

GENERAL INFORMATION

WHEN? **September 12-18, 2022** - You have one week to either run once or collect miles with multiple runs throughout the week!

WHAT? **Running, Walking, Biking** - it doesn't matter! Participation is most important! Whether 5km, 10km or 42km is up to you!

WHERE? **Worldwide** - you can participate from everywhere!

WHAT FOR? Since 2009, Abaana Uganda e. V. has been supporting the **Purpose Uganda Babies Home**, a children's home in Entebbe, Uganda. With the help of an established circle of donors, funds are regularly transferred for the home and the two associated schools. The money is used to finance the daily costs for rent, electricity, water and food. With other activities (such as this fundraising run), we try promoting the **education** of the children as best as possible, as well as ensuring their **medical care**.



FOR PARTICIPANTS

1. Find a few people to **sponsor** your run (friends and family are great for this).
2. Agree on **how much money** your sponsors want to donate for each kilometer you run (this can start at 1 €/ \$ per km, but it can also be 10 €/ \$ per km).
3. For your run or bike ride, use one of the many tracking apps (e.g. Runkeeper) to **record** your time and distance, or just do it oldschool and time yourself completing a route you know.
4. Take photos, a **screenshot** or a short video of your run and send them via **email** or directly to our Instagram account **@abaanauganda**.

We will publish your photos in our story and collect all runs. If you don't want to publish any photos of yourself, that's no problem at all - please still send us your full **name, email address, time, distance** and **place** of your run - you will receive an **online-certificate** from us.

5. Tell your sponsors about your **results**. They can either transfer the money to you (and you then collectively to us) or directly to our **account** or **PayPal** (info@abaana-uganda.com).

FOR SPONSORS

1. Please feel free to contact us. We will connect you with a runner who is still looking for sponsors.
2. You will get information after the completed run with the distance and time.
3. Transfer your donation to our bank account or PayPal (info@abaana-uganda.com).

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