

## **FAQS – Walk in Their Shoes 2024**

### **How do I sign up?**

1. Choose the hospital worker whose shoes you would like to walk in from our event page. Click on their profile page to find out more about their role in the hospital and their step count.
2. On your chosen hospital worker's page, click the 'Join Team' button to register and set up your personal fundraising page for the challenge.
3. Check your inbox and click the link you receive from iDonate to activate your page.

### **How do I connect a fitness tracker to my personal fundraising page?**

Follow this link for more information on how to connect a fitness tracker to your iDonate fundraising page - <https://idonate.zendesk.com/hc/en-us/articles/4404427838226-Connect-a-Fitness-App-to-your-page-to-track-your-activities>

### **Do I have to use a fitness tracker/smartwatch?**

No, you do not have to use a fitness tracker or smartwatch. You can simply use an app on your smartphone. Free fitness apps you can use to track your steps and more include: Strava, Map My Walk, and Runkeeper.

For a simple pedometer app, try [Pedometer – Step Counter](#) on the Google Play Store and [Pedometer & Step Counter](#) on the Apple App Store.

### **How do I log my steps?**

The simplest way is to use an app on your phone to track your miles. You can then upload your steps manually to your iDonate fundraising page. [Click here](#) for how to add your steps to your page.

### **How do I set up my fundraising page?**

Once you have completed the challenge registration form, your iDonate fundraising page will be created automatically. Keep an eye on your inbox for an email from iDonate with the link to activate your page. From there you can edit and personalise your fundraising page e.g. add a profile picture or edit the text.

### **Can I raise funds offline?**

Yes, you can fundraise offline. If you would like to raise funds offline, please contact [matthew@cuhcharity.ie](mailto:matthew@cuhcharity.ie) and we will send you sponsorship cards and information on how to upload your offline donations to your fundraising page.

**Do I have to match my healthcare worker's steps every day?**

We understand that you may not be able to meet the same number of steps as your healthcare worker every day. The key aim is to match their total step count by the end of the challenge. You can do this in whatever way works best for you. This is your challenge; we want you to enjoy it!

**How will the money I raise help patients of CUH and CUMH?**

By taking up the challenge you'll support those in Munster who need the vital services of Cork University Hospital and Cork University Maternity Hospital. You'll help enhance equipment, facilities, and services for both hospitals.

**Are there any registration or participation fees?**

Yes, there is a registration fee of €15.

**Is there a fundraising target?**

We ask all participants to set a minimum fundraising target of at least €150.

**Can I take cash donations?**

Yes, you can lodge cash donations to CUH Charity. Contact [matthew@cuhcharity.ie](mailto:matthew@cuhcharity.ie) for details. Once you have lodged your cash donation, you can upload the amount to your iDonate page. Find out how [here](#).