

# Time for an Adventure!

# International Aid Trust

Christian Compassion For A Hurting World

Registered Charity No. 1086597

**Ready for a change of scenery?**  
Join International Aid Trust on a 'Virtual Tour' of our work around the world! A great way to keep motivated to exercise, find out more about our life changing work and help raise much needed funds.



Archie tour guide!

## Frequently Asked Questions



### When does it start?

Monday 22<sup>nd</sup> February, but you can join in at any time after that too.

### What do I need to do?

Keep track of how many miles you have walked, run, cycled, scooted etc. each week. If you're exercising at home you can include miles on a treadmill or walking up and down stairs. Email [julie@internationalaidtrust.org.uk](mailto:julie@internationalaidtrust.org.uk) every Thursday with your miles for the week, we will add everyone's miles together.

### Do I need to complete a set number of miles each week?

No, how ever many you do is great!

### What information will I receive?

Every Friday we will email you with the total miles the group has travelled and the location that we have virtually arrived at. This will include photos, weather, things you could do there, local cuisine etc. as well as related activities for children. When we reach a place where International Aid Trust work, we will send pictures, information and stories about our work there. Look out for Archie our furry tour guide making appearances! You can also join our Virtual Adventure group on Facebook to see and share photos.



### Where are we virtually travelling to and how long will it take?

We plan to have virtually visited Eastern Europe, India and West Africa (and other places in between) and be back at Chorley to celebrate International Aid Trust's 30<sup>th</sup> birthday in September!

### How much do I need to donate?

You can join in from a donation of just £10! You can choose to make a larger donation or to get sponsored by friends and family. Donations can be paid directly into our bank account:

**RBS; Sort Code: 16 28 16, Account: 10075885**, Please let us know by email that you have made a donation. Or post a cheque to the address below. Please include a note of what your donation is for.



### How do I arrange to be sponsored?

If you email [julie@internationalaidtrust.org.uk](mailto:julie@internationalaidtrust.org.uk) we can post or email you a sponsorship form to use. Alternatively you can set up a Facebook fundraiser for people to donate to. You could set a target for how many miles you will complete each week or in total to share with your sponsors.

### Can I receive the updates each week but not do the exercise?

Yes! you have the option of 'taking the bus' for a donation of £20! Just let us know that's what you're going to do.

