations are currently looking for volunteers, interns, and employees!
  o Website suggestion to research organizations focused on youth development: http://www.socialimpactexchange.org/focus/youth

In an hour!
• Do research to find out more information about the organization on their website and find a model you believe in to help combat youth issues!
• Set up an interview and get to know more about the programs and opportunities at More Than Words.
• OR help out with the More Than Word Waltham or Boston Youth-run bookstore by volunteering a couple hours or more to stack and organize books!
• OR contact or visit your desired organization! Half the job is just showing up!

On an on-going basis!
• Check out the available volunteer, internship, or job opportunities with organizations that work with the type of youth development strategy that you are interested in!
• Interested in fighting this battle politically as well?? Find Youth Development and Justice campaigns in your state or local offices as well as local school boards to see how you can continue to be an advocate for youth everywhere!

On an on-going basis at MTW!
• Volunteer to be a weekly or biweekly or monthly education mentor for youth at More Than Words
• Collaborate with MTW on a project YOU CREATE based on your background of expertise that you want to do with the youth.
• For more information about how to volunteer contact MTW’s Community Outreach and Marketing Coordinator Zoe Banning at zbanning@mtwyouth.org or at 508-479-0489

GOOD LUCK!
Remember, Change starts with you!
What Now?

Some suggestions about how to follow up:

- Join future Brandeis Students for Disability Activism events.
- Consider taking courses Brandeis offers related to disability, such as Disability Policy, Sociology of Disability, or Narratives of Disability in South Asia.
- Volunteer with Brandeis Buddies or SPECTRUM to gain a better understanding of the lived experiences of individuals with disabilities.
Extend the Impact of ’DEIS Impact! Here are some ideas of what you can do:

1. Learn some basic words or phrases in a new language; Spanish is a great one to start with! Waltham Family School staff suggests the following: Buenos días - Good morning  ¿Cómo te llamas? - What is your name?  ¿Cómo estás? - How are you? ¡Hasta luego! - See you later!

2. Join Professor Marci McPhee’s course EL 16a: The Immigrant Experience in Waltham: A Service-based Practicum. The course offers hands-on experience with working in a community to tackle social justice issues.

3. To all the book lovers, settle in with Pam Munoz Ryan’s novel Esperanza Rising. It’s an easy read and an uplifting, beautiful tale of a young girl’s experience as an immigrant from Mexico during the Great Depression.

4. Take a study break and listen to one student’s perspective on the racial insensitivities often experienced by immigrants: https://www.youtube.com/watch?v=kZt77YY5X7Y

5. Become a Waltham Family School volunteer! Contact the office at 781-314-5696, talk to Waltham Family School volunteers, or email current WFS intern Mrudula Gadgil at mgadgil@brandeis.edu to learn more about how you can get involved.

6. Participate in volunteer opportunities offered at Brandeis that work with immigrant families: TIPS, WATCH Housing Clinic, Prospect Hill community Center, and the English Language Learning Initiative.

7. Register for Professor Rachel Theodorou’s course “The Teaching of English Language Learners: Pre-K to 12” or the experiential learning practicum

8. Take a look at the photo installation “The Immigrant Experience at Brandeis” this Thursday in the SCC