



# Depaul 10,000 Steps a Day in February Challenge

## Frequently Asked Questions

### **Q. I just signed up, now what?**

Firstly, join the Facebook Group we set up for this challenge. Click [Join Group](#). Once you're in, you can get your free t-shirt and sponsorship card, get tips, be inspired and find out anything you want to know about the challenge!

### **Q. How do I change the target/end date on my Facebook Fundraiser?**

Go to your Facebook Fundraiser. Click on the 'More' Option, select 'edit fundraiser', change the amount and/or the end date and save the changes.

If you don't extend the date the default setting by Facebook is 15 days so your fundraiser will end after this time.

### **Q. How do I get my free t-shirt?**

Simply fill in this [form](#)

### **Q. What if I don't walk 10,000 steps every day?**

10,000 steps a day is about 5 miles. You probably have a very busy life and are thinking, how on earth can you fit that amount of steps in? The thing is, you already do a few thousand steps a day anyway simply by getting up in the morning and getting on with your day. To boost your step count, consider some of the following:

- Walk your dog. If you have one, if you don't consider borrowing one!
- Take the stairs instead of the lift/escalator.
- Take a moving break. During your lunch break, go on a 15-minute walk around the block.
- Park far away. Every couple hundred steps of walking to or from your car adds up quickly.
- Take the long way. If you're walking to the local shop or strolling to a friend's house take a detour.
- Take a post-dinner walk. Taking a 15-minute walk after dinner can help you digest your meal faster, too.
- Get off the bus or train one (or two) stops early.

- Play with your kids/grandkids/nieces & nephews. Hide-and-seek can run up 10,000 steps alone!
- Walk and talk.
- Take your work calls on-the-go!

**Q. How do I keep track of/prove how much I've done?**

Use a Fitbit or a steps app, there are millions of apps you can download. If you like you can post screen grabs from your devices in the Facebook group along with photos/videos of you completing your steps.

**Q. Can I start late or early?**

Of course! It doesn't matter at what time of the month you start. Everything and anything you do will support people who are homeless and in very at-risk groups.

**Q. What if I don't complete the challenge?**

The only thing that matters is that you challenge yourself. Do as much as you can. Every step will help people who are homeless and vulnerable.

**Q. How do I raise money?**

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds [here](#). It's really easy to share the page with your Facebook friends. You could reach your target in a few days.

Once you have set up a Facebook Fundraiser, please edit the name of your fundraiser to something like **"Your Name's" 10,000 Steps a Day Challenge for Depaul** as it will help us recognise your page as being part of the challenge.

**Q. Where will my friends' money go?**

Directly to Depaul to support people who are homeless during this unprecedented time. You don't have to worry about this. It happens automatically.

**Q. If I raise money offline how do I get the funds to Depaul?**

You can pay in your funds easily in the following ways:

- **Lodge directly to our bank:**

Please reference the payment: **10,000 Steps & Your Name** so that we can identify the payment. Our bank details are as follows:

### **In Republic of Ireland**

**Bank:** AIB

**Bank Address:** 101 Grafton Street, Dublin 2

**Account Name:** Depaul

Sort code: 93-12-33

Account No.: 55280718

BIC: AIBKIE2D

IBAN: IE51 AIBK 9312 3355 2807 18

○ **Return amount by cheque or postal order**

Please make payable to Depaul to Clíodhna Carthy, Depaul, 18 Nicholas Street, Dublin, D08 VCP7

### **In Northern Ireland:**

**Bank:** Danske Bank

**Account Name:** Fundraising

Sort code: 95-01-49

Account No.: 10222089

○ **Return amount by cheque or postal order**

Please make payable to Depaul to Philip Kee, Depaul, 449 Antrim Road, Belfast, BT15 3BJ

○ **Donate via your own Facebook Fundraiser or Just Giving**

You can also donate via your own Facebook Fundraiser or via your own JustGiving page.

### **Q. How can I encourage donations on my Facebook Fundraiser?**

- Make sure to extend the end date on your Facebook fundraiser to at least 1st Mar 2022 as the default end date is 15 days after you created it.
- From 1<sup>st</sup> Feb make sure to post your progress on your fundraising page. This can be as frequently as you like, whatever works for you.
- Download some of the images from the Photos section of the Facebook group to use in your posts.
- Post photos from your devices so sponsors can see how you're progressing with the challenge. It also means that at the end of September we can see how much you have done.
- Ask others in the Facebook group how they are raising funds.

### **Q. What do I receive upon completion of the challenge?**

If you've posted your progress in the group regularly and we can see that you have completed your steps every day you will get a coveted Finisher's Certificate from Depaul at the end of the challenge!

**Q. Got more questions?**

Please post a comment in the Facebook Group or email [Clíodhna](#) if you're in the Republic of Ireland or [Philip](#) if you're in Northern Ireland.