




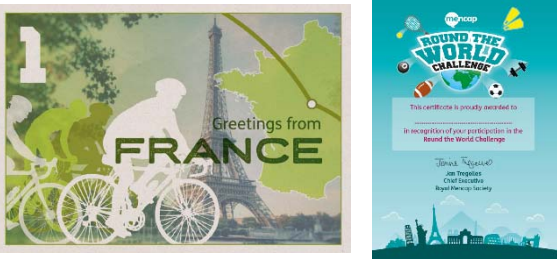








# mencap **ROUND THE WORLD CHALLENGE**

## Information Sheet

<p><b>What is it?</b></p>	<p>A fun physical activity challenge for people with a learning disability. Number of hours of activity = distance travelled</p>				
<p><b>What does it involve?</b></p>	<p>Choose from 3 routes:          UK = 20 hours    Europe = 40 hours    World = 100 hours</p>  <p>Take part in a range of different physical activities:</p> 				
<p><b>What is received?</b></p>	<p>T-shirt</p> 		<p>A1 route map for display</p> 		
<p><b>What keeps you motivated?</b></p>	<p>Passport of routes</p> 			<p>Postcards    Certificate</p> 	
<p><b>Benefits</b></p>	<p>Become healthier</p> 	<p>New friends</p> 	<p>Have fun</p> 	<p>New skills</p> 	
<p><b>Get involved</b></p>	<p>Contact Mencap Sport:   0207 696 5584     <a href="mailto:sport@mencap.org.uk">sport@mencap.org.uk</a></p>				