

RED CROSS JOURNEY - FAQs

What is Red Cross Journey?

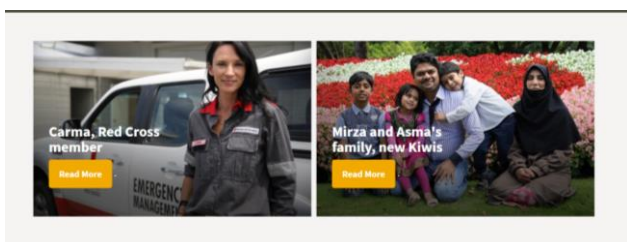
Red Cross Journey is Red Cross' national online fundraising event. We encourage supporters to follow the incredible journey of a Mirza and Asma's family; former refugees now living in New Zealand, or see what it's like to be a Red Cross member like Carma volunteering in the community or being deployed during an emergency in our own backyard.

Walk your chosen distance in your own time, between 8-31 May, learn about the journey you've chosen and fundraise to support the work Red Cross does in your own community and around the world.

Which Red Cross Journey will you choose?

Head to our Red Cross Journey platform www.redcrossjourney.org.nz and join in the fun!

On the platform, you will choose one of two journeys to follow:



Follow Carma's journey and learn what she does to support people in her community. Selling pre-loved items to raise funds to do good in the community is what brought her in to the Red Cross whānau, but she quickly jumped in with both feet and got involved with our disaster response teams – one of the most demanding volunteering roles at Red Cross!

Keep walking and you'll get inspired by her story and the difference she's making.

Or follow Mirza, Asma and their children, Zaki (8 years old), Atta (4 years old) and Shamama (2 years old), who have had a difficult journey to safety. They were

persecuted in their home country of Pakistan for their Ahmadi religious beliefs and after surviving multiple gunshot wounds, Mirza decided it was time for him and his family to leave in the hopes of finding a safe place to live.

By following Mirza and Asma's journey to safety with their children you will learn what it means to flee your home and live in hiding, and even go through the trauma of losing a child, before settling in Aotearoa.

How does Red Cross Journey work?

Then, from 8 May, every step you take during a normal day can be counted toward the target. An easy way to measure the steps you've done is to download a free step counter onto your smartphone. If you don't have a smartphone, just calculate the distance you're walking each day/week and enter this onto your page. Check the 'How to track my distance' factsheet for more information.

Once you've joined up and are on the move you'll receive updates when you reach each milestone, revealing the next stage of your journey. The more you distance you cover, the more you'll learn about the real journey of the person you've chosen to follow.

Am I allowed to bike, swim or paddle to count my steps?

Any activity that involves covering a distance through steps is allowed in the event – walking, running, playing netball/rugby/tennis, strolling, dancing, jumping can all count toward your distance.

I am unable to walk; can I count my steps differently?

Red Cross is for everyone. We help everyone and anyone can join the Red Cross whānau to help others. we want Red Cross Journey to be accessible to everyone.

For those less able to walk or run, you can do the distance in the usual way you get around (except from driving). Please contact us at journey@redcross.org.nz for more information.

How far do I have to walk?

The distance you need to cover depends on the number of steps (or kms) that you have chosen to cover daily.

10,000 steps is the healthy recommended distance people should walk each day, which is about 8kms. If that seems a little daunting (or easy!), then choose the distance that will work for you. Make it a challenge but an achievable one, as the video updates will be sent based on the distance that you cover.

Every step you take during a normal day can be counted towards the target (walking to the supermarket, walking to work instead of catching a bus, walking up the stairs instead of taking the lift, etc.). Look out for tips to help you get started on www.redcrossjourney.org.nz.

How can I participate?

There are many different ways you can get involved with Red Cross Journey.

Sign up

Join the fun! Read about the different journeys, pick the one you want to follow and register on our platform www.redcrossjourney.org.nz. When you register, you will create a fundraising page where people can support you in your journey by making a donation.

Once signed up, wait until the 8 May to start counting your steps and receiving notifications about your journey.

Donate

If you are not too keen on walking the distance, you can still support Red Cross Journey. If you know someone who is taking part in the event, you can support them and make a donation to their personal page. If you don't know anyone joining, you can make a donation to the event. Visit www.redcrossjourney.org.nz to make a donation.

All the money raised through Red Cross Journey will help Red Cross do good in our communities and

overseas. Donations allow us to respond immediately after emergency events such as the November 2016 earthquake, support former refugees, transport people to their medical appointments, teach life-saving skills to children, deliver Meals on Wheels, support people in need overseas and so much more!

Promote Red Cross Journey

The more people hear about our event, the more people will join and raise money to help Red Cross do good in your community and overseas.

Follow our Facebook, Instagram and Twitter pages, challenge people on social media, forward our emails, share our videos – help us spread the word!

Can I do the journey in a team?

Yes, you can create a team with your friends, family or colleagues. The maximum number of team members is six.

If you have a team involved in your workplace, download the workplace toolkit on the resources page. Link <https://dxyuptnfjb1jo.cloudfront.net/3b8c3338ed953d47221acf66a0a98224.pdf>

How can a school get involved?

We encourage all schools to get involved in this fundraising event with a difference. Because you are following the journey of a real-life person involved with Red Cross, your school group/class will get a deeper understanding of some of the humanitarian work that we do in New Zealand.

Team up with your school group and make every step count. Get in touch if you want one of our Community Fundraising Coordinators or Youth Coordinators to visit you at school.

If you are participating as a class or large school group (more than six team members) then register as a school. If you are a small school group (less than six) then you should register as a team.

Make sure to create a team when registering so everyone in your work place or school are fundraising toward the same goal.

For more information about joining Red Cross Journey as a business or school, contact journey@redcross.org.nz.