



## Sole Hope

Equipping vulnerable individuals to walk in freedom from life-threatening diseases and exploitation.

**Time**  
**Commitment**  
30-45 minutes

**Age Range**  
6<sup>th</sup> grade and up

### **Learning Targets**

#### **Social Responsibility & Global**

**Awareness:** I can recognize the importance of using my unique talents to contribute to real-world challenges and understand how collective action can create lasting change.



Photo Credit: Sole Hope <https://www.solehope.org/our-work>

A jigger is small parasitic flea called *Tunga penetrans* that burrows into skin mostly on the feet. Jiggers is a very old condition that has been described as far back as 1492. These fleas develop in dry shaded soils, mostly inside the sleeping rooms of houses with an unsealed earthen floor. Once embedded into the skin, the fleas can cause inflammation, pain and itching, difficulty walking, sleeping and concentrating on school or work. This problem disproportionately affects vulnerable populations, including children, in under-resourced regions where access to adequate footwear and medical care is limited.

According to Sole Hope, a nonprofit organization dedicated to improving lives in jigger-prone areas of Africa, over 2.5 billion people worldwide lack access to safe sanitation, creating an environment where jigger infestations thrive. In Uganda alone, thousands of children are unable to attend school or perform daily activities due to the pain caused by these parasites. Sole Hope addresses this crisis by providing foot care clinics, distributing handcrafted shoes made from recycled materials, and educating communities about jigger prevention. By pairing compassionate service with practical solutions, Sole Hope has already impacted the lives of thousands, restoring dignity and mobility to those in need.

## Get Inspired

The National Honor Society (NHS) has long been a beacon of leadership, scholarship, and service, uniting students in efforts that uplift their communities and address global challenges. NHS students in Greeley, Colorado looking to make meaningful global impact explored various outreach opportunities to bring awareness to jigger prone areas and how they could help. They decided to partner with Sole Hope, an organization working to address the devastating issue of jigger infestations, by raising awareness of the problem and contributing tangible solutions. One solution they could actively work together on was to host a “shoe cutting party, where students used a pattern to cut and pin recycled denim to create upper portions of shoes to send to Sole Hope. Ugandan shoemakers then add a durable tire sole to complete the shoe. The shoes are then shipped and distributed to children in Uganda, providing them with much-needed protection against parasitic foot diseases.

The NHS students from Colorado collected 78 pairs of jeans they would use to make shoe patterns to send to Sole Hope. They also raised nearly \$400 through donations and fundraisers. Sole Hope requests a \$35 donation per shoe assembled to help with shipping costs, medical relief and jigger prevention education. So far, students have able to cut patterns for 11 shoes to help this cause and continue to raise money to continue making shoes for more and more vulnerable individuals.



Photo Credit: Sole Hope <https://www.solehope.org/our-work>

## Your Challenge

Determine how you can take action to make a difference. First you must decide what need exists that you want to impact. Does anyone in your school or neighborhood have a family member or friend who has visited or been impacted by a jigger prone area? Are there any local organizations in your community who aim to serve others with a medical and/or educational need whom you may be able to partner with? Do you have any special talents that you can use to help create a new, affordable, recycled, and hygienic product at a low cost? How will you use your 3Ts (time, talent and treasure) to make a difference? Are there lawmakers in your town or state who you can write to and ask them for help? Can you and your friends devise a campaign to encourage others to care about this cause and join in your efforts? No idea is too small! Together, we can take meaningful steps—both figuratively and literally—toward a world where every person has the chance to walk with confidence and hope.

