



Action Syria Challenges



2,026KM FOR 2026

One big goal, for one vital mission.

Action Syria is the operating name of the
Hands Up Foundation, Charity no. 1156491

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Thank you

2,026 kilometres for 2026 — one big goal, for one vital mission.

Your support means a lot — by even considering getting involved in our 2,026km for 2026 challenge, you're already **part of a community that's making a real difference.**

After 14 years of conflict and decades of authoritarian rule, Syria has entered a new chapter — one of both renewed hope and huge uncertainty. A broken economy, lack of healthcare and crumbling public services are just some of the daily challenges that Syrians are facing. Action Syria is **working with local partners to create lasting impact where needs are greatest** — and you are invited to support us in this vital mission through our 2,026km for 2026 challenge.

We've set a collective target to cover 2,026 kilometres by 31 December 2026 in aid of Action Syria. We know it's ambitious, but together, we believe it's possible. **Could you join us and go the distance to ensure Syrian communities have the education and medical care they need?**

We all have the power to help, and big or small, your challenge will help raise awareness and vital support for Syrian communities. We can't thank you enough for getting involved — none of our work would be possible without incredible supporters like you.



What you'll be supporting

At Action Syria, we partner with local organisations in Syria and neighbouring countries to **make sure Syrian communities have access to the medical care and education they need, both every day and when emergencies strike.** We make sure our funding gets to the right people quickly and safely, and give you a way to help.

For the last 12 years, Action Syria has supported sustainable projects led by Syrians – **raising a total of over £8million for humanitarian aid.**

Last year, we supported over 20,000 people, delivered 17,600 medical consultations, funded 10 medical staff and six teachers, provided prosthetics and physiotherapy to 3,399 people, and ensured 84 Syrian refugee children could attend school.

We are proud to currently be supporting:

School in Lebanon's Bekaa Valley
— in partnership with SAWA

Delivering full-time education for **80 Syrian refugee children**, including psychosocial support, safe transport, and heating in winter. Action Syria funds the full operating costs, including teacher and support staff salaries.





School rehabilitation inside Syria — in partnership with Abjad and MARS

- In Zamalka, we rehabilitated a primary school now able to host **900 students**, with improved classrooms, sanitation, electricity and accessibility, alongside training for 21 teachers.
- In Nashabiyeh, we're upgrading **14 classrooms** and essential facilities — including accessibility improvements and solar power — benefiting **450 students**.
- In Daraya, we're restoring four classrooms, including a model classroom, to support up to **200 students** and set a replicable standard for future improvements.

At Action Syria, health has been at the core of our mission since the beginning. We've delivered medical support such as prosthetics and primary healthcare to underserved areas, and acted fast to address urgent health needs. We're ready to keep going and strengthen our support, but we don't have the funding to do it.

During this critical time for Syria, your participation can support safe and inclusive learning for Syrian children, and restart life-saving medical care for communities where access is limited.

For more information on our work, visit our [website](#).



Ways to get involved

This year, we're coming together for one big challenge: to **cover a distance of 2,026 kilometres** — 1,259 miles — **by the end of 2026**.

Walk, run, swim or cycle - do it your way, at your pace.

Whether you want to take on a 10km walk in your local area or a trek to higher altitudes, **Action Syria Challenges has something for everyone**. Challenge yourself while making a positive difference for Syrian communities. Together, we can reach our goal and raise vital funds for Action Syria.

Seasonal challenges

Our seasonal challenges are designed to be realistic and convenient. Whether you go solo or with friends and family, this one is **all about what works for you**. Our seasonal challenges can help you meet your personal fitness goals while doing something good.

Every few months, we'll be promoting a new seasonal challenge for you to get involved in. Some might fit into your routine seamlessly, while others might encourage you to try something totally new.

Here are our challenges throughout the year:

Walk 150km in Winter | December - February

As the days get lighter, pick up the pace your way: walking, hiking, or combining activities.



Run 100km in Spring | March - May

Run, jog, walk, or mix activities — your pace, your choice.

Cycle 350km in Summer | June - August

Outdoor cycling, indoor bikes, or alternative movement options count too!

