

CLIMB WITH RIO  
WORLD TOUR  
Season 5



Hi

We would like to welcome you to join the WolfPack on a Team AngelWolf challenge with the **#ClimbWithRio WORLD TOUR, Season 5**.

Team AngelWolf is a Community Development Authority (Dubai) licensed non profit foundation, created in 2016, that promotes a community, inclusive, active life, with People of Determination. We work with families, corporates and individuals of all abilities in a welcoming, motivational and connected space. Everyone is welcome. Everyone is equal. It is all about Inclusive Impactivity™. To find out more about Team AngelWolf, please go to: <https://www.teamangelwolf.com/>

**#ClimbWithRio WORLD TOUR** is a perfect community, inclusive activity for families, corporates, schools and individuals, of all ages and abilities - it can be adapted to suit everyones needs.

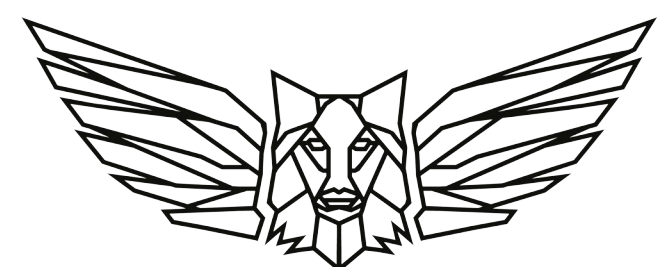
As the WolfPack, we virtually travel to a different continent every month, over 6 months (for one season). In that content we discover more about the countries there and choose a landmark that we all individually want to climb at the end of the month, in various, different, fun ways! We have people from all around the world joining us in the challenge, virtually travelling with us every month.

As a family we do our virtual climb, at home, on the last weekend of the month, always including our son, Rio (a Person Of Determination), where he attempts a few floors independently or we carry him on our back; all live on social media, so you are welcome to watch and cheer us on! We also sometimes do the climbs at public venues with our WolfPack followers e.g schools, park steps, tower stairs. Please do join us; we announce details and timings on our social media pages.

Inside this manual, you will learn all about the activity, **#ClimbWithRio**, how it started, how it developed, how to get involved and some fun worksheets to print out.

We hope you enjoy getting involved in the virtual activity; please do send us your videos and photos of you participating. If you post on your social media please do tag us with: **@teamangelwolf #inclusiveimpactivity #climbwithrio**

Have fun, be active and be an inclusive community!



#TEAMANGELWOLF

Inclusive Impactivity™

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# CLIMBWITHRIO WORLD TOUR

**WHAT IS IT?** How did #ClimbWithRio start?

The challenge #ClimbWithRio was created by Team AngelWolf to encourage togetherness (inclusion) in activities during the #StayHome #StayFit campaign during the 2020 pandemic lockdown. Team AngelWolf launched #ClimbWithRio, on 9th May 2020, by Nick, with his son, Rio, (at the time, 17 years old, 45 kgs, a person with disabilities) strapped to his back, climbing the equivalent height of Burj Khalifa tower (the world's largest tower 828.9m) on the stairs at their home. Thousands of people from around the world joined them in the challenge that weekend; doing it safely in their own homes, in their own way, in their own time; but all for the same reasons. People chose lots of different landmarks as their goal height. People of all ages and abilities found many different creative ways to get involved with no excuses and embracing inclusion. Team AngelWolf were very proud, inspired and motivated by each story they heard; this drove them to continue to develop #ClimbWithRio further and release ... Team AngelWolf #ClimbWithRio WORLD TOUR.

- Here are some videos from the original #ClimbWithRio to give you a taste of what it looked like: Our global community, the WolfPack participation in #ClimbWithRio challenge video:

- <https://youtu.be/KyNwCcHMfeU>

- Team AngelWolf (Nick and Rio) completing Burj Khalifa at home, alongside the WolfPack community in #ClimbWithRio:

- <https://youtu.be/WVntY5fibPs>



<b>JULY 2022</b> <b>EUROPE</b>	<b>AUGUST 2022</b> <b>AFRICA</b>	<b>SEPTEMBER 2022</b> <b>AUSTRALASIA &amp; ANTARCTICA</b>	<b>OCTOBER 2022</b> <b>SOUTH AMERICA</b>	<b>NOVEMBER 2022</b> <b>NORTH AMERICA</b>	<b>DECEMBER 2022</b> <b>ASIA</b>
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## WHAT IS #CLIMBWITHRIO WORLD TOUR?

#ClimbWithRio developed into Team AngelWolf #ClimbWithRio WORLD TOUR, which is a 6 month challenge, where with our WolfPack we virtually travel around the world, discovering more about the different continents and climbing landmarks in each continent!

Every month virtually travel with the WolfPack to a different continent, to climb a landmark of your choice, safely at your own home or at school or at work or outside. It is perfect for families, friends, schools, corporates. You can do it as individuals or as a team relay or as a group challenge. It is for everybody whatever your age or ability (you don't have to do stairs, so many different creative ways to do this!). With our worksheets, it is a wonderful opportunity to discover, learn and research more of the continent, do some maths calculations and artwork, or, it can be used as an educational opportunity to create a project of a continent each month; then at the end of the month we all climb our individual chosen landmark!

