

StreetLife Virtual Algarve Experience

“Travel” along the Algarve Coastal Route from Vila Real to Cape St Vincent - 160 kilometers

The “Travel” challenge is achievable for all ages & fitness levels, whether you’re taking part as a family, a group of friends or on your own ... it doesn’t matter.

Complete your chosen route over 17 weeks & set your own fitness challenge. It’s up to you!

Pick your “travel” challenge - you don’t have to travel the whole coastal route

Split your journey between walking ● running ● cycling ● swimming - any combination!

Swim in your pool, cycle at the gym, use a treadmill or just enjoy these activities in the fresh air

“Travel” on your own ● or make up a team with family & friends ● it doesn’t matter where you live, your age or your fitness level

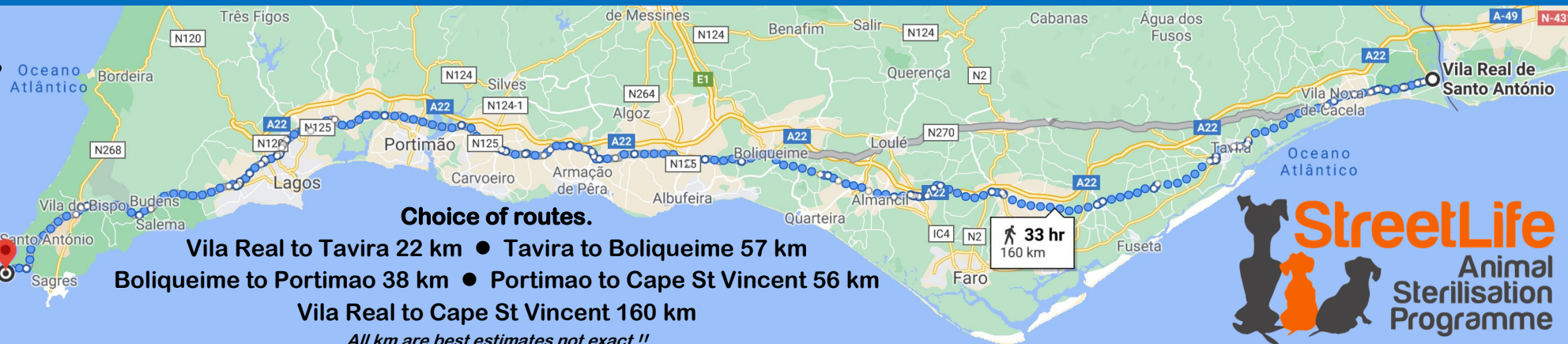
You have 17 weeks to complete your journey between 1st June to 30th September

Find sponsors & raise money for StreetLife ● you can live anywhere to take part

Why “travel”

for StreetLife?

With your help we can reduce the number of unwanted puppies & strays in the East Algarve.



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How it works

- Anyone can enter, it doesn’t matter where you live or your age. You have up to 17 weeks to complete your challenge -1st June to 30 September.
- Enter as an individual or as a team - there is no restriction on your team size & your team members can be from all over “the world”.
- If you enter as a team, the total kilometers of your route is shared between your team members. You can do more than one route if you want.
- We ask you to get sponsors to raise money for StreetLife - or you pay a donation to enter (minimum €10.00 per individual or €20.00 per team).
- If you belong to a gym, or have a company team, why not ask them to match the money you raise? It’s worth asking. ☺
- All entrants will be asked to email: challenge@streetlife.pt and we will send you your chosen Route Map & Activity Conversion Table - all activities are converted to the equivalent of you walking your chosen route BUT you can choose to use Actual km per Activity and not use the conversion table. It depends how fit you are - we have tried to cater for all fitness levels.
- You will be listed on our “Page of Fame” on our StreetLife website, with photos & your individual / team name to show you are taking part in the challenge. At the end of the challenge the amount you have raised will be added to your listing.
- All individuals who complete the challenge will receive by email a Virtual Award & Certificate.
- Everyone who enters will go into a draw and the winner of the draw will receive a small prize - to be announced at a later date.



Remember it’s a Virtual “travel” experience NOT an actual coastal walk

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Use this conversion chart to determine the number of kilometers for activities other than walking.

Multiply the number of kilometers of your activity by the number in the table

Activity Conversion Table

All activities are converted to the equivalent to you walking your chosen route.

Use the table below to find how many kilometers you cover doing different activities (running, cycling, swimming & walking) during your Virtual Algarve Experience traveling along the Algarve Coast

Fitness Level

You can choose to use your Actual Km completed by Activity & NOT use the conversion table - it depends how fit you are 😊
You set your own fitness challenge.

Activity	Actual Km completed	Converted to Km walking
Running	1	3
Cycling	1	0.85
Walking	1	1
* Swimming	1	10

1 mile = 1.6 kilometers for those of you in the UK who want to take part

** 1000 metres = 1 kilometer ... if you're swimming lengths of a pool divide 1000 by your pool length to see how many lengths you have to do per kilometer*



Association Number: 515 892 750

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General

- We have a StreetLife Fundraising page for this challenge on our Facebook page - you can use this if you want for your sponsorship donations.
- Please ask those who transfer money to the FaceBook account that they say it's your sponsorship money so we can keep track of it for you.
- You can collect cash or set up your own fundraising page. You can use PayPal: donations@streetlife.pt or pay direct into our StreetLife bank account: Associação StreetLife NIB: 0045 7100 40331764460 86 IBAN: PT50 0045 7100 4033 1764 4608 6
- Remember you could be golfers and still take part - you probably walk around a golf course several time a month with friends - the kilometers will soon add up if you and your friends form a team, and there will probably be many who would sponsor you - maybe even your golf club ☺
- If you are part of a walking group, gym or cycling club - this challenge could be perfect for you and your friends.
- From the 1 June to 30 September is 122 days to do 160 kilometers. This is 1.30 kilometers per day - not so bad! Especially if you are part of a team.
- StreetLife can issue Official Receipts for tax purposes; but please check if you can use these outside of Portugal.

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