



JOIN OUR

**VIRTUAL
FITNESS
CHALLENGE**



**Christel
House[®]
South Africa**

We are more than a school. We transform lives.

<https://sa.christelhouse.org/>

Registered Charity: 017 -044 - NPO

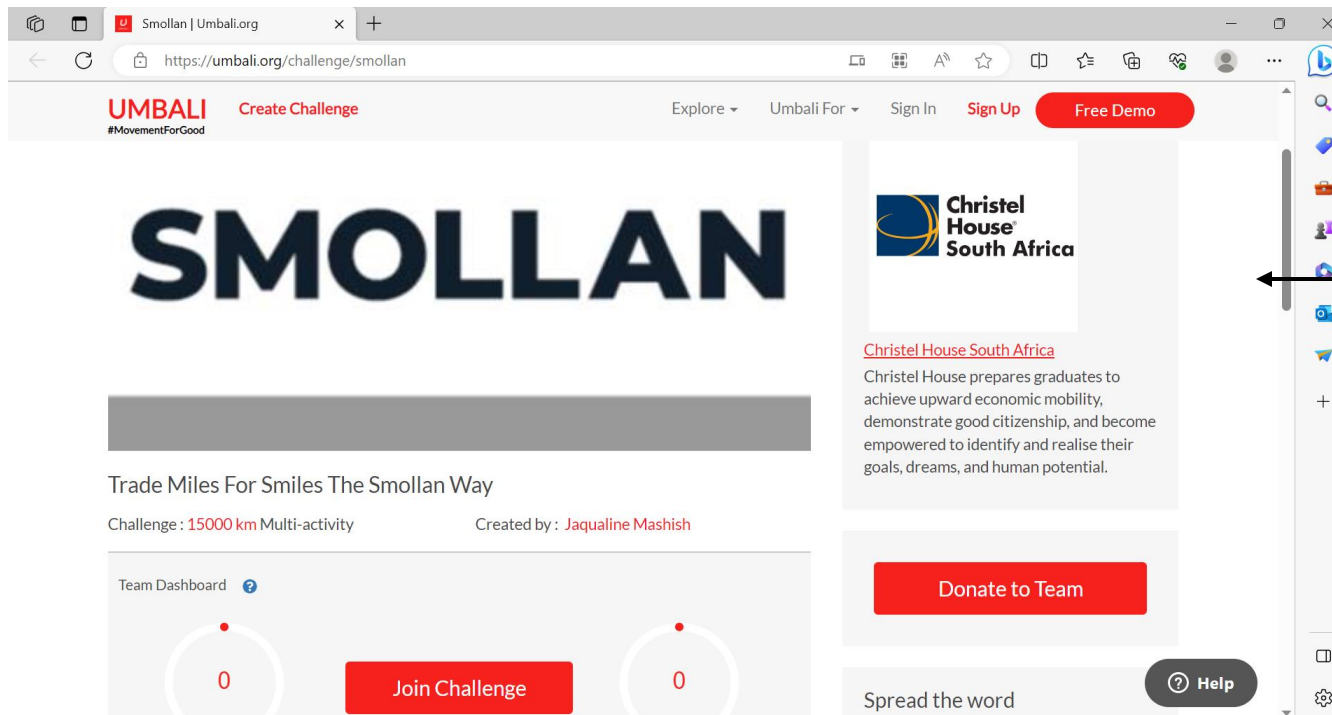
**How to register, create a profile
and join a team**

