



EMpower

Empowering young people,
creating brighter futures.

Journey Around the World

**Join the journey,
make a difference**



Need some inspiration? Say no more!

- The Simple Approach: Email friends, family, colleagues or clients to support!
- Have your friends challenge you! For every 100 pounds donated, you will run a certain number of miles.
- Move Local, Impact Global: Walk or run 50 miles around your neighbourhood over 4 weeks. Post updates linked to Strava, and photos of what you see!
- Cycle for Youth: Cycle 100 miles. Each week? Over 5 weeks?
- Sponsored Sit-Up Challenge: Post a video doing 1 sit-up for every pound donated!
- Create a Good Habit: Do something for 1,000 minutes over 5 weeks (that's 33 minutes per day!).
- Get into the kitchen: Have a bake sale, cook dinner for your neighbours.
- Get your Family in on the Fun: Send donors thank-you artwork drawn by your kids!
- Make it a Celebration: Birthday, anniversary or other celebration coming up? Ask for donations to the Journey Around the World Challenge in lieu of gifts.
- Dance for Change: Send donors a dancing thank-you video.
- Lead by example. Your friends are more likely to donate if you have done so yourself
- Get your colleagues in on it, challenge them to who can achieve the most points in the coming weeks!

Have fun and a huge thank you for fundraising for EMpower!

#JoinTheJourney