



## PRESS RELEASE

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### FOR IMMEDIATE RELEASE

## **How Climbing a Mountain in Spain Can Help Make Lives Better for Some of the World's Poorest Girls**

- Dutch Australian woman sets off on adventure challenge to raise funds that will be used to educate girls living in some of the world's poorest places

- #hikeforonegirl

APRIL 16, 2018 - This morning, Dutch-Australian woman, Frances Antonia has set off from Southern France on a month-long adventure to help educate some of the worlds most disadvantaged girls.

Starting in the French Pyrenean village of St Jean Pied de Port, her journey will begin by following the traditional "Napoleon Route" over the Pyrenees to Roncesvalles, Spain before continuing the full 769 kilometre journey across north-west Spain to Santiago de Compostela.

For centuries, this journey, known as the Camino Frances, has been a pilgrimage to the purported resting place of St James, and in recent years has seen a resurgence in popularity amongst pilgrims and adventurers alike.

Antonia says she's viewing her own fundraising walk as being a bit like a modern pilgrim. "For me it's the challenge, the adventure, a way to share travel combined with humility, the chance to be a voice for what matters and to show my kids that standing for something is important," Antonia says.

The walk is expected to take 30 days and she plans to cover 20-30 kms per day carting all she needs on her back. She will stay in 'refugios', low-cost pilgrim-style accommodations and eat locally along the route. The whole adventure is to be an exercise in minimalist and sustainable travel, while fundraising to make a difference.

Her fundraising efforts will be in support of One Girl Australia, a charity she first encountered while listening to a presentation from then CEO, Morgan Koegal, at a women's adventure summit in Sydney which she attended with her daughter, Zoë.

Morgan said: 'When something feels wrong in your gut - do something about it'. So they did. In a concentrated two-week effort, Antonia and Zoë ran a school raffle with ethical and sustainable prizes, which raised enough money to educate eight girls for one year.

Antonia said: "One Girl works in both Sierra Leone and Uganda, two of the most challenging places on earth to be born a girl. For girls born in these countries, education changes everything."

Antonia references statistics from the region which show:

- A girl's income increases by 10-25% for every extra year of education.
- She'll marry later and have a smaller, healthier family - when she's ready.
- Her health, economic status, and future family then all benefit.
- Educated mothers are more than twice as likely to educate their children.

She added: "I am fortunate to live in a country that is well-off and safe, that provides a great education system for my kids. The benefits my family enjoys because of where we live are just not available to many people, and especially to girls living in some of the world's most disadvantaged countries. I want to do what I can to help change that."

In addition to being a One Girl Ambassador, Antonia has also become a Wilderness Wear Tribe Member and is being supported on her challenge by a number of other Australian organisation including Travel Play Live Magazine, and Go To Skincare along with international supporters including: Out Now Global, Salomon UK, TravelSafe Int. B.V. and Just Grab Bits - an initiative to pick up the plastic litter that may otherwise end up in the world's oceans.

Even before setting foot on the trail, generous donors have contributed to the cause and seen her smash through her original fundraising goal of \$3,000 so now as she sets out on her challenge she is aiming to raise \$10 for every kilometre walked with her new target of \$7,690.

"This is really just a story about a woman using adventure to help make a change not only to herself but in the world. I am really looking forward to it."

Follow Frances' journey via Instagram: Frances Antonia and at her blog Slower Family Travels

To donate, click on the link to [Frances Antonia - Hike for One Girl](http://www.doitinadress.com/frances-antonia-10134) [LINK: <http://www.doitinadress.com/frances-antonia-10134> ]

#hikeforonegirl

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**IMAGES FOR PUBLICATION**

**APPEAR ON NEXT 2 PAGES**

## IMAGES FOR PUBLICATION

IMAGE 1: FRANCES ANTONIA, APRIL 15TH, 2018



## IMAGES FOR PUBLICATION

IMAGE 2: FRANCES ANTONIA, APRIL 15TH, 2018

