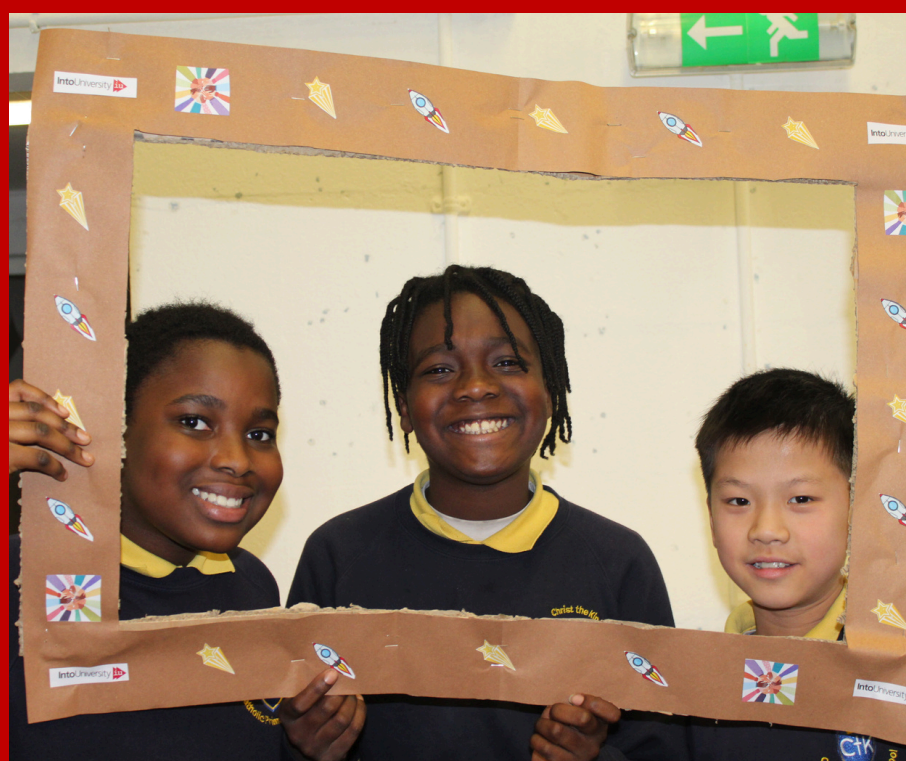


# THE '250' CHALLENGE



**GET INVOLVED & FUNDRAISE  
FOR US THIS SUMMER...**

This year, we are proud to be working with our **250,000th** student. Join us in celebrating by taking on a challenge of your choice. Whether you're feeling sporty, creative or adventurous, every step you take will help us empower even more students. Your support will make a lasting impact - let's make this milestone unforgettable!





# '25' CHALLENGES

Here are some examples of challenges relating to the number '25' which you can undertake this summer!



1. Clock 250,000 steps over 25 days



2. Cycle 250km over 25 days



3. Run 25 miles over 25 days



4. 25-ingredient cook-off/bake-off

Sell 25 baked goods  
Cook for 25 people



5. IU's '250' Quiz



6. Readathon



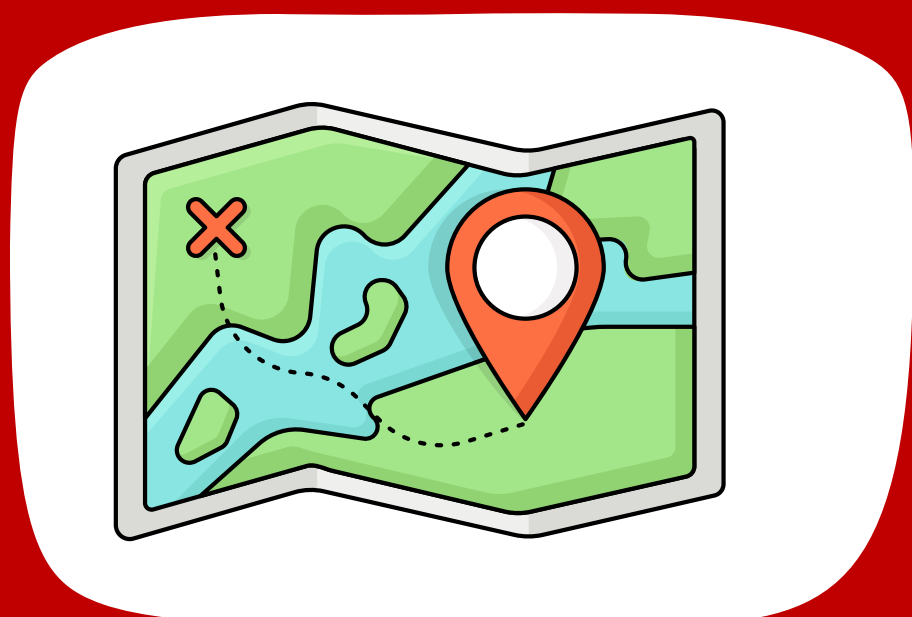
7. IU-themed Bingo night



8. 25 days without challenge (give up a daily treat and donate the money!)



