



## AROUND THE WORLD IN 31 DAYS - INFORMATION PACK

We're launching a fun, healthy, and community-building challenge for the whole of January called **“Around the World in 30 Days**, starting **1st January 2026**.

Our goal is for the school community to collectively travel **40,075 km (the distance around the world!)** in 30 days through walking, running, scooting, swimming or cycling.

We'll be raising funds for the PTA to support the girls' education and teacher wellbeing. **70%** of funds go to the school, and **30%** to **The Pantry** and **Haywards Heath Food Bank**



### 1. Using Strava.

We will track our progress using **Strava**, a free activity-tracking app.

#### How to Join

1. Download the **Strava** app.
2. Create an account.
3. Go to **Groups** → **Clubs** and search for:  
**“Burgess Hill Girls – Around the World in January”**
4. Join the club – this allows you to take part, appear on leaderboards, and help us reach our global goal!



### 2. Logging Activity

You can log your child's (and your family's!) kilometres in two simple ways:

#### 1. Record Using the App

- Open Strava → tap **Record**
- Choose your activity (walk/run/ride/scoot/swim)
- Press **Start**, then **Finish** and **Save**

## 2. Add an Activity Manually

Perfect if you forgot your phone or your child did an activity at school.

- Tap the + button in the app.
- Choose **Manual Activity**
- Enter the distance and save

## 3. Sharing Activities with the School Club

To make sure kilometres count:

- Open your saved activity
- Tap **Share** → **Post to Club**
- Select our club and publish

## 4. Get Sponsors from friends and Family

You can collect sponsorship from family and friends to support the school and our two chosen charities. Please follow the link to our JustGiving page to donate or share.

### Helpful Tips

- Please share all activities with the club so they count toward our totals.
- Double-check distances when entering manually.
- You can adjust privacy settings in Strava if needed.

Thank you for joining us on this exciting challenge. Let's make January active, fun, and full of kilometres! 

Burgess Hill Girls PTA