July 2022 will see the start of Season 5 back in Europe ... we would love for you to join us on the adventure for 6 months, sharing your journey with photos and videos with us - help us to inspire others to get healthy and inclusive! You are also welcome to join in any month, at any time that you are available, if you can not commit to the 6 months.

## HOW TO JOIN IN?

### DIFFERENT WAYS TO DO IT?

People participate in very different ways to suit their own needs and goals. It is achievable for any age and ability. It is a community, inclusive activity.

Here are some ideas:

- As an individual, solo challenge
- As a group challenge (as a school or work or gym event)
- As a relay (family/friends/school/work colleagues - team work!)
- You can complete your challenge in one go or in interval stages over the 3 days
- If using stairs: you can use stairs at home/work/school/outside park/tower stairs/stairclimber machine in a gym
- If you don't have access to stairs, then do single step repetition on: a step/bench
- If stepping is not an option for you: swim the distance/hike a hill/ do repetitive press ups (measuring the distance you cover - yes someone in the WolfPack did this!)
- If you are a wheelchair user: cover the distance on a flat surface and making as challenging as you need with maybe adding an incline course (also do check out Haki Doku!)
- Maybe think of innovative ways that you can do it with inclusion! For example, encourage someone you know to join you in the challenge who may normally shy away from such activities (but may secretly want to try it!) or if you know someone who is not able to complete the challenge independently, then maybe you can assist them in some way and make it a team effort! This is an inclusive challenge

## STEP 1:

### SIGN UP:

- Sign up and become a member at [www.teamangelwolf.com](http://www.teamangelwolf.com)

## STEP 2:

### WORKSHEETS:

- Go to the worksheets in this manual and print them out.

## STEP 3:

### DISCOVERY:

- From the worksheets find which continent we have all virtually travelled to that month.
- You now have the option of making this into a more fun, educational activity, by discovering a bit more about the continent you have virtually travelled to, before you do your climb.

You will have a whole month of preparation time to research independently or together with friends/family/work/team about that continent! (Please be aware, we know there are 7 continents, but we have teamed Australasia and Antartica together for this challenge!).

For example, discover more about the continent:

- Where that continent is on the globe?
- Maybe draw the outline?
- How many people live there?
- List some of the countries that are in the continent and discover all the different flags and languages?
- What are the traditional foods?
- What flora and fauna naturally exist there?
- What is the typical weather and environment of the countries?

## STEP 4:

### THE CLIMB:

- Plan to do your climb at some point over the last weekend of the month (Friday, Saturday, Sunday)
- Choose a landmark in the continent
- Draw the landmark on your worksheet
- Do your maths to work out the number of steps or climb repeats or equivalent height distance you need to cover

e.g.

- Remember you have to cover the distance of going up your landmark and back down again!
- To find out how many steps to cover: measure the height of your step; divide the height of your landmark by the height of one of your steps, This will give your total number of steps you have to go up (then you have to come down them too!).
- To find out the distance to cover on a flat surface: find out the height of your landmark, multiply by two (as you are going up and down it!)
- You are ready ... enjoy your #ClimbWithRio

Do post your discoveries, worksheets, photos and videos on social media, tag us with:

@teamangelwolf #inclusiveimpactivity  
#climbwithrio to share the inspiration!

**CLIMBWITHRIO**

## WORLD TOUR

**ASIA**

Season 5

29<sup>th</sup> 30<sup>th</sup> 31<sup>st</sup> JULY 2022**CONTINENT:** ASIA**GOAL BUILDING/LANDMARK**

Burj Kalifa, Dubai, United Arab Emirates

**HEIGHT BUILDING/LANDMARK**

829.8m

**HEIGHT STEP**

18cm

**TOTAL STEPS**

38 Steps

**TOTAL HEIGHT OF STAIRS:**

18cm x 39 steps  
= 702 cm (7.02m)

**TOTAL CLIMB HEIGHT:**

829.8m / 7.02m  
= 118 times



Flight of Stairs	<b>X10</b>	<b>X20</b>	<b>X30</b>	<b>X40</b>	<b>X50</b>	<b>X60</b>
Distance Climbed	70.2m	140.4m	210.6m	280.8m	351.0m	421.2m
Flight of Stairs	<b>X70</b>	<b>X80</b>	<b>X90</b>	<b>X100</b>	<b>X110</b>	<b>X118</b>
Distance Climbed	491.4m	561.6m	631.8m	702.0m	772.2m	829m

**CLIMBWITHRIO**  
WORLD TOUR

**CONTINENT:**

**GOAL BUILDING/LANDMARK**

**HEIGHT BUILDING/LANDMARK**

**HEIGHT STEP**

**TOTAL STEPS**

**TOTAL HEIGHT OF STAIRS:**

**TOTAL CLIMB HEIGHT:**



Flight of Stairs						
Distance Climbed						
Flight of Stairs						
Distance Climbed						

# Inclusive Impactivity™

[adjective in-**kloo**-siv ] [ noun **im**-pak-**tiv**-i-tee]

The brand ethos of Team AngelWolf.

Including or encompassing all/everyone; comprehensively; an inclusive team event; an inclusive activity; embracing; welcoming; all-together; The WolfPack; to have a positive impact, effect or impression through movement; energy; the state or quality of being active; being visible; impacting the community.



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