**Quiz on the Sphere Video with answers**

1. In what year was the Sphere Project initiated?

*The Sphere Project was initiated in 1997 by a group of humanitarian non-governmental organizations and the International Red Crescent and Red Cross Movements.*

1. What is the main aim of the Sphere Project?

*To improve the quality of humanitarian action during disaster response and to be held accountable for them.*

1. What are the two core beliefs of the Sphere Philosophy?
2. *Those affected by disaster or conflict have a right to life with dignity and therefore, a right to assistance.*
3. *All possible steps should be taken to alleviate human suffering arising out of disaster and conflict.*
4. The Sphere Project identified a set of minimum standards in key lifesaving sectors.
5. What are the key live saving sectors?
6. What are minimum standards?

*The key lifesaving sectors are: Water supply, Sanitation and Hygiene Promotion; Food security and nutrition; Health, settlement and non-food items; Shelter*

*The minimum standards describe conditions that must be met in any humanitarian response in order for disaster-affected populations to survive and recover with dignity in a stable condition.*

1. What are the three key principles of the Humanitarian Charter?

*The Humanitarian Charter is a set of common principles, rights and duties that explain why protection and assistance are critical pillars of humanitarian actions. They include:*

1. *The right to life with dignity*
2. *The right to receive humanitarian assistance*
3. *The right to protection and security*
4. What are the protection principles that translate the legal principles and rights outlined in the humanitarian charter into strategies and actions for humanitarian actors?

*The protection principles point to the responsibilities of all humanitarian actors to ensure that their activities take care of the most severe threats that disaster/conflict-affected populations face. They are:*

1. *Avoid exposing people to further harm as a result of your actions.*
2. *Ensure people’s access to impartial assistance- in proportion to needs and without discrimination.*
3. *Protect people from physical and psychological harm arising from violence and coercion.*
4. *Assist people to claim their rights, access available remedies are recover from the effect of abuse.*