

WE ARE

DARE TO JOURNEY

STARTING YOUR DARING JOURNEY

Even though we may not have first hand experience of the refugee crisis, we can still make a difference by **standing in solidarity** with our **global neighbours** across the world. If you have any doubts about your health or have a medical condition that could be affected, please do not take part in this challenge.

- 1 Choose your route:** Use the table below to find an achievable but ambitious goal for your fundraiser. There are a range of distances for solo, small and larger groups so you can choose a distance that suits you.
- 2 Map your journey:** Use the table below to calculate how many miles you need to go to achieve your goal, and at what pace. You can choose whatever combination suits you – just make sure it's a challenge, but achievable. If you're not sure, ask some friends who are runners or regularly do physical fitness for advice. Then see what that would mean for you to complete your challenge.

Route, distance and estimated no. of people making similar journeys in 2021

	Short	Medium	Long
Solo	Damascus to border with Lebanon - 20 miles (35km) 840,929 people	Kabul to border with Pakistan - 115 miles (184km) 1,490,562 people	Naypyidaw to border with Bangladesh - 260 miles (416km) 918,898 people
Small Groups (2-10)	Juba to border with Ethiopia - 245 miles (392km) 386,750 people	Caracas to border with Brazil - 515 miles (824km) 48,931 people	Naypyidaw to border with Malaysia - 940 miles (1504km) 120,598 people
Large Groups (10+)	Damascus to border with Sudan - 795 miles (1272km) 93,482 people	Caracas to the border with USA - 2305 miles (3688km) 18,735 people	Kabul to border with France - 3280 miles (5248km) 49,990 people

Data from The Refugee Project - based on five most fled countries.

- 3 Sign up and fundraise:** If you haven't already, [sign up for the challenge](#) then begin spreading the word. We'll set up a JustGiving page for you when you sign up. Use social media and your contacts to encourage people to donate to your fundraiser which can help support displaced people find safety and refuge.

If you want any help in tailoring the challenge to your specific group or context, then please get in touch with weare@tearfund.org.

100 Church Road, Teddington TW11 8QE

T 020 8977 9144 E weare@tearfund.org www.wearetearfund.org/dare-to-journey/

Registered Charity No. 265464 (England & Wales) Registered Charity No. SC037624 (Scotland) 00264-(0420)

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DARES:

During your journey, we dare you to have fun, engage in meaningful action and take on a challenge! We want this journey to be engaging for you and those donating to this important cause, so we have some dares for you! Every time someone donate, they can choose a dare they want you to take on. You can also use our Instagram and TikTok filters to choose a dare (details on the next page).

Have a look below at the different dares we have suggested. Some are silly, some ask you to influence those around you, and some ask to get to know those around you as you walk. We hope this journey inspires you to raise awareness about the refugee crisis and encourages social change!

1. DRESS UP

Find something to wear during the walk that is 'unusual'. It could be dressing like your favourite character, wearing a silly hat or your parents' old school clothes. Whatever it is, it must be different from what you usually wear! Make sure you can still walk in it, though.

2. START A CONGA LINE

A conga line is when you hold the shoulders of the person in front of you. The person at the front leads the line in a dance wherever they want. Get in a line and copy the person in front of you and their dancing!

(bonus points with strangers!)

3. EAT A RAW ONION

You may not want to eat an onion but eat an item of food that you think is disgusting. A daring journey involves risk and putting yourself in uncomfortable situations!

4. EAT A WHOLE BANANA (INCLUDING PEEL)

If you do not feel comfortable eating the whole peel, then you can just eat a portion of it. See who is the most daring in your group!

5. PRETEND TO BE AN ANIMAL

Pretend to be an animal for the next five minutes. It could be a chicken or duck, or you could pretend to be your pet if you have a pet. It has to be silly, though.

6. GO LIVE!

Using your phone (if you have one), go live on a social media platform. Here are instructions to go live on [Instagram](#) and [TikTok](#). Do a performance or something that will keep your viewers engaged.

7. PACK YOUR BAGS

Pack a backpack with what you would pack if you had to flee your home and carry it on the journey with you. It would be best if you packed everything you needed to flee with quickly. Examples are identity information, clothes, water, snacks, your favourite picture etc.