STEP 1

To register follow the steps below

You can register on your phone or desktop by typing in the following URL code

<https://umbali.org/challenge/smollan>

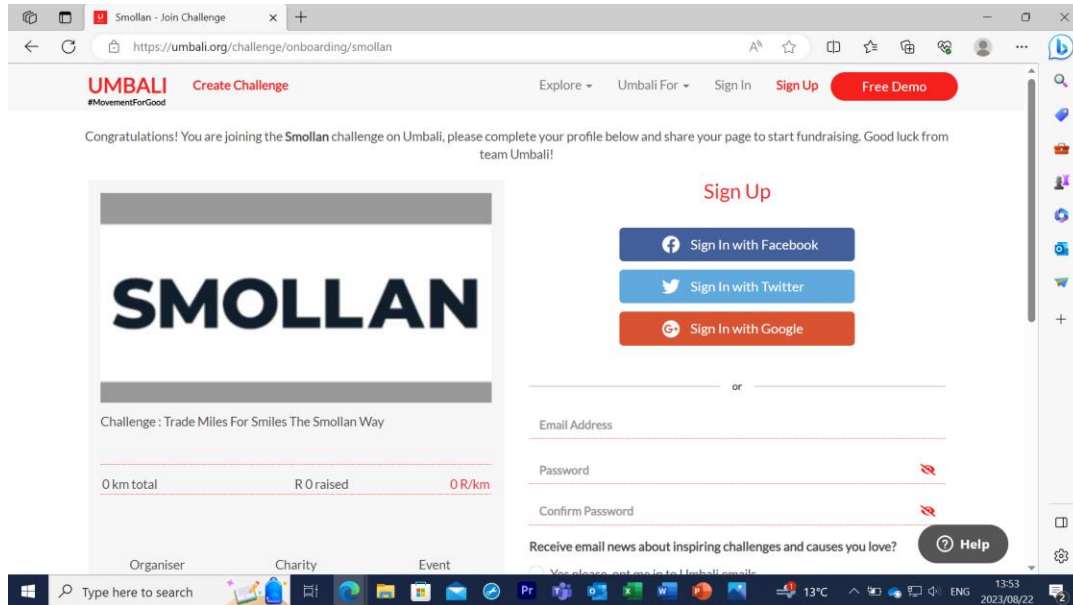


The link will take you to the page on the left, then click 'Join Challenge'.

SMOLLAN

You will then be directed to the following page. Please enter your email address and password that you would like to use to create your own profile.

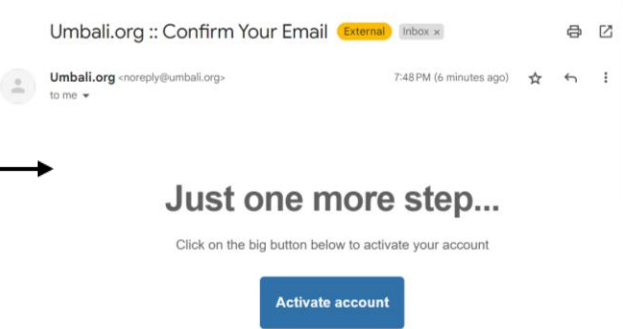
STEP 2



To be updated on all things Virtual Fitness Challenge, click 'yes' to receive news about the upcoming challengers taking place in September and motivating e- cards to keep you going throughout the challenge.

Once you have clicked, 'Sign me up!'. You will be directed to the below page.

Great thanks for connecting 🙌😊
✔️ Please confirm your email address
📧 An email has been sent with a verification link
Please check you spam or junk folder, or you can also connect in one click with social logins



SMOLLAN

Once you have clicked on the link via your email. You get to choose whether you would like to join as an individual or create/join a team.

STEP 3

Join Christel House South Africa Virtual Fitness Challenge

Welcome to "Christel House South Africa Virtual Fitness Challenge" challenge, with Umbali all your effort will count to support Christel House International. This challenge is open to individuals but you can also join or create your own team



[See current teams](#)

[Create a team](#)

Cancel

Join as an individual

Please note: You can still edit your profile at a later stage

Click see current teams and join the Smollan team.

SMOLLAN

Join the Smollan team!

STEP 4

UMBALI #MovementForGood Create Challenge

Get fit. Have fun. Make a difference

Challenge : 40705 km Multi-activity Created by : Christel House South Africa

Challenge Dashboard

369 R raised

Join Challenge

Registrations close in a month

157 km covered 2.34 R/km

Story Route Donations (3) Sponsors Updates (24) Teams (9) Fundraisers (47)

Team	Members	KM	Donors	Raised	R/KM
CHSA Junior School	9	24	1	R 300	12.70
RGA South Africa	8	34	0	R 0	0.00
Smollan	1	0	0	R 0	0.00
Christel House SA Marketing Team	1	0	0	R 0	0.00
FinOps Team	1	0	0	R 0	0.00
Touching Dreams	1	0	0	R 0	0.00
Sunday Walkers	1	0	0	R 0	0.00
Health & Social Services	1	0	0	R 0	0.00
CHSA High School	1	0	0	R 0	0.00

Donate to Challenge

Spread the word

Share this page with your friends and family and spread the word!

Sponsors

The following page

UMBALI #MovementForGood Create Challenge

Trade Miles For Smiles The Smollan Way

Challenge : 15000 km Multi-activity Created by : Jaqueline Mashish

Team Dashboard

0 R raised

Join Challenge

Registrations close in a month

0 km covered 0 R/km

Donate to Team

Spread the word

Christel House South Africa

Christel House prepares graduates to achieve upward economic mobility, demonstrate good citizenship, and become empowered to identify and realise their goals, dreams, and human potential.