9. Practice Yoga for 25 mins a day for 25 days



10. Walk the 'Thames Ring 250'



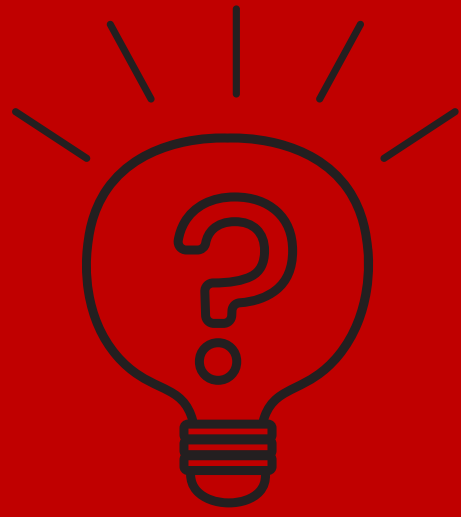
11. Swim 250 lengths



12. Take on any challenge but raise £250

# '25' CHALLENGES

Here are some examples of challenges relating to the number '25' which you can undertake this summer!



13. Design a quiz where participants have to answer 25 questions within a theme



14. Host a fun run with friends - run 25 miles over a set period



3. Coffee morning - get together for a cuppa



4. 25 peaks challenge - climb 25 hills or mountains in a set timeframe



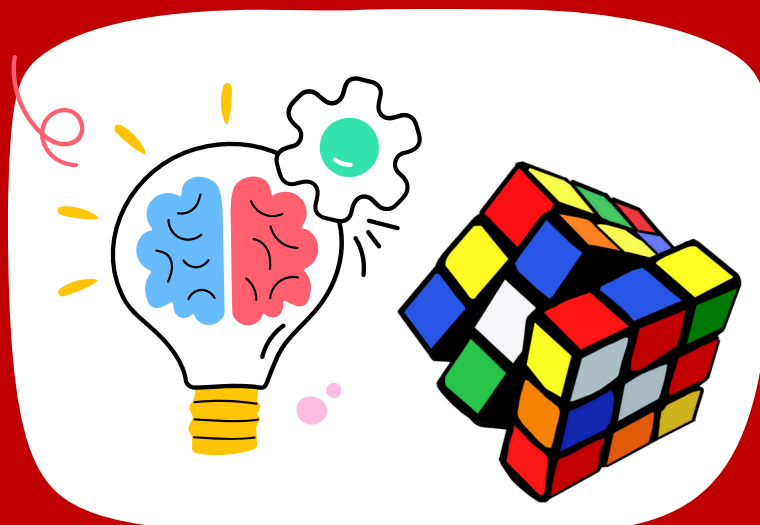
17. Visit 25 local landmarks in a day



18. Make & sell 250 greeting cards



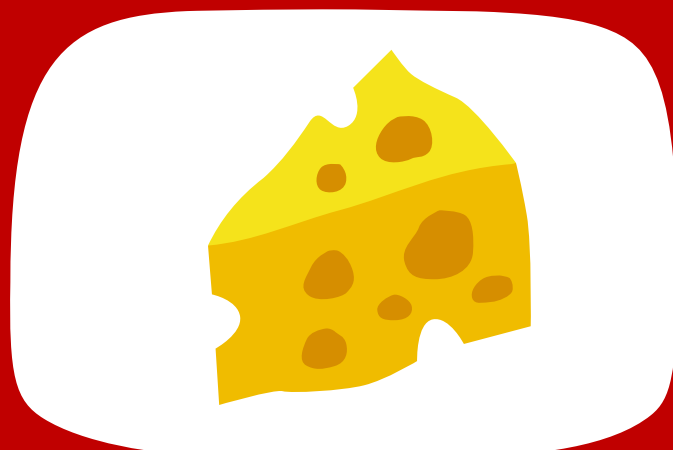
21. Host a summer picnic with 25 different dishes



22. Teach yourself a new skill in 25 days - e.g solve a Rubiks Cube!



23. Auction off 25 items



24. In light of National Cheese Day on the 4th of June, do a blind cheese-tasting competition with 25 cheeses!



25. Host a barbecue for 25 friends and get people to donate how much they would a meal deal, or more!