

# STEPS AGAINST HUNGER

## THE PLAN

Always wanted to climb Ben Nevis or trek to Machu Picchu but 2020 wasn't your year?! It's time to step up against hunger! You can climb the elevation of your chosen challenge on your stairs at home (or use a box to replicate steps if you live in a flat!)

[Set up your Just Giving page!](#) Personalise your page with a photo and a short description of why you chose this challenge and this charity.

Share posts, videos and shout outs to those who donate to encourage people to support you!



## THE PREP

You might want to generate some hype in the lead up to your challenge – let people know what's happening or even pop an email to the local paper! We recommend a score sheet to help you keep track and show how far through your challenge you are at different intervals.

It might get a little sweaty so we advise comfy clothes and trainers if you can. You might want to warn anyone else in the house that you will be occupying the stairs and get someone to document your challenge on Facebook Live/ Insta Stories!

## THE CHALLENGE

You'll probably need to split your Steps Against Hunger challenge over several days. Remember to take breaks, hydrate and stretch! Then figure out the rough height/number of your stairs and go!

Remind people why you are doing it. Action Against Hunger urgently needs support to prepare vulnerable communities for Covid-19 and protect the families we are already working with. Always link to your fundraising page and make it super easy to donate. Make it fun or funny if you can!

Why not also run a sweepstake on how long it will take you to complete for extra donations?



## THE DETAIL

Count your steps up and down, divide your step target by this number and you're ready to go!

For example:

- **A UK Step:** 220mm or 1 step.
- **Everest Base Camp:** 5364m or 24381 steps.
- **Machu Picchu:** 2430m or 11045 steps.
- **Kilimanjaro:** 5895 or 26795 steps.
- **Three Peaks:** 3406 combined or 15481 steps.

If you have any questions, please get in touch on [publicfundraising@actionagainsthunger.org.uk](mailto:publicfundraising@actionagainsthunger.org.uk)

**GOOD LUCK AND THANK YOU!**