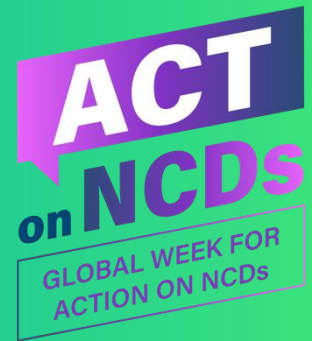


The 2020 Global Week for Action on NCDs - A guide to the GPS Drawing Challenge

7-13 September 2020

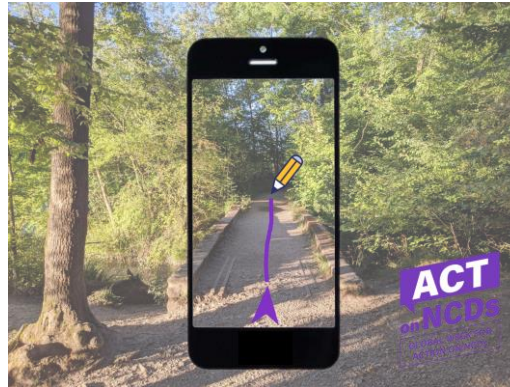


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Week for Action on NCDs GPS Drawing Challenge

Inspired by the new visual and graphic identity of the Week for Action on NCDs (W4A) that invokes movement and momentum, NCDCA has launched a challenge encouraging physical activity during the W4A!

The **GPS Drawing Challenge** encourages NCD community members to use the GPS function of their mobile phone to write a message they want to communicate for the W4A on a map.



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7-13 September 2020



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But what's is GPS drawing?

GPS drawing is a technique of using a GPS device (usually a mobile phone) to follow a pre-planned route and create a large-scale picture or text on a map.

You're the pencil and the world is your canvas!



Some examples from talented GPS drawing artists

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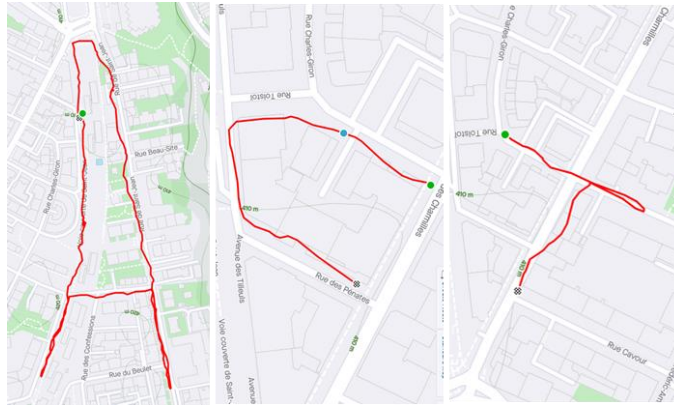
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That seems difficult! I'm not sure I can do it...

Don't worry, the only requirement here is for you to have fun!

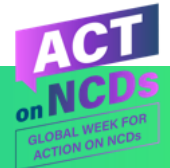
The GPS drawing challenge is a call for action, union and to encourage physical activity.

You don't have to draw, you can write a message, like "ACT" for example.



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Alright, I'm in! What should I do now?

That's a fantastic news!

Grab your phone and download any free GPS tracking activity application.

[Run Keeper](#)



[Strava](#)



[Fitbit](#)



[Runtastic](#)



Here are a few examples (click on the Android or Apple logo to be redirected to the app stores) but you can choose any app that suits you!

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7-13 September 2020



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App downloaded, what about now?

It's time to find your message!

- A few examples: *ACT*, *ACT on NCDs*, *W4A on NCDs*, *Action on NCDs*;
- Let your imagination run wild and let us know why it's time to act on NCDs.
- Coordinate and unite with friends and colleagues, e.g. from different countries and regions! Each teammate could be in charge of “drawing” one letter of your message.
- Put your organisation's name in a message e.g. *NCD Alliance Acts On NCDs*.
- Address your government, e.g. *Minister – be accountable for NCD action*
- Write in your language e.g. *Actuar contra las ENT*

Message found? Let's plan!

Study the streets around your area or find a wide empty space (football pitch, field, etc) where you will 'draw' your message.

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7-13 September 2020



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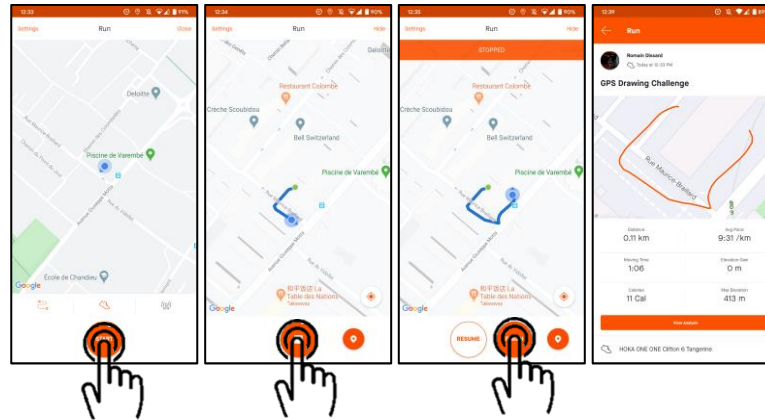
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Ready, set, go!

It's time to go out and draw! Before you start two important things to keep in mind:

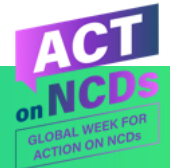
1. *Safety first!* Remember to stay compliant with the COVID19 social distancing rules that may in place in your country.
2. *Have fun!* There are no requirements regarding the sport, pace and distance to cover.

Launch your GPS tracking application and start your activity! Here how it looks like on Strava



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7-13 September 2020



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1, 2, 3 we're almost ready!

1- Take a screenshot of your drawing

Click on the Android or Apple logo for a tutorial for your device



2- Part of a team?

Put someone in charge of collecting the different letters of your message using his/her favourite messaging app (iMessages, WhatsApp, Telegram, Signal, etc). They can then 'paste' them all together into one picture.

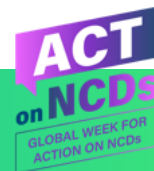
3- Launch your favourite social media platform

Post on social media - like Twitter, LinkedIn, Instagram, & Facebook.
Remember to tag with #ActOnNCDs



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7-13 September 2020



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The GPS drawing challenge at a glance

- The GPS drawing challenge will ask participants to use the GPS function of their mobile phone to write the message they want to communicate on a map.
- The GPS drawing challenge will encourage synergies and connections between participants beyond frontiers.
- The GPS drawing challenge is inclusive, with no idea of pace, distance to cover, nor performance and it's compliant with the COVID19 social distancing rules.



Download free GPS app



Choose your message



Choose your canvas



Go out and "Draw"



Share with us!



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7-13 September 2020



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THANK YOU

SHARE. DISCUSS. ENGAGE. CHANGE.



#NCDs @ncdalliance



MAKING NCD PREVENTION AND CONTROL A PRIORITY, EVERYWHERE

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