Click Join the Challenge

SMOLLAN

STEP 5

By clicking 'Join the challenge', you will be taken to the below page.

UMBALI #MovementForGood Create Challenge Explore Umbali For

Congratulations! You are joining the Smollan challenge on Umbali, please complete your profile below and share your page to start fundraising. Good luck from team Umbali!

Display Name Tamia

Why I'm doing this Paying it forward

Activity Multi-activity

Distance pledged 10 km

Fundraising Target R 10000

Are you happy to receive emails from Christel House South Africa?
This may include thanks for your fundraising or donation, updates on their work and other ways of supporting them such as future campaigns.

Yes, I am happy to receive emails
 No, opt me out

Join Challenge

SMOLLAN

Challenge : Trade Miles For Smiles The Smollan Way

0 km total R 0 raised 0 R/km

Organiser Charity Event

Following Page

SMOLLAN

Challenge : Trade Miles For Smiles The Smollan Way

0 km total R 0 raised 0 R/km

Organiser Charity Event

Thank you for Joining

Share your personal challenge page with your family and friends

View my page

An example of an appeal to potential donors; 'I am running in support of non -profit school, Christel House SA. The cause is close to my heart and by supporting my fundraiser you will assist in transforming the lives of many students'.

SMOLLAN

You have officially registered for Christel House SA's Virtual Fitness Challenge!

This is what your fundraising page will look like:

UMBALI #MovementForGood Create Challenge Explore Umbali For

Tamia Supporting: Smollan

SMOLLAN

Fundraiser Dashboard: ?

Pledged: 9 km Running
Completed: 0 km
Donors: 0
Raised: R 0 / 1000
Ratio: R 0 per km

R0

Donate

Raising for ? Verified

Tamia Paying it forward

Christel House South Africa

Spread the word

Connect with STRAVA

Story Route Activities (0) Updates (0) Help

STEP 4

As stated, you get a chance to edit any profile information at any time. The circled spaces, are sections you can edit/change.

SMOLLAN

HOW TO LINK YOUR STRAVA APP, TO YOUR PROFILE AND TRACK YOUR KILOMETRES

HOW TO SYNC YOUR STRAVA AND TRACK YOUR KMS

STEP 1

Via the site, you get to sync your Strava.

Log into your Strava account by clicking, 'Connect Strava'.

STEP 2

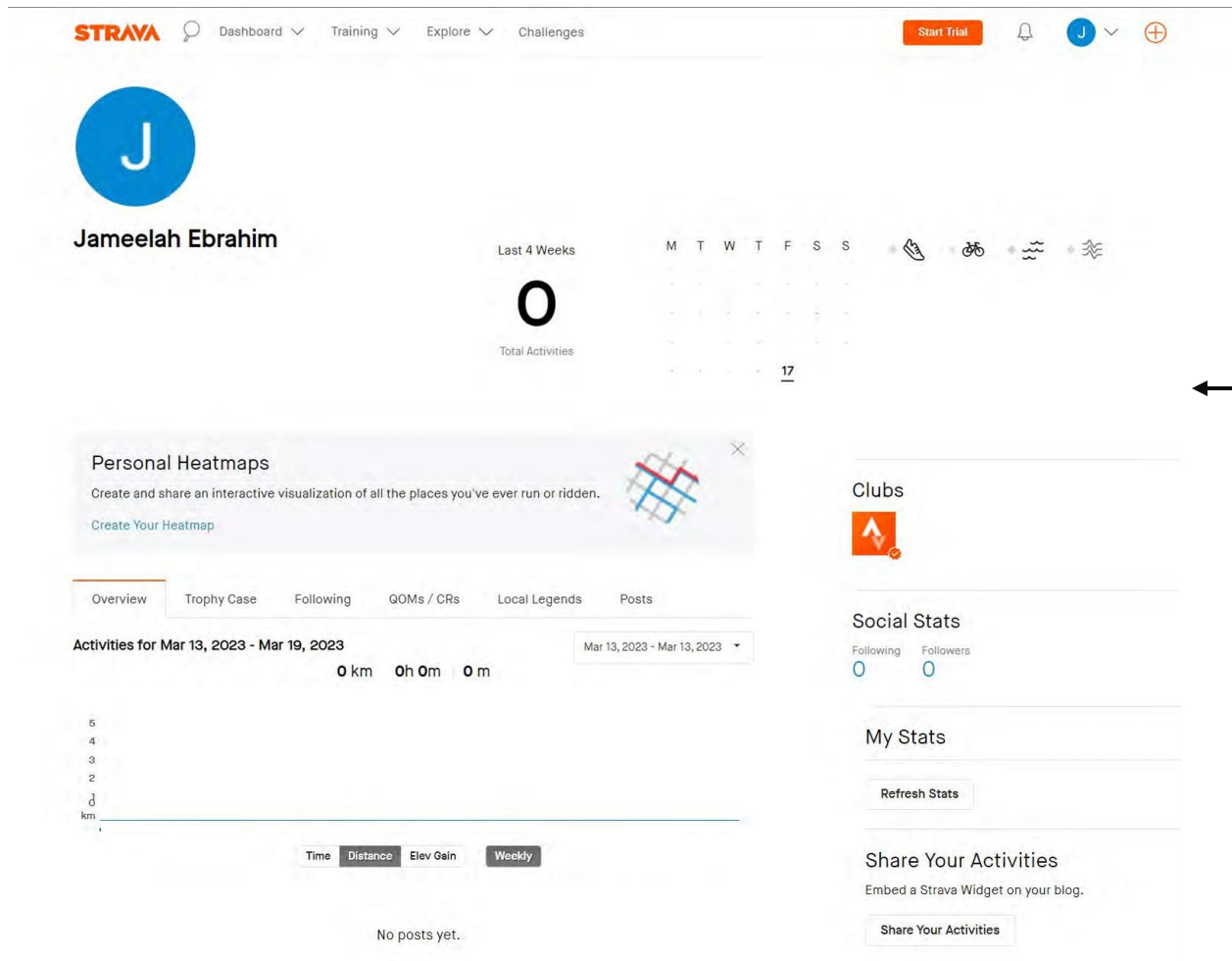
Give authorization to Umbali.org to connect to your Strava. Then proceed to fill in your Strava's email and password details.

