

Check out this FAQs for the answers you need to start fundraising for Good Neighbours UK. If you can't find what you're looking for get in touch with our friendly team at step4water@goodneighbours-uk.org.

- **How can I clock my target number of steps in a day?**

- The majority of people do approximately 100 steps per minute. A 100-minute walk will get you to 10.000 steps a day.

While keeping in mind the 10.000 steps you could also:

- Cycle or skip for one hour
- Do one hour and ten minutes of an exercise or a dance class
- Running or jogging two and a half miles is also equivalent to walking 10,000 steps
- If you're a wheelchair user, use an odometer to track the distance then convert to steps. (1km = 1,250 steps)

Now that you know what completing 10.000 steps would take, you can calibrate your target steps and activity of choice to fit smoothly into your everyday schedule.

- **How do I track my steps?**

- Most smart phones have a step counter on them. You could also use a tracker or a smartwatch, as they have step counters too.

- **Do I have to complete my target number of steps all in one go?**

- It is completely up to you. If you want to, go for it. However, you could also stagger your challenge throughout the day, gradually adding to your overall daily target.
- You might also wish to share the challenge and team up with your family and friends and together complete your daily challenge as a household or group.

- **How do I sign up for the challenge?**

- Simply log in to your JustGiving account or sign up to set up your fundraiser for Good Neighbours UK. Follow our handy [JustGiving guide](#) for more details.
- You can also join our Good Neighbours UK Step4Water [Facebook group](#) for a support network and to get top tips on completing your fundraiser.

- **What if I'm not a Facebook user?**

- Don't worry, you can still join the challenge; log in or sign up to JustGiving to raise funds for our [Step4Water Challenge](#)
- If you need further help, see our [JustGiving Help guide](#) for more information

- **How is the money I raise going to be used?**

- The money you raise will be restricted income designed to help Good Neighbours deliver WASH facilities in communities that need them the most. In other words, your funds will go into a collective pot that is used exclusively for implementing good water projects around the world.

- **How does the money reach Good Neighbours UK?**

- Money donated through your JustGiving fundraising page or Facebook fundraiser is redirected to Good Neighbours UK in a similar way to any electronic transfer of money
- **Can the donations be Gift Aided?**
 - Absolutely. Share this news far and wide with your supporters and sponsors since 25% extra makes the donations go even further
- **How do I promote my challenge?**
 - Word of mouth: tell your family, your friends, let your work colleagues know and that old acquaintance you can't remember where you know them from.
 - Use your social media channels and let the world know about your personal challenge and why you're doing what you're doing.
 - Email the link to your JustGiving page to your friends and colleagues; you can also share the link on Facebook, Twitter, Instagram or the media outlet(s) of your choice
 - Post regular updates to let your fan base how everything is going
 - Add our hashtags #GNUK and #Step4Water
 - Tag Good Neighbours UK in your posts