



"Walk in Her Shoes 2022" Frequently Asked Questions

Find answers to the frequently asked questions
about "Walk in Her Shoes 2022".

[Walk, Anytime and Anywhere You Like]

① What is the difference between individual participation and team participation?

You can join "Walk in Her Shoes, anytime and anywhere you like" as a team as well as an individual. In team participation, you can register as a group consisting of more than two members, and we count the average steps of the members in the steps ranking. By joining as a team, a feeling of unity can be shared among the members even when they participate from different places. It is recommended for companies and organizations to participate as a team to improve team-building or anyone who would like to enjoy competing against other teams!

② How can we participate as a team?

Team registration can be made [here](#) by a representative of the team. You will be asked to submit the following information:

1. Name of the group
2. Name of the representative
3. Email address of the representative

After the team registration, each member is required to complete the entry procedure.

③ Do I need to pay an extra fee when participating as a team?

No, it is free to participate as a team. However, every team member is required to pay an entry fee per person.

④ Which system should I choose to report my footsteps?

You can choose it from the following two methods.

Starting in 2022, you don't need to unify the method among team members.

Whichever method you use, your steps will be totaled.

※You cannot use both methods together. The reporting method cannot be changed during the period.

The method of step reporting	The pedometer app “ALKOO” with the automatic linkage	manual report on the website
Overview	If you download the app on your smartphone and carry it with you, your steps will be automatically reported via the app.	You measure your steps by your pedometer, and you manually report them on the campaign website.
Ranking	Individual Ranking, Team Ranking, Ranking among team members, Ranking for the whole period	Individual Ranking, Team Ranking, Ranking among team members (arbitrary period)
View your own records	Daily, Monthly (Up to last month)	Arbitrary period
Other functions	<ul style="list-style-type: none"> ➤ Various services in the app (“Recommended Courses”, “Movement log browsing”,etc) ➤ You can sync the app to wearable devices, Apple Watch (iOS) and Fitbit (iOS, Android) 	
Recommend for the following people	<ul style="list-style-type: none"> ➤ Those who want to report their steps easily. ➤ Those who do not mind the accuracy of the footsteps. <p>※Depending on the battery and other conditions of the smartphone, step count may not be reflected.</p>	<ul style="list-style-type: none"> ➤ Those who do not own smart phones. ➤ Those who participate overseas and cannot download the app.

⑤ Do we need to standardize one method of step reporting for team participation?

Starting this year, you do not need to standardize it. Each member can choose his/her favorite method.

⑥ Can we use both methods together?

No that is not possible. Please chose one method when reporting your footsteps.

⑦ Can I correct mistakes in my step report?

- Users of manual reporting on the website
You can correct by submitting again with the same date. Your steps data will be overwritten.
- Users of the pedometer app “ALKOO”
You cannot correct the steps because of the automatic linkage.

⑧ What should I do if I forget the login ID or the password to report on the website?

Please contact the campaign office.

⑨ Can I join from overseas?

Yes, you can. But please note the following.

- You might not be able to use the pedometer app “ALKOO” depending on your device when you join from overseas. Moreover, the ranking will be calculated in Japan time.
- If you would like to order campaign T-shirts or other goods, we will ship them via EMS. The shipping fee is at your expense. When you order as a group, please designate a person representing the group to receive the T-shirts. You can check the EMS rate schedule [here](#). (FYR: Approximate weight of two T-shirts in a package, is 500g.)

⑩ Do I have to walk more than 8,000 steps a day?

The campaign purpose is “Walking while trying to understand the feelings of women and girls living in poverty”. We recommend walking 8,000 steps, a journey of about 6 kilometers. But you are not required to accomplish it every day. The number of steps you take in your daily life is not a problem. We hope that you will be aware of "walking" as much as you can, such as taking the stairs instead of the elevator.

⑪ Can I join without using the app or report on the website?

The amount of donation is based on the number of steps you take. In principle, participants must be able to report their steps by themselves. Please refrain from entering the number of steps taken by those you are joining with, in order to avoid false rankings. If you have any questions, please contact our office.

[Organize fundraising or hold your own event]

Is there an entry fee to join “Organize fundraising or hold your own event” program?

There is not extra fee required. See below for details of the procedure.

[Organize fundraising.](#) (Japanese text only)

[Hold your own event.](#) (Japanese text only)

[Post a Photo of “C” to expand the campaign]

① Which social media should I use to post it?

You can use Facebook, Instagram and Twitter.

② Does the post have to be set to public?

Yes. If it is set to private, the office cannot confirm it.

③ After finishing this campaign, I want the post to be set to private. How long does the post have to be set to public?

The post has to be public until the end of June. The campaign will end on May 31. After that, we will announce awards from among the photos posted. Such photos may be used on our Foundation's website and SNS in the future.

④ Can I post to my Instagram story?

If we cannot see it after 24 hours, we will not count it. Please use a feed photo.

⑤ Do I need to register as a member to post a photo of "C"?

No, you do not need to register anything. If you have a SNS account, then you may join by simply posting a picture with the hashtag.

[Other]

① I would like to know how entry fee and donation are used.

Entry fees and donations through the “Walk in Her Shoes” campaign will go to CARE International Japan’s activities, which aim to defeat poverty by strengthening the capacity for self-help of disadvantaged women and girls in developing countries, and conflict- and disaster-affected areas. We are now working on five projects worldwide.

- 1) Timor-Leste: Self-help assistance project through Lafaek, to distribute necessary information for life throughout Timor-Leste utilizing educational magazines and web media.
- 2) Timor-Leste: Agricultural water improvement project, to promote drip irrigation, which reduces the burden on women and the earth, aiming to defeat poverty and empower women.
- 3) Thailand: Leadership development project through education of science, technology, engineering and mathematics (2nd term), which provides learning opportunities for junior high and high school students to obtain leadership and job skills.
- 4) COVID-19 emergency support project: It is implemented in developing countries and refugee camps all around the world.
- 5) Afghanistan: Emergency Support Project for Afghanistan which assist internally displaced persons and refugees who have crossed borders.

In addition, we are going to utilize donations to cover PR activities in Japan, administrative costs of the office, and so on. To know more about our projects, visit [here. 2021 Annual Report.](#) (Japanese text only)

② Is all of campaign entry fee and donation used for support?

Entry fee and donation through the “Walk in Her Shoes” campaign will go to CARE International Japan’s activities except expenses related to the operation of the campaign. Last year, we used about 11% of our total income for expenses. Please refer to the previous section regarding the use of the funds.

③ Are there any events that minors can join?

- In “Walk, anytime and anywhere you like”, you need to report steps. If you can report by yourself, you can join. However, the student entry fee is 1,500 yen.
- In the Cherry Blossom Charity Walk Event on March 21, the World Water Day, there is no entry fee for elementary school students and younger.
- In “Posting a photo of "C"”, minors can join if they have their SNS account.

④ What is “Walking Partner”?

It is a corporation that is collaborating in this campaign with employee participation. To become a “Walking Partner”, you will be screened by our Foundation.

⑤ What is “Student Partner”?

They are student organizations and student-led groups who join “Walk, anytime and anywhere you like”.