



Make a SPL*SH
for S.*L.V.E.



Splash for S.A.L.V.E.

This year, people around the world will be taking part in one of our 3 incredible challenges and will swim from the comfort of their own local pool to support S.A.L.V.E. International. Do you have what it takes to make a Splash for S.A.L.V.E.?

The Challenges

All of our swimming challenges are named after sections of water in the area of Jinja, Uganda where we work, each distance more challenging than the last!

Determined challenge: Beat Bujagali

Are you determined to make a splash for S.A.L.V.E.? Then swim the 1000m length of the famous rapids near to Jinja (recently dammed to create more electricity)

This is the same as [40 lengths](#) in a [25m pool](#).

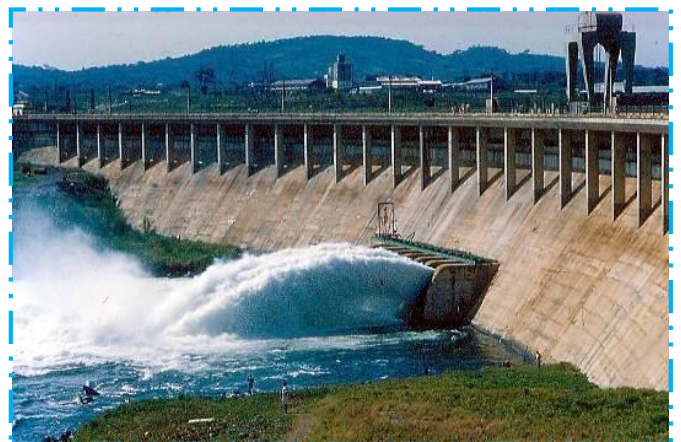


Demanding Challenge: Swim Owens Falls

Are you ready for the **demanding** current of Owens Falls?

The town of Jinja is powered by the local dam, which is built where the once famous **4000m** long Owens falls used to roar.

This is the same as [160 lengths](#) in a [25m pool](#),
or [80 lengths](#) in a [50m pool](#)



Difficult Challenge: Survive The Source

Fancy something more **difficult**?

Then how about swimming from the source of the river Nile until the end of Bujagali Falls? That's a gruelling **8000m**.

This is the same as [320 lengths](#) in a [25m pool](#).



Some Organised Splash suggestions

You can choose to organise your own splash or to take part in an organised event. If you're feeling extra brave, you could even choose to do an outside swim in a lake, river or the sea (as long as it is safe to do so).

Here are some suggestions of organised events:

The Dart 10km

The Dart 10k is a fantastic swim journey from the town of Totnes down the Dart estuary to Dittisham (dit-sum to locals). It's a journey, not a race, and there's room for everyone in the river - there's no thrashing and swimming over the top of each other. The day ends with good times! The swim finishes on the village green in Dittisham where there's a mini-festival feel, with local food suppliers, a children's playground, all the fun of the fair as swimmers celebrate.

For more information about the Dart 10Km, click [here](#).



The Great North Swim



The Great North Swim is Europe's biggest open water swimming event with around 10,000 participants.

Over three days, participants of all abilities take the plunge in stunning Windermere with a range of different distances to choose from, including 1/2 mile, 1 mile, 2 miles, 5k and 10k swims as well as a team relay.

Why not get your family and friends along to make a weekend of it in the picturesque surroundings of the Lake District National Park. Suitable for swimmers of all abilities. Click [here](#) to find out more.

Other options

Why not choose to swim the full length of the River Nile or width of Lake Victoria over a longer period of time? You could use this mobile [swim tracker](#) to track your distances. Even better, why not get friends to join you too!

How do I get Splashing?

It couldn't be easier to get involved – and our dedicated team of S.A.L.V.E. volunteers will be there to support you every stroke of the way!

1. Choose your challenge – **determined**, **demanding** or **difficult**, join up to an organized event, or choose your own challenge.
2. Choose if you would like to do the challenge as an individual or as part of a team (teams can be any size). Why not ask friends and family if they would like to join you?
3. Choose when you would like to do your swim – and organise with a local pool to have a lane or two set aside for you for that time (if doing your own challenge rather than an organized one).
4. Register with splash@salveinternational.org to let us know which challenge you're doing and when, so we can send your fundraising pack and free SALVE swimming cap!
5. Start your training and your fundraising:
 - Online through [Virgin Money Giving](#)
 - Offline through the form we will provide you with.
6. Make a **giant splash!** and complete your swim – why not get your friends to cheer you on and then send us some pictures of your amazing effort!
7. When you have completed your challenge, we will send you a certificate and let you know exactly where your money is going.



Why Splash for S.A.L.V.E.?

S.A.L.V.E. is a small UK and Ugandan charity working hard to reduce the number of young people on the streets of Jinja, Uganda through education. We support children without a home, allowing them to return to their families (where possible) and to re-enter education.

S.A.L.V.E. believes that:

- No young person should have to live or work on the street.
- Young people who have lived on the street deserve the chance to fulfill their potential.
- Young people on the street should have trustworthy and supportive adults around them.

The programmes below are just some of the ways in which S.A.L.V.E. works to reduce the number of children on the street in Jinja.

Street Outreach

S.A.L.V.E. runs a street outreach and drop-in service in Jinja town which is accessed by up to 40 children on the streets daily. Through this, S.A.L.V.E. builds trusting relationships with young people living on the streets, with the aim of taking these children back to their family homes and reintegrating them into their community where it is safe to do so.



Home Tracing

When a child trusts S.A.L.V.E. enough and they are ready to go home, they agree to a home tracing visit. This involves taking a child back to where they came from, allowing the S.A.L.V.E. staff to speak to a child's relatives or neighbours to find out more about how and why they came to be on the streets and to see if they can be reintegrated back into their family home fulltime.



Family Skills and Business Development

S.A.L.V.E. runs small business training courses and provides start-up grants for families of young people who have been resettled from the street. The idea is to drive money back into the poorest communities, breaking the cycle of poverty and ensuring that there is enough money to provide and care for all members of the family.

Every stroke you swim and penny you raise will take us one step closer to getting these children off the streets and into a safe and comfortable environment.

Thank you very much for choosing to

Splash for SALVE!