

# PLOG THE GAP FAQs



## What is Plog the Gap?

Plog the Gap challenges you to take on a 30 mile or 30 kilometre plog (a combination of jogging and litter picking) – or to carry out 30 days of litter picking either back to back, or spread over the first three months of the year.

## Why take on the Plog the Gap challenge?

Waste kills. In the world's poorest countries, a person dies every 30 seconds from diseases caused by plastic pollution and rubbish that's not properly disposed of. Bin Twinning is raising funds to set up brand-new social enterprises that are providing communities with rubbish collections and recycling as much as possible. For instance, in Uganda, more than 600 tonnes of plastic are dumped every day, and 90% of this waste is burnt or sent to landfill. Our partner Eco Brixx' aim is to recycle up to 30 tonnes of plastic each month and turn it into items for sale, such as paving blocks.

## How does it work?

- Sign up at [www.bintwinning/plog-the-gap](http://www.bintwinning/plog-the-gap)
- You'll be emailed a Plog the Gap supporter pack which includes a plogging factsheet, a distance tracker and sweepstake poster.
- Set up an online giving page with Virgin Money Giving.
- You can search for Bin Twinning at: [uk.virginmoneygiving.com](http://uk.virginmoneygiving.com)
- Ask friends and family to support you
- Start your challenge! Share your progress on social media. Tell friends and family how you're doing – and hopefully they'll encourage you to keep going, and you'll encourage them to start their own challenge.

## Do I have to complete the 30 miles or 30 kilometres in one go?

- Absolutely not! You choose how you would like to complete the 30 miles or 30 kilometres, by completing short daily distances or doing a longer distance at the weekend. Or, if you prefer not to set yourself a distance challenge, but to go for a 30-day fundraiser instead, you can choose whether to litter pick every day back to back for 30 days or to spread the 30 days over several months, or 30 weekends, or even the whole year!
- But don't forget you can make the challenge as easy or hard as you like. For instance, if 30 miles seems too easy(!), why don't you double it to 60 or triple it to 90!

## Could Plog the Gap be a team challenge?

- Why not! If you'd like to get together with family, or a group of friends, or work colleagues, Plog the Gap could become a special one-day event to complete 30 miles by walking or jogging while picking up litter.
- Or, if you do this with one other friend, your mum or dad, or your partner, why don't you add together your personal goals and go for a 60-mile or 60-day challenge as a duo – or make it easier, by splitting the target in half so you each litter-pick every other day for 30 days or complete 15 miles each across a single day, or a month, or longer.
- If you're thinking of a team event with multiple members, each person could sign up for different days, or part of the challenge that's doable. For example, if you had a team of 30, each person could sign up to a different day of litter-picking so a 30-day challenge gets split equally between you all!

## How do I pay in my funds once I've finished?

If you set up an online fundraising page with Virgin Money Giving, donations will come directly to us. With any other fundraising mechanism, you can bank the cash raised, and then make a BACS transfer to us online (please include your name as a reference). It's really helpful if you can email [sporty@toilettwinning.org](mailto:sporty@toilettwinning.org) to let us know it's on its way.

Account name ..... Tearfund t/a Bin Twinning  
Bank ..... Barclays  
Account ..... 53798860  
Sort code ..... 20-00-00

Alternatively, you can send a cheque (payable to Bin Twinning) to:

**Toilet Twinning, 1052-1054 Christchurch Road,  
Bournemouth, Dorset BH7 6DS**

## If some of my sponsors give £45, do they get a Bin Twin?

Please do let us know if you would like all or part of your donation converted to Toilet Twinning certificates.

£45 raised ..... 1 Bin Twin  
£90 raised ..... 2 Bin Twins  
£135 raised ..... 3 Bin Twins  
£150 raised ..... 1 Commercial Bin Twin (DRC)  
£180 raised ..... 4 Bin Twins  
£500 raised ..... 11 Bin Twins and a £5 donation  
£1,000 raised ..... 22 Bin Twins and a £10 donation!

Email [info@bintwinning.org](mailto:info@bintwinning.org) or call 0300 303 3053 for more info.