



NEW ZEALAND
RED CROSS
RĀPEKA WHERO AOTEAROA

RED CROSS JOURNEY

1-21 SEPTEMBER

STEP UP TO HELP
PEOPLE IN NEED



Step 1
Follow a real
journey

Step 2
Walk 10,000
steps a day



Step 3
Raise funds to
help others

JOIN RED CROSS JOURNEY WITH YOUR COLLEAGUES!

Sign up to this fundraising step-challenge with a difference – you will learn about global and local events, and get to know real people who have been affected by disaster or conflict. **It's free to join** – all you need is a team captain to sign up your work team.

As your team walks 10,000 steps a day, you will receive regular updates of the journey you are following, to keep you motivated along the way! Your fundraising efforts will go towards helping others, just like the people you will learn about.

A corporate pack has been created just for work teams, complete with a printable leader

board that you can put up on the wall! Use the health benefits of 10,000 steps a day and the healthy competition to get a sense of team building going in your work place.

Fundraising targets can be set as a team. Have a morning tea or mufti day in your workplace to create a bit of fun!

Get in touch to arrange a Red Cross representative speak to your team during Red Cross Journey to answer any questions about the humanitarian work of New Zealand Red Cross.
journey@redcross.org.nz

redcrossjourney.org.nz

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HERE FOR GOOD