



Fitness Build

Give your client's a work-out while making a difference

You can provide value to your clients, help a vulnerable community, and get a free trip overseas

In October 2021, fitness professionals and gyms will be taking their clients for a work-out with a difference. In the space of just one week your team will build homes, communities, independence and hope for vulnerable families in Indonesia. Not only will this be a rewarding travel experience of a lifetime, it is the perfect way to add value to your client relationships, and stand out from your competition.

No building experience is necessary! Your team may work on one or several houses, using local construction techniques and materials. You could be mixing concrete, weaving bamboo, digging foundations, laying bricks, hammering, rendering or painting. The itinerary will include cultural activities, and plenty of opportunities to bond with your team and others by the hotel pool. At the end of the week the body will be hurting, but it will all be worth it as we hand over the homes to families which will last for generations.

Register your interest at www.habitat.org.au/fitness or by calling 1800 88 99 55 for more information.



Fitness Build 2021

Location: Yogyakarta, Indonesia

Trip dates: 2 nd -9 th October, 2021

Registration fee: \$200

Fundraising goal: \$1,800

Approximate in-country costs: \$800-900

(including all accommodation, meals and transport)

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Trainer incentive:

If you are able to recruit 5 of your clients, your expenses will be covered

If you are able to recruit 10 of your clients, your expenses AND flight will be covered.
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Through Shelter, we empower.

At Habitat for Humanity Australia, we believe a stable, secure home creates the foundation for change. A safe home gives people the opportunity to be healthier, happier and more secure, and for children to be better nourished and better educated. We believe building a decent home provides much more than bricks and mortar – it provides real hope for the future.

Who will you be helping?

The aim of the project is to increase the quality of life of a community in the Kulon Progo district of Yogyakarta in Indonesia. Providing decent housing, the project will also help the community access improved health, education and clean water facilities.

Indonesia Case Study

“I am very grateful to God, this assistance is very meaningful for my family. Now my family and I are not worried when the rainy season comes, because we have received very decent housing assistance from Habitat. I am very happy. Moreover, I was very impressed because in the process of its construction we were assisted by foreign volunteers from Australia. This is an experience that I will never forget. They are very good. Coming from far away. From a place that I don't know at all. Now my wife and I feel comfortable and calm. I am very grateful to Habitat and the volunteers. We wish them all the best. They are always healthy, successful, and can help more people. And hopefully with this help our lives can be better, Amen” - Poniran Nurudin



This will truly change the lives of families FOREVER. But it will change yours as well.

Learn a new culture, get to know the local communities. Work hard, but have fun and make lifelong friends! Truly a holiday with a purpose.

We will help you every step of the way.



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