## Additional Resources

### Helpful Websites:

- Amuyunzu, Clare. "Jigger Awareness Day 2023 - African Institute for Health & Development." *African Institute for Health & Development - Working with Communities for Better Lives through Evidence-Base Programming*, 21 Sept. 2023, [www.aihdint.org/jigger-awareness-day-2023/4008/news-articles/](http://www.aihdint.org/jigger-awareness-day-2023/4008/news-articles/).
- "Sole Hope." Sole Hope, [www.solehope.org/](http://www.solehope.org/). Accessed 18 Feb. 2025.
- Gid Home. Guided Inquiry Design. (2025, January 29). <https://guidedinquirydesign.com/>

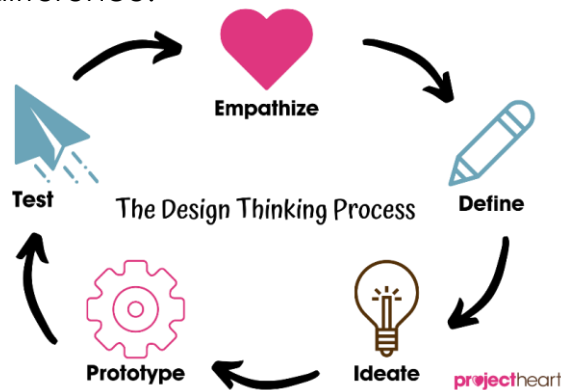
### Articles and Journals:

- Jawoko K. Jiggers outbreak in Uganda. *CMAJ*. 2011 Jan 11;183(1):E33-4. doi: 10.1503/CMAJ.109-3726. PMID: 21115678; PMCID: PMC3017281.
- Mazigo HD, Bahemana E, Konje ET, Dyegura O, Mnyone LL, Kweka EJ, Kidenya BR, Heukelbach J. Jigger flea infestation (tungiasis) in rural western Tanzania: high prevalence and severe morbidity. *Trans R Soc Trop Med Hyg*. 2012 Apr;106(4):259-63. doi: 10.1016/j.trstmh.2011.12.001. Epub 2012 Feb 10. PMID: 22305586.
- Thielecke M, McNeilly H, Mutebi F, Banalyaki MB, Arono R, Wiese S, Reichert F, Mukone G, Feldmeier H. High Level of Knowledge about Tungiasis but Little Translation into Control Practices in Karamoja, Northeastern Uganda. *Trop Med Infect Dis*. 2023 Aug 24;8(9):425. doi: 10.3390/tropicalmed8090425. PMID: 37755887; PMCID: PMC10537667.



## Getting Started

To effectively create change, you need to follow a plan of action. We use the Design Thinking Process to help us better understand the problem we see and walk us through steps to creating a plan to make a difference!



## The Design Thinking Process



Empathize

To **empathize** means to understand and share the feelings of another. As it relates to the design thinking process and [Project Heart](#), to empathize specifically means to learn about the audience or group that you wish to impact.



Define

**Define** means to share your problem statement with others. As it relates to Project Heart, the define stage of design thinking means you've thought about your personal passions and how to apply the 3Ts of your group to make a greater social impact. The define stage helps you clearly state the need or problem so others can understand.



Ideate

To **ideate** means to form an idea, thought or concept. As it relates to the design thinking process, to ideate specifically means to brainstorm ideas based on what you have learned about your target audience and the point of view or problem statement you have defined. Related to Project Heart, your ideas should also incorporate the specific time, talent and/or treasure that you wish to contribute.



Prototype

To **prototype** means to model or create an example. As it relates to Project Heart, to prototype specifically means to plan out in detail one of your impact project ideas.



Test

To **test** means to check the quality, reliability or performance of something. As it relates to the design thinking process, to test specifically means to gain feedback on your prototype from your target population. As it relates to Project Heart, testing means implementing your plan and reflecting on your success and failures.

## Activity

Use the Design Thinking Process to determine how you can help. The best answer isn't always the one that already exists!

Tip: To build empathy and understanding, do some research and interview experts in your area (which can include your peers!). Find out what needs exist either in your community or around the globe. Find out who is already helping and learn from them.

When you decide on an idea, remember you can access the Illumination Fund for materials funding or a matching donation to a U.S. based non-profit to bring your idea to life! Just visit: <https://myprojectheart.org/illumination-fund>



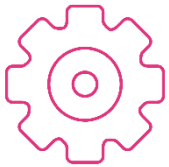
### Empathize



### Define



**Ideate**



**Prototype**



**Test**

**Reflect**