

RED CROSS Which JOURNEY will you take?



NEW ZEALAND
RED CROSS
RĀPEKA WHERE AOTEAROA

Get moving for good! Step up, keep fit before winter and do your bit to help vulnerable people here at home and overseas. Join Red Cross Journey, our annual Red Cross fundraising event!

Follow the journey of either a Red Cross member or a former refugee now living in New Zealand, while fundraising for us. Walk a set distance over three weeks and the more you walk, the more you'll learn about the real journey you have chosen to follow, through regular video updates.



Kath, Red Cross Disaster Response Team Member

In 2017, 722 participants followed one of these two journeys:



The Tamim family who fled Syria

When? 8 - 31 May 2018

Where? Walk or run from home to work or upstairs (without the lift!), go hiking on the weekend, pound the pavement or the treadmill, go to your usual sports training, etc. and count all your steps with an app or a pedometer.

How? Register online from April 2018 through the Red Cross Journey platform www.redcrossjourney.org.nz. Then, from 8 May, start logging your steps on your fundraising page, watch the journey updates and have fun fundraising!

Why? By fundraising over the month, you will be joining the Red Cross family of good people doing good things, helping people in need in communities across New Zealand and around the world. Check our website to find out more about the good work we do.



Join Brad Shields!

In 2017, Wellington rugby player Brad Shields joined the Red Cross team and took on Red Cross Journey.

Brad picked Kath's journey and walked 240km over one month to follow her fascinating story of responding to major disasters around New Zealand.

Taking part in Red Cross Journey is an easy way to support Red Cross' good work in the community and overseas, Brad says.



Brad Shields

"It's a fun challenge and it's all for a good cause. It was definitely interesting to see how many steps I do during training each week!"



In 2017, a few Kathmandu staff in Christchurch took part in Red Cross Journey and followed the story of the Tamim family fleeing Syria.

How can your workplace get involved?

Red Cross Journey is a great activity for workplaces. Get staff moving for good – this is a great reason to get yourselves active and do your bit to help vulnerable people both at home and overseas. Encourage your colleagues to walk to and from work, complete a lunch-time route, take the stairs, go to the gym, have walking meetings...all count towards the distance. Red Cross Journey is a great team building activity!

Here are some ideas on how your workplace can join Red Cross Journey:

Get everyone involved

- Each individual staff member can sign up and have their own fundraising page to log their steps and receive the journey updates.
- Everyone can set their own target, this isn't just for the 'sporty' staff members.
- The option to create teams will allow work teams to compete against each other.
- Make it a team building activity - encourage people to exercise together to bump their steps up, as well as to get to know each other better.

Make it real

- Make it relevant – you can organise lunch time talks about topics relevant to Red Cross Journey, such as who are refugees, the concept of volunteering, etc. Why not invite a Red Cross staff member or volunteer to talk about what we do in New Zealand and overseas?
- Organise a movie night with a film based on a topic such as humanitarian work or conflicts.

Have fun fundraising

- Get staff to be creative – organise a bake sale, a clothes swap, a 'wear red day', a sausage sizzle or a lemonade stall to raise funds. Staff who are not signed up to Red Cross Journey can support their colleagues by joining the fundraising event.
- Ask the boss to sponsor the staff taking part in Red Cross Journey or match what they raise.



Get in touch!

If you are interested in joining Red Cross Journey in 2018 or wish to receive more information, we would love to hear from you! Call us on 0800 RED CROSS (733 276) or email journey@redcross.org.nz.