

Conquer Kozi raises over \$47,000 for R U OK?

Over 55 keen walkers joined R U OK? Ambassadors Steve 'Commando' Willis and Rob Mills to Conquer Kozi this year while raising over \$47,000 to support suicide prevention campaigns and resources.

The annual 18-kilometre charity walk started from Charlotte Pass and climbed to the 2228 metre peak of Australia's highest mountain on Saturday 09 March 2019.

As well as challenging participants to conquer the summit, Commando Steve believes the hike is a great way to remind us all to support those who are going through tough times.

"I really embrace challenge, no matter how big or small because there is always a gift or a lesson to be learned, whether it's a positive or something we perceive as a negative, there's always something we can take away that can help to effect change," said Steve.

Commando Steve led the inaugural Conquer Kozi event for R U OK? in 2016 and has participated every year since.

For Neighbours star Rob Mills, this was his first ascent.

"I love this initiative, it's all about community, conversation and collaboration. We want the R U OK? message to reach every corner of the country. 'Asking, Listening, Encouraging action and Checking-in' can help more Australians support a friend, loved one or workmate who might be struggling with life." Said Rob.

The funds raised for Conquer Kozi will contribute to new R U OK? campaigns and resources to reach Australians who really need it.

Conquer Kozi is an annual partnership between R U OK? and Huma Charity Challenge (the specialist fundraising division of World Expeditions). More information at www.humacharitychallenge.com.au

How Conquer Kozi works:

Participants who register for Conquer Kozi aim to raise at least \$700 (per person) for R U OK? and then Conquer Kozi by completing the walk to the summit.

For more information and to enquire about Conquer Kozi in 2020 email info@humacharitychallenge.com.au or visit www.humacharitychallenge.com

Conquer Kozi is organised by Huma Charity Challenge, the specialist fundraising division of World Expeditions which provides travellers with the opportunity to adventure for a cause. In the past four years, Huma Charity Challenge has raised more than \$5 million for charities, worldwide.

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Notes to Editors:

- R U OK? is a not-for-profit organisation that aims to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life

- R U OK? Day is a national day of action, held this year on Thursday 12 September, 2019

- Every day is the day to start a conversation. Conversation tips and crisis numbers can be found at ruok.org.au

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