

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**

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



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