

# Global Champions UNITE!

Global Champions Unite is a fun, dynamic and creative way to get motivated with your fitness & wellbeing whilst caring for our communities at sea. Funds raised will support our responses to the Covid-19 crisis, which has caused acute levels of stress, uncertainty and anxiety for seafarers and the general public alike.

- Unite, inspire and connect us all during this international pandemic.
- Create your own goal, choose your challenge and take part in your own time.
- Practise social distancing and pick an area close to you to responsibly take on a challenge.
- You have 90 days to raise your target whether as a one-time event or several, it's your choice.

**Support the mental health of seafarers...  
and yours too!**



"The Global Champions Unite campaign is a great initiative during these difficult times and is raising valuable funds for MtS. I ran a half marathon on an old treadmill in my garage in support and was gob smacked to raise £18.5k and I know loads of others have done awe inspiring feats as well. What would you do?"

**Unite | Inspire | Connect**

**Help raise £100k  
in 90 days**



**Thank you...**

to all the maritime champions who have helped raise £78k for Global Champions Unite so far. Find out about how you or your team can join them and become a Global Champion in your own right!



Ardmore Shipping, Anglo Ardmore and Thome Ship Management raised £14,500 through their challenge Sporting for Seafarers.  
**Find out more here!**

For further information contact [Krishna@missiontoseafarers.org](mailto:Krishna@missiontoseafarers.org) or call **+44 (0)7741 098725**.

## At a time of isolation and uncertainty for us all internationally, irrespective of personal circumstances, Global Champions Unite provides numerous benefits to individuals and teams:

- A way to keep connected and bond with colleagues, family and friends that is unique to you and/or your team.
- An outlet for some of the stresses of living and working remotely and the renowned 'zoom fatigue.'
- An inspiration and motivator to keep fit, healthy and increase your mental health and wellbeing.

## Covid-19 Guidelines

Your chosen challenge must adhere to the Covid-19 government regulations in the country where your challenge is taking place. Please check and if in doubt contact a member of the MtS events team for support.

## Choose your challenge

Design your challenge bespoke to you and/or your team.

### What about taking on a Flying Angels Marathon?

Run, ride or walk as much as you can within 90 days. You can challenge yourself to 100km to 600km or simply take on the distance that suits you – all abilities welcome!

### Or become a Home Hero.

Create your own challenge at home or in your garden whether that is 100 press ups in a day, high intensity workouts, a yoga-thon ...the possibilities are endless.

## Create your team

1. Choose your challenge.
2. Email [Krishna@missiontoseafarers.org](mailto:Krishna@missiontoseafarers.org) to register your interest and receive your fundraising pack.
3. Start a Just Giving Page or other fundraising approach.
4. Get sponsored and record your progress on your preferred fitness app or chart your distance on google maps and post online.
5. As an individual or team share your journey, stories and triumphs on social media #globalchampionsunite.
6. Get Fit and stay safe!

**Our latest Happiness Index report shows an alarming rise in mental health issues for seafarers internationally. To read report click here.**



## Purpose

- Encourage Global Unity
- Promote Health and Wellbeing
- Support an International Charity in an International Crisis

Anyone who raises £1K and above will receive an MtS Global Champions Unite Award. Post your triumphs on social media #globalchampionsunite

## Tag MtS at



@FlyingAngelNews



The Mission to Seafarers

#globalchampionsunite