On World Refugee Day, take a **Stride with Refugees**

Take a walk outside today and keep this step-count in mind; your steps will represent how far refugees travel to access basic necessities in a refugee camp.

**Step 2000**
This is how far a refugee child may walk to go to school. Keep in mind that young girls tend to face verbal harassment on this journey, threatening their safety.

**Step 5000**
This is how far a refugee may walk to get to the market for food. The calorie-count for a refugee is roughly 1300 calories per day.

**Step 12,874**
This is how far a refugee may walk to collect water. Keep in mind that a refugee would go this distance carrying a five-gallon jug of water.
World Refugee Day 2020

How to take a Stride with Refugees in your local community:

1. Sponsor a friend or family member in their Stride with Refugees walk! For example, if they complete 2,000 steps, you can donate $5! If they complete 5,000 steps, donate $10! If they complete 12,874 steps, donate $20!
3. Create a Facebook Fundraiser for Catholic Charities, Diocese of Arlington in honor of World Refugee Day! Email volunteer.newcomer@ccda.net to let us know that you’d like the proceeds to go to Migration and Refugee Services.
4. Purchase something off our Amazon Wishlist at the following link: http://a.co/cfQyvx0
5. Volunteer with us! You can find a complete listing of our opportunities at the following link: volunteer.ccda.net/

Questions? Contact volunteer.newcomer@ccda.net for more information!