Swim 30km in Autumn | September - November

Open water, pool lengths, or adapted water activities welcome.

Running events

Calling all runners! If you've already secured a place in a race, **why not turn it into a fundraiser for Action Syria?** It's the perfect opportunity to lace up your running shoes *and* continue making an impact beyond the finish line.

Last year, our incredible supporter Neda ran the Great Birmingham Run and chose to turn it into a fundraiser in honour of her friend. She raised a magnificent £734 for Action Syria.

Trek and trail runs with Ultra Challenge

Fancy pushing your limits? You could get involved in an Ultra Challenge event in support of Action Syria. The challenges on offer are **flexible, achievable and open to all ages, fitness and experience levels.**

From scenic coastlines to peaceful countryside — get your friends or family involved and walk, jog or run anywhere between 10km and 100km! You'll get full support all the way — including plenty of food and drink, medics and massage, camaraderie, a medal and T shirt — and an amazing sense of achievement.

Fundraising options

Full charity sponsorship

Pay a small registration fee and fundraise for Action Syria, who cover the cost of your place subject to you reaching an agreed fundraising target. Reg fees start from just £15 with a £150 fundraising target.

Charity mixed funding

Pay half your place cost when signing up (with Action Syria paying the other half) - and fundraise for Action Syria with a lower agreed target. Reg fees start from just £25 with a £100 fundraising target.

Own place fundraising

Pay the full place cost when registering, and fundraise whatever you can for Action Syria with no target. Reg fees start from just £49 with no minimum fundraising target.

Events

To get you started, we've selected some events that are happening in 2026:

London Winter Walk | 24 or 25 January | Walk | 5km, 10km, Full Marathon, or ½ Marathon

Windsor 50 | 18 April | Walk, Jog or Run | 10km, 25km, or 50km

Jurassic Coast | 16-17 May | Walk, Jog or Run | 10km, 25km, 50km, or 100km

Cotswold Way | 13-14 June | Walk, Jog or Run | 10km, 25km, 50km, or 100km

North Yorks | 20-21 June | Walk, Jog or Run | 10 mile, 25km, 50km, or 100km

Peak District | 4-5 July | Walk, Jog or Run | 10 mile, 25km, 50km, or 100km

South Coast | 5-6 September | Walk, Jog or Run | 10km, 50km, or 100km

Thames Bridge Trek | 12 September | Walk | 10km or 25km

Chiltern 50 | 26 September | Walk, Jog or Run | 10km, 25km, or 50km

Find out more about these challenges on the Ultra Challenge [website](#).

If you're planning to get involved in an Action Syria Challenge, please let us know at contact@actionsyria.co.uk, so we can cheer you on!

Fundraising tips

Whatever challenge you are taking part in, here are some simple tips to make the most of your fundraiser:

- **Start fundraising as soon as you can** — Give yourself enough time to meet your target and collect donations.
- **Set up an online fundraising page** — Depending on what challenge you are taking on, follow the relevant guides on pages 9-10 to set up your page and start fundraising.
- **Explain the cause** — Be clear about what you're doing, why you're raising money, and always say it's "in aid of Action Syria."
- **Use social media to spread the word** — Share about your fundraiser with friends and family via social media. Remember to share your fundraising page and tag @actionsyriauk so we can shout about it!
- **Share updates during training, and after the event** — Keep supporters updated throughout the process. Typically, 20% of donations are received after the event, so be sure to post updates and photos on your fundraising page after the event.
- **Get your employer involved** — Some companies offer matched funding to their employees' fundraising efforts, so have a chat with your employer or HR team to see if they can support you.
- **Explore other fundraising ideas** — Consider other ways to get people involved, like a raffle or finishing time sweepstake.
- **Say thanks** — A simple thank you goes a long way.

One last thing: fundraising for charities like Action Syria is regulated by the Fundraising Regulator. By following these tips, you'll be keeping everything safe, legal and transparent.