The image displays two screenshots from the Umbali.org website. The top screenshot shows a 'Spread the word' section with social media icons for email, Facebook, Twitter, and LinkedIn, and a prominent orange button labeled 'Connect with STRAVA'. An arrow points from this button to the bottom screenshot, which is an authorization page for Umbali.org. The authorization page includes the Umbali.org logo, the title 'Authorize Umbali.org to connect to Strava', a description of the platform, the URL 'https://umbali.org', and a list of permissions: 'View data about your public profile (required)' and 'View data about your private activities'. A warning box states: 'Your activities will not contain heart rate data. It looks like you still need to allow Strava to process your heart rate data. Please do this in the Data Permissions section in Strava's settings before you upload your next activity.' Below the permissions are 'Authorize' and 'Cancel' buttons. At the bottom, there is a note about revoking access and a link to 'settings', and a final line stating 'By authorizing an application you continue to operate under our Terms of Service.'

SMOLLAN

HOW TO SYNC YOUR STRAVA AND TRACK YOUR KMS

STEP 3



This is what your Strava profile would look like via Umbali.

SMOLLAN

You can also manually log your kms, by choosing the below option.

Christel House South Africa

Supporting: [Christel House South Africa Virtual Fitness Challenge](#)

VIRTUAL FITNESS CHALLENGE

Christel House South Africa
We are more than a school. We transform lives.

Fundraiser Dashboard:

Pledged: [30](#) km [Walking](#)

Completed: [0](#) km **R0**

Donors: [0](#)

Raised: R [0](#) / [1000](#)

Ratio: R [0](#) per km

[Donate](#)

Spread the word

[Email](#) [Facebook](#) [Twitter](#) [LinkedIn](#)

Raising for [Christel House South Africa](#) [Verified](#)

Christel House South Africa

I am running in support of non-profit school, Christel House SA. The cause is close to my heart and by supporting my fundraiser you will assist in transforming the lives of many students

[Story](#) [Route](#) [Activities \(0\)](#) [Updates \(0\)](#)

My Activities [?](#)

My connected Strava Account (107714909)

[Click to add your strava activity id](#)

Strava Activity Id is the long string of numbers in the web address of the page e.g. <https://www.strava.com/activities/4545894191>

or

[Add manual entry](#)

SMOLLAN

FOR MORE INFORMATION

Contact person: Saadiq Chotia (Project Manager)

Email: schotia@sa.christelhouse.org

Phone number: 021 704 9447 / 076 317 8602.



Your participation in our Virtual Fitness Challenge can help transform lives at Christel House South Africa.

SMOLLAN

