

A BETTER TOGETHER 6K

Even when we're apart, together we can....

This summer World Vision's Global 6k for Water is going virtual...but that doesn't mean you can't still have fun with friends and family along the way.

Let's do the Virtual Global 6K for Water together! Here are six ideas to get you started.



1

Keep in touch en route

Once you've invited your six friends to join you why not set up a WhatsApp group for example?

You can even agree to do your 6K on the same date and time – send a virtual ready, steady, go message via WhatsApp and then check in with each other along the way sending photos and messages of encouragement as you go.



2

A shared playlist

Why not all listen to the same music as you complete your 6K?

Ask your friends and family to share their favourite songs – maybe even ask them to say why the songs are meaningful for them. Compile all the songs into a playlist using Spotify for example and share the playlist with everyone you know doing the 6K.



3

Dress up fun

You're never too old for dress up!

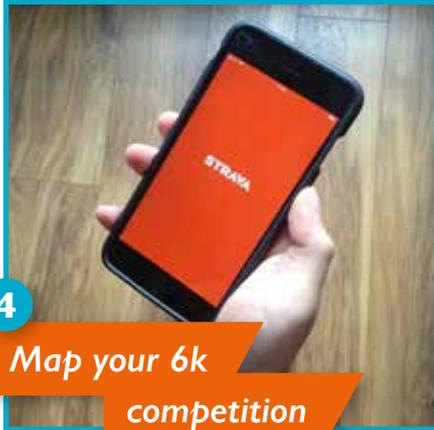
Why not ask all your friends and family taking part in the 6K to dress as their favourite superhero or to wear a splash of World Vision orange to brighten up their 6K. Have a laugh sharing your dress up photos with each other.



LEFT: In Malawi, Africa – Ireen helps to collect water with her family each day.



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Use an app such as Map my Run or Strava to map your walk and share the shape of your walk with your friends.

Maybe turn it in to a competition – can anyone walk the shape of a jerry can or a bucket?



Don't forget to celebrate your 6K achievements!

Organise a date and time for a virtual Zoom party with all your friends and family who have taken part.

Why not share a favourite recipe in advance so you can all dig in to the same cake while sharing stories from your 6K experiences?



Why not create a collage or even a little photobook of all the photos your friends and family have shared with you during their 6K walks?

You can send these to them so that you all have a souvenir of your shared experience to look back on.

BELOW: In Kenya, Africa – Cheru walks an hour-long journey to get water her family's life depends on.



We can't wait to see how you and your friends and family choose to do your 6K! Remember to share all your pictures with us as well via social media using [#6KforWater](#) and [@WorldVisionUK](#).

Disclaimer: Children under the age of 18 must be accompanied by an adult to take part in World Vision's Virtual Global 6K for Water. Please take special care to supervise your children at all times especially around hazards such as roads and water.

Undertaking Virtual Global 6K for Water ideas supplied by World Vision is at the participants' own risk.

World Vision
NO CHILD WITHOUT A FUTURE

VIRTUAL
GLOBAL
6K FOR WATER

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