

Welcome to The Long Walk for Water How to Guide!

What is The Long Walk for Water?

Every day, 292 million people around the world walk 30 minutes or more to collect water.

This Lent, join The Long Walk for Water, a 40-day walking challenge to raise vital funds and help bring clean, safe water to communities around the world.

Take part your way: set a daily walking goal that suits your fitness level. Walk for 30 minutes, 45 minutes or whatever works for you.

Sign up today, start walking and help *Unite Against Poverty* - one step at a time!

Your impact through The Long Walk for Water

Last year, Caritas Australia supporters helped improve access to clean drinking water for 123,489 people, including more than 22,000 children around the world.

Water is life. It's essential for health, education and opportunity. But for many communities, accessing safe water means hours of walking each day.

By taking part in the Long Walk for Water, you're taking on more than just a fitness challenge, you can help make this kind of change possible.

For 14-year-old Patricia in Solomon Islands, collecting water meant walking for up to two hours a day in dense rainforest and missing out on school. Now, with a water tap near her home, she has more time to focus on her education and pursue her dreams.

Every dollar you raise helps support communities to access clean, safe water and build a brighter future. You fundraising can make a difference, one step at a time.

Your Fundraising in Action around the World.

Every dollar you raise makes a difference. Raise **$100** and you can help provide essential hygiene supplies to a family in Solomon Islands, helping to protect them from disease. Raise **$1,100** and you can help install a school water point in Cambodia, giving children access to safe drinking water.

If you raise **$1,000** or more, you'll also join our exclusive Project Compassion VIP Club!

Real steps. Real impact.

Meet the Walk Worthy team! In 2026, this inspiring group took on The Long Walk for Water challenge as a team, they took lots of photos and videos along the way and raised an incredible $2,000 for Project Compassion!

For their final walk on Easter Saturday, they invited their families to join them for a special two-hour walk through the beautiful hills of Cowra. What a way to finish! Well done team.

We love seeing communities come together to *Unite Against Poverty*, make sure you share your photos with us.



World Water Day - 22nd March

World Water Day is a global day of action to raise awareness of the water crisis and the millions of people around the world who still lack access to clean, safe water.

Your Long Walk for Water is part of that action. This World Water Day, reflect on the difference your walking and fundraising can make, and share why access to clean, safe water matters. Together, we can *Unite Against Poverty* and help raise awareness and support for a world where everyone has access to water.



THE LONG WALK FOR WATER

Ready to step up?

Follow these simple steps to get started today!

STEP 1

Sign up

- ☐ **Register for free!** Personalise your fundraising page, set your walking target and choose your fundraising goal.
- ☐ Make a self-donation within the first 7 days of signing up and your donation will be doubled *(*up to $200 and only while matching funds last).* Start strong and make a self-donation to kick off your fundraising!

STEP 2

Share your walk

- ☐ Share your fundraising page with your friends, family, and colleagues - encourage them to support your Long Walk for Water.
- ☐ You don't need to walk alone - why not get a group together and create a walking team? You can walk in solidarity together.
- ☐ Post updates and photos online to encourage donations and inspire others to get involved. Don't forget to tag us too: #CaritasAustralia

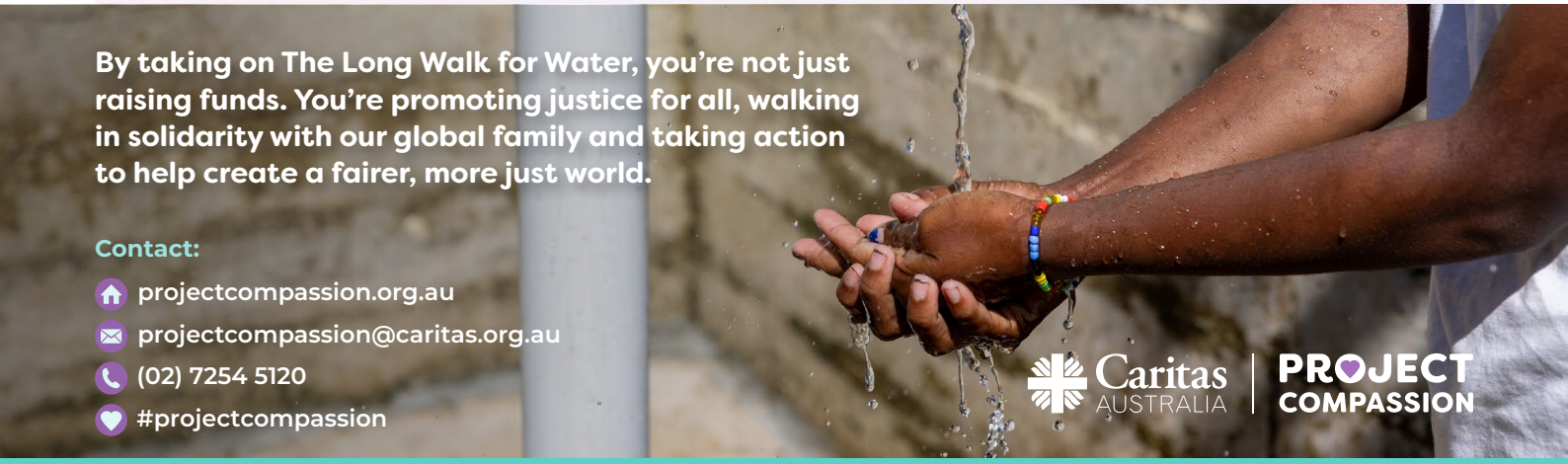
STEP 3

Fundraise and unlock rewards!

- ☐ We have some great prizes and incentives on offer this year. Fundraise over $250 to claim your **EXCLUSIVE FREE** t-shirt, *plus unlock more fun incentives along the way!*
- ☐ Become a VIP - pledge to fundraise $1,000 or more and become a Long Walk for Water VIP, with exclusive perks and rewards to celebrate your fundraising along the way!
- ☐ Keep an eye out for our special dollar matching opportunities - these are a great way to double your support and double your impact for vulnerable communities!

Top fundraising tips:

- ☐ Make it part of your day. Walk around your neighbourhood, head to your local park or get moving on your lunch break. Find ways to fit the Long Walk for Water into your daily routine.
- ☐ Not sure what to say when asking for donations? Don't worry - head to your fundraising page and look for the 'Ask for Donations' button, where you'll find pre-written messages to help you ask family and friends for support.
- ☐ Celebrate your impact! Share your fundraising milestones, track your steps, thank those who have supported you and spread the word about the difference you've helped make.



By taking on The Long Walk for Water, you're not just raising funds. You're promoting justice for all, walking in solidarity with our global family and taking action to help create a fairer, more just world.

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