



**MEDIA RELEASE**

**Friday 25th February 2022**

## **Sign up for the 2022 Donate Life Walk – Walk, talk and take the next step of registering for organ and tissue donation**

People all over Australia are encouraged to get a group together to walk, raise awareness about organ and tissue donation and more importantly, take the next step and register to become a donor. And a great place to start is with the annual [Gift of Life Donate Life Walk](#), this year a self-organised 'virtual' model with walks taking place 1-7 April 2022.

"Due to Covid-19 and ongoing restrictions we aren't yet able to hold our traditional organised large walk, but with the success of 2021 walks, we again encourage people from all over Australia to get a group together, walk by themselves or with their dogs, and walk up to 5 kilometres wherever they choose," said Catherine Scott, President, Gift of Life Inc.

"It's a great, fun and fit way to help us raise awareness about organ and tissue donation, and more importantly, get people to take the next step and register to become a donor.

"Keeping active and moving wherever you can outdoors is a great way to get some fresh air, and take the opportunity to open up the important conversation with friends, family or colleagues. As someone who has, myself, received the gift of sight because of organ and tissue donation, I can't put a value on how important having these conversations is," Ms Scott continued.

The Gift of Life Donate Life Walks will take place 1-7 April. Walkers can walk any time in this week, anywhere around Australia. Walkers are invited to register from their state or territory, order free merchandise including t-shirts, caps, water bottles and even dog bandanas this year! (while stocks last), and share their walking adventures via [Facebook](#) and [Instagram](#) using #giftoflife #giftoflifewalk

"We're really encouraging schools to get involved and organize a walk this year too. Young people are the group with the lowest donation rates, and this year we're providing more resources for schools nationally to increase awareness in the 16-18 age group," Ms Scott continued.

Gift of Life Walk is supported by [Organ and Tissue Authority](#), [ACT Health](#) and [John James Foundation](#). For more information about the Gift of Life Donate Life Walk, how to become a donor, to register to walk anywhere in Australia and order merchandise, visit [www.giftoflife.asn.au](http://www.giftoflife.asn.au)

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## **MEDIA BACKGROUND**

Gift of Life Incorporated not-for-profit association based in Canberra which aims to promote greater community awareness of the importance of organ and tissue donation and transplantation in the ACT and surrounding region as well as nationally in order to save many more Australian lives.

Gift of Life's two primary goals are to:

- Engage with the Australian and ACT governments on related policy issues, and
- Organise major community awareness raising events and activities during the year.

More information at [www.giftoflife.asn.au](http://www.giftoflife.asn.au)