Getting started

We've set up a **JustGiving page** for this year's campaign, '2,026km for 2026'. Whichever Action Syria Challenge you choose to get involved in, the guides below will help you set up a fundraising page for your event and get started with your fundraising. **All donations made through your page will contribute to the total shown on our overall campaign page.**

Seasonal Challenges

- If you haven't got one already, create a JustGiving account.
- Head to our **JustGiving campaign page** and click 'Start fundraising'. This will link your fundraising page to the campaign. Follow the steps to set up your fundraising page.
 - *Are you taking part in an activity?* — select 'I'm doing my own activity'.
 - *Tell us more about your activity*
 - Select type of activity depending on the challenge, e.g., 'Personal walk' if taking part in Walk 150km in Winter.
 - Enter the title of the seasonal challenge under Activity details.
 - *How much would you like to raise?* — set a fundraising target. Aim high and if you hit it, increase it!
- Personalise your page:
 - Tell your story — share a bit about yourself and why you're fundraising for Action Syria.
 - Include a picture — this makes it feel more real and inspiring.



Running

- If you haven't got one already, create a JustGiving account.
- Head to our [JustGiving campaign page](#) and click 'Start fundraising'. This will link your fundraising page to the campaign. Follow the steps to set up your fundraising page.
 - *Are you taking part in an activity?* — select 'I'm taking part in an event' and search for the event that you have secured a place at.
 - *How much would you like to raise?* — set a fundraising target. Aim high and if you hit it, increase it!
- Personalise your page:
 - Tell your story — share a bit about yourself and why you're fundraising for Action Syria.
 - Include a picture — this makes it feel more real and inspiring.

Ultra Challenge Events

- Select a 2026 Ultra Challenge event to take part in [here](#) — click on the tile to take you straight through to JustGiving. Follow the steps to set up your fundraising page.
 - *Choose a cause you'd like to support* — search for '2,026km for 2026'.
 - *How much would you like to raise?* — set a fundraising target. Aim high and if you hit it, increase it!
- Personalise your page:
 - Tell your story — share a bit about yourself and why you're fundraising for Action Syria.
 - Include a picture — this makes it feel more real and inspiring.

As you get started with JustGiving, make sure you remember to share your page with your friends and family, encourage Gift Aid — this adds 25% at no extra cost — and record offline giving. If you receive donations via cash or cheque, be sure to 'Add offline donation'.

Resources

Check out these resources designed to help you as you raise vital funds for Action Syria:

Checkpoint tracker for Cycle 350km in Summer – this tracker will help you record each milestone you reach towards your goal. We'll upload a new one for each seasonal challenge.

'Guess my time' sweepstake – why not create a 'guess my time' sweepstake for your running challenge to encourage people to donate?

- Source a prize and fill out the details on your poster.
- Ask your friends, family and colleagues if they'd like to donate to enter and guess your finishing time.
- Ask them to fill out their guess time and name in a box.
- Once you've completed the challenge, announce your official time and award the winner!



Swim 30km this Autumn



Ready to take on Action Syria's Autumn Challenge? Between September and November, we're challenging you to swim 30km. You can do the challenge solo or with friends and family, whatever works best for you. Join in, have fun, and go the distance to ensure Syrian communities have the education and medical care they need.

Use this tracker to log your kilometres, as you support Syrian communities to rebuild their lives with health, opportunity and hope.

Let's go!

3km

6km

9km

12km

You're halfway there!

15km

18km

21km

Nearly finished! ★ ★ ★

24km

27km

30km

You did it!

Share your achievement with your friends and family.

In aid of



**Action
Syria**

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Registered with
**FUNDRAISING
REGULATOR**



Guess my time

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How long will it take _____ to cross the finish line?

To enter, please donate £5 to my JustGiving page:

All money raised will be donated to Action Syria.

Fill out your name and guess a time below. The person with the closest guess to my official finishing time will win: _____.

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Guessed by:

Closing date:

Winner will be revealed by:

If the finishing time is halfway between the two closest guesses, the prize will go to the lower guess.

Action Syria is not the organiser and does not accept any responsibility for your sweepstake. The organiser is: _____.

The organiser must ensure that any age restrictions on prizes, if relevant, are reflected in age restrictions to enter.





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Registered 2024/25 ✓
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actionsyria.org.uk

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