



MAY
7
United
World
Week
MAY 2023



Run4unity - Time to Run all Together!

• race for peace and climate solidarity •

#DARE TO CARE

#DARE
TO CARE





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Run4Unity is a global, youth-led relay race and sports event, promoted by the young people of the Focolare Movement and spanning time zones, countries and cultures **to build peace** and to promote a way **to reach it: the Golden Rule.**

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Characteristics of R4U



Passing the baton

"Taking up the baton", with a phone call or message, from those running in the previous time zone; "passing on the baton" to those who will run after us



Run for an hour

At each time zone, from 11:00 a.m. to 12:00 p.m., let us run, jog, cycle, rollerskate, paddleboard, play volleyball, walk, swim, etc...



Time-Out.

At 12 noon we pause for a minute of silence or pray for peace.



The Golden Rule



"Do unto others as you would have them do unto you"- living it helps build a more united world.



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RUN4UNITY
RUN
#DARE TO CARE

7 Sunday
May
2023

this year's **goal:**
in addition to
running or
playing sports:
Plant Trees !





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DICASTERY FOR PROMOTING
INTEGRAL
HUMAN
DEVELOPMENT

LAUDATO SI'
Action Platform



Run4Unity 2023
is co-sponsored by the
Laudato Si' Action Platform of the Vatican's
Dicastery for Promoting Integral Human Development.



www.piattaformadiiniziativelaudatosi.org/comunita/il-dicastero





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We hope that among the participants there will also be some of the **1000 Laudato Si' Schools** worldwide, committed to ecological education through **the Laudato Si' Action Platform.**

For many years R4U has also been promoted by the **Living Peace Project** and we have seen the participation of thousands of schools around the world.

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How?

together let
us look for
sponsors



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Who are able to donate a **small**

or large amount per kilometer covered or per minutes of physical activity completed





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The funds raised will be used to

buy new trees



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minutes of physical
activity
or **km** run

=



trees planted



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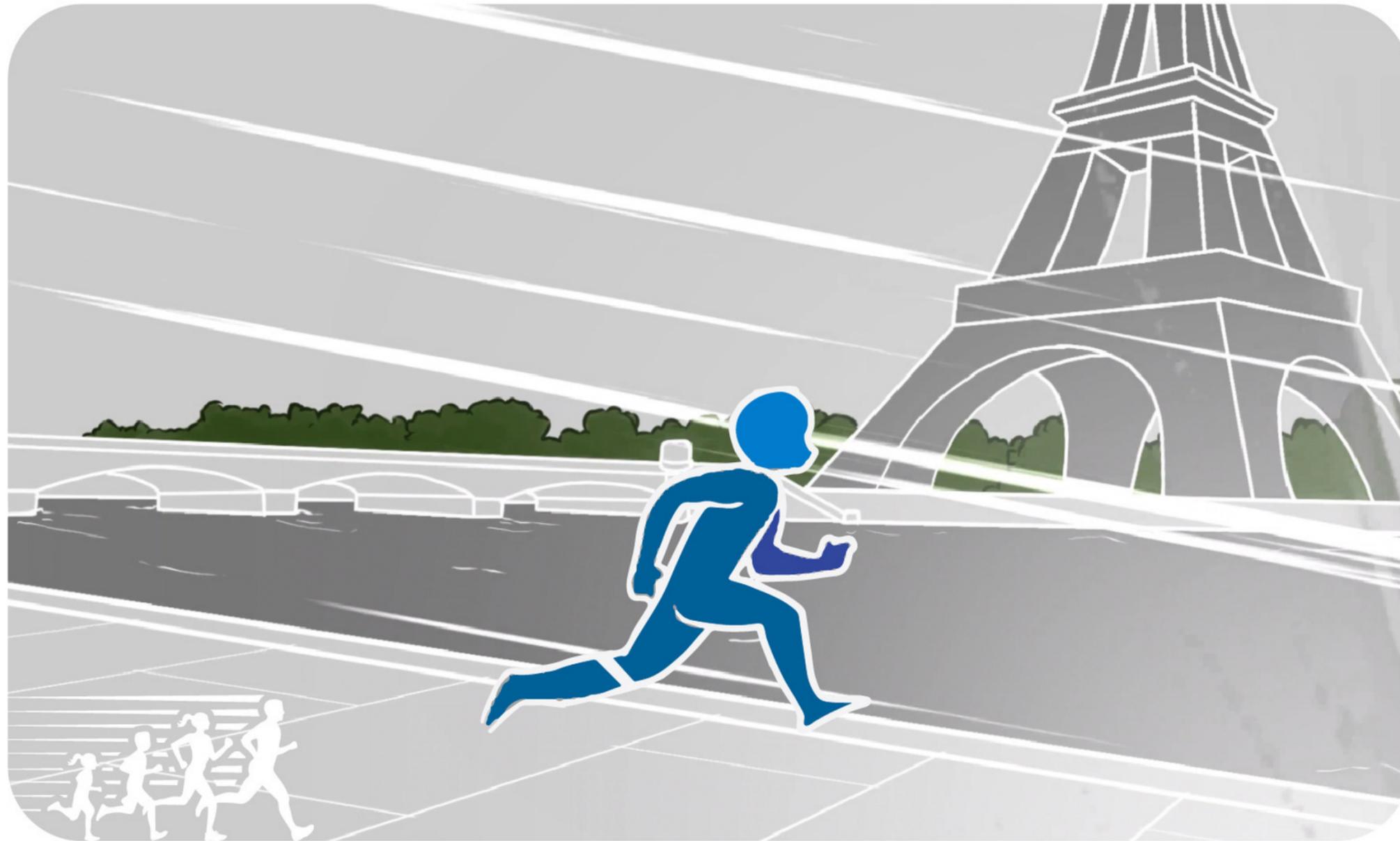
**So,
let's run,
jog, walk,
exercise
in any way...**





