

Seafarers spend

24 hours a day, 7 days a week at sea
and often for many, many months

Take on **The 24/7 Challenge** in support of seafarers affected by the COVID-19 pandemic.

HERE ARE SOME IDEAS OF WHAT YOU CAN DO...



ON YOUR OWN

- **Run** 24 miles in 7 days
- **Cycle** 24 miles in 7 hours
- **Read** 24 books in 7 weeks
- **Practice mindfulness** for 7 minutes every day for 24 days
- **Walk** 24,000 steps in 24 hours

WITH FRIENDS & FAMILY

- **Dance** for 24 minutes every day for 7 days
- **Bake** 24 cakes every week for 7 weeks
- **Host** a virtual quiz with 7 rounds
- **Sing** 7 songs with 24 friends & family on Zoom
- 7 hour **silence**... place your bets on who will crack first!



For further details see www.seafarers.uk