8. LISTEN TO THE DARE TO JOURNEY PODCAST

You will find this on [our website](#). Download the episode so you can listen to some stories from refugees worldwide on your journey. What stands out to you? How can you be praying for refugees as you walk?

9. GIVE 5 HIGH FIVES

When you pass people on the street or members of your walking group, ask them for a high five (or elbow bump). As you meet them, share with them why you are fundraising and walking. They may want to donate as well!

10. MAKE A SIGN

Write a slogan representing why you are walking on a sign. It could be 'Dare to Journey' or 'Ending the refugee crisis one step at a time'. Include a QR code or link to your Just Giving page - as strangers may want to support you. You can also include some statistics people need to know about refugees.

11. WORDS OF ENCOURAGEMENT

Say something kind to three people you come across as you walk - something about an item of clothing or their bag, the fact they are important, or something you notice about them.

12. TELL THE WORLD

Share your story of why you are taking part in the fundraising campaign on Instagram or Tiktok as a short video. Let your audience know what you care about and how they can get involved!

13. RESEARCH THE REFUGEE CRISIS

We have given you some facts on our Dare to Journey [campaign webpage](#). What other facts can you find out about the refugee crisis? For example, how many refugees left their countries in 2022?

14. WALK BACKWARDS

See if you can travel 100 metres of your journey backwards - be careful not to trip!

15. SHOE IS ON THE OTHER FOOT

See if you can travel 100 metres of your journey with your shoes on different feet - be careful not to trip!

16. SKIP!

Do something extra physically as you walk. This could be skipping, hopping, or jumping every other step. Your heart rate will go up!

17. FRONTPACK

Wear your backpack on the front. See if anyone notices you have done it. See how long you can do this.

18. THREE LAYERS OF CLOTHING

Use some of the extra clothing you packed in your emergency escape bag and put it on. If you don't have this, ask someone in your group if you can borrow their jumper or coat. Think about how you find walking now with three layers on.

19. SWAP SHOES (GROUP DARE)

If you are in a group, swap shoes with someone you are walking with. If you want to make it extra hard, find someone whose feet are very different sizes to yours!

20. THREE-LEGGED MILE (GROUP DARE)

Make sure you bring some cloth, string or something to tie your legs together with someone else. Walk a whole mile with just three legs, each person having one of their own and one that's tied to the other person.

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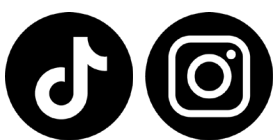
TOP TIPS

- The first few miles will be hard! Try easing into it and keeping morale high amongst anyone you are walking with
- Listen to your favourite music, audiobooks or podcasts to pass the time
- Make sure you have some water to hand and take regular breaks
- Share photos and videos of you completing the challenge on social media to encourage your friends to donate or even to take part too
- Keep a record of your progress if you are walking the miles over time – apps like Strava might help you track how many miles you've walked so far

BEFORE YOU START

- Make sure you're warmed up and ready to go
- Wear sturdy, comfortable footwear
- Keep hydrated and have water nearby
- Map out your route so you know where you are walking

DISCLAIMER: Please remember that whilst Tearfund is grateful for your support, you are responsible for your own health and welfare during this challenge. You should seek medical advice prior to taking part where appropriate. You should stop the challenge immediately if you feel unwell. Tearfund cannot be held responsible for any liability arising from the Dare To Journey challenge



FILTERS

We've created some filters for TikTok and Instagram that you can use to choose your dares for you. Get your dare picked at random and then record yourself completing it and post it with #DareToJourney.

Search for 'Dare To Journey' in filters.



INFO

Want to know more about the crisis and why we're challenging you to take on this task? Head over to [our site](#) to see some more information, facts and figures on the refugee crisis and what is causing people to flee their homes.



PODCAST

Need something to listen to on your walk? Head over to [Spotify](#) or [Apple Podcasts](#) (or your other favourite podcast service) to listen to We Are Tearfund's Together Podcast.



SOCIALS

We'd love to keep in touch and see how your challenge goes. Link up with us on [Instagram](#), [TikTok](#), [YouTube](#) or [Twitter](#). Share snippets of your journey with #DareToJourney.

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