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let's participate
individually
or with our group,
united with those
all over the world
who will be
running for unity



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Let's combine
our efforts, by
adding together
the **km we run,**
the **minutes of**
physical activity
that we practice, etc.



There are two options in order to collect **all the kilometers or **minutes of physical activity** we will do around the world:**



Fill them in in this **Googleform**



 <https://forms.gle/zuYC4tphW1sqVT73A>

Or join the **Strava club.**



Strava is an **APP** that **tracks physical activity** very popular among athletes where we **have created a CLUB** «**Run4unity2023**»

 www.strava.com/clubs/1119123



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- **Let us keep track of the kilometers we will run and the minutes of physical activity we will complete, as well as of the number of trees we will plant from May 1 through to May 7 2023, by using the Google Form.**
- **The Run4Unity 2023 Strava Club, is already active allowing people to already track their physical activity for this cause.**

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In each **Run4unity**
we will use the **funds**
raised



to buy trees!





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Where should we plant them? It can be in our schools, or in our community ... and let's commit ourselves to caring for them



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...We can also **donate the funds to local or international organizations**

experts who can **plant trees for us** with the assurance that they will then **be cared for**



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For example: **Plant-for-the-Planet**

 www.plant-for-the-planet.org

A foundation that allows us to choose **where in the world** we would like the **trees to be planted.**





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Our hope is that
**the rainbow of
peace and
unity that
Run4unity
will spread
over the globe**





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will make
it shine out
greener,
and with
new hope!





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Run4Unity is part of the broader United World Week.
So let us **register our event** at:

Your event!

Info on the Event

Online In-person

Event link (youtube/zoom/social network)

Attach flyer/poster/story/post Jpg/png

Seleccionar archivo ningún ...cionado

Info on the Applicant

First and Last Name

Email Address Telephone numb

Location

I consent to the processing of personal data according to the Privacy regulations for information and promotional purposes. [Read the Privacy policy.](#)

Run 4 Unity

Submit *

* Event will be published within 24h after being reviewed



www.unitedworldproject.org/uww2023

including it in the United World Week global calendar.





MAY 7

United World Week MAY 2023



Co-funded by the Erasmus+ Programme of the European Union

Chi siamo

Cosa facciamo

HombreMundo

Run4Unity

Il nostro stile

Italiano



For further information visit our website



www.teens4unity.org/run4unity





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**#DARE
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PEOPLE, PLANET AND OUR
ECOLOGICAL CONVERSION



DICASTERY FOR PROMOTING
INTEGRAL
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