

# Round the World Challenge

## How it Works

### What is the round the world challenge?

Set yourself a goal and see how many countries you can visit by taking part in a range of fun physical activities. Taking part in the activities over a period of time will take you from one country to another. Get involved, the more you do the further you go. Hours of activities = distance travelled. Start planning your journey, get your sports gear ready, start getting active and be rewarded.

### Who is it for and where does it take place?

Round the world challenge allows local groups, services and individuals of any age and ability to take part and choose fun physical activities that will make up their journey.

The activities will take place within your own setting or within the local community.

### What route will be taken around the world?

You can choose from 3 different routes:

1. **UK route**  
Hours required = 20 hours
2. **Europe route**  
Hours required = 40 hours
3. **World route**  
Hours required = 100 hours

Speak to your participants and pick which route you want to take.

Once you have completed one route why not continue your journey and pick another route.

### What activities can be done for the challenge?

Any form of physical activity or sport can help you complete the challenge and you can do this in a group or on your own at any time, any place.

### Can the routes around the world be tracked?

Participants will receive a passport where they can track their own progress around the world. Groups will receive an A1 size map to display on the wall to track group and individual journeys.

Passports and the A1 size map will be sent out by post once we receive all participant information forms.

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### Will participants receive a reward for completing the challenge?

Participants will receive the following:

- One t-shirt
- A postcard after they have completed each stage of a route
- A certificate on completion of the challenge

### How will Mencap support the challenge?

Mencap will provide advice, funding and the resources needed to successfully complete the challenge.

### What Mencap Sport requires from you?

The individual or the lead person for the challenge will need to do the following:

1. Complete participant information forms and send them back to Mencap Sport.
2. Send Mencap Sport regular feedback via monthly reporting of the amount of hours participants have completed.
3. At the end of the challenge complete participant evaluation forms and a group and individual case study.
4. Regular use of **#RTWC** on social media to share photos and videos of the journeys taken. These will be collated together and shown on the Mencap Sport website [www.mencap.org.uk/about-us/what-we-do/mencap-sport/round-world-challenge](http://www.mencap.org.uk/about-us/what-we-do/mencap-sport/round-world-challenge).