



This is a virtual event which challenges you to complete 1,000 squats in 14 days. You can include this as part of your normal workout or take it on as a completely separate challenge. You can do as many or as little squats as you like a day but the challenge is to complete 1,000 squats in 14 days.

The challenge starts from when you sign up, giving you 14 days to complete it.

Volunteering is a great way to help the IRC which can be done using [JustGiving](#) or through a [Facebook fundraising page](#). The money you raise will help us in our efforts of saving more families and futures that have been devastated by conflict and disaster. This includes our response to Coronavirus where we are working to detect, respond and prevent further spread of the disease in over 40 countries, including Greece, Italy and Syria.

As there is no age limit, we encourage those of all ages to take part. However, if someone taking part is under the age of 18 they will require permission from their parent or legal guardian to take part in this fundraising activity.

JustGiving is an online fundraising platform which allows you to easily collect donations which go straight to the IRC. You can create a [page](#) to share with friends and family to encourage them to donate to your exciting challenge.

Once you have created your page, please follow the steps. When selecting your charity, sure to select the IRC (International Rescue Committee) @ Remember to give your squat challenge an exciting name to stop your friends and family in their newsfeed scroll.

The IRC will be with you the entire way providing motivating tips, fundraising ideas and information. You

8 This is a great place to look for advice from fellow fundraisers.

As this is a challenge, we encourage all participants to fundraise for the cause. The hard earned money you raise will help us to continue our lifesaving programmes in over 40 countries. While there is no fundraising target, we recommend setting an initial target of £100. You can always increase this as you start to hit your challenge targets!

Of course, not all squats are for everyone so as long as you do some form of a squat then you can definitely count it towards your challenge.

If someone is donating to your challenge and a UK taxpayer, they can claim Gift Aid on their donation. This means for every £1 they donate, the government will add 25p just like that! This means the money you raise can go even further!

We do our best to use donations wisely and efficiently, and are consistently awarded top marks by charity watchdog groups for our efficient use of donor contributions and the effectiveness of our work.

In 2019, we spent:

- 87% on programmes and services

- 8% on management and general

- 5% on fundraising

You can email our supporter care team contactus@rescueuk.org or call 0203 983 2727.