



**#DARE  
TO CARE**



MAY  
**7**

United  
World  
Week  
MAY 2023





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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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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](http://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.**



[www.strava.com/clubs/1119123](http://www.strava.com/clubs/1119123)

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



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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](http://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

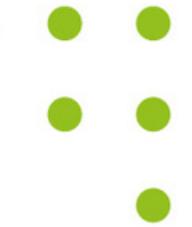


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will make  
it shine out  
greener,  
and with  
new hope!



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Your event!

Info on the Event

Online  In-person

Event link (youtube/zoom/social network)

Title

Language  Target

Please choose a

Organizer

day  hh:mm (UTC/GMT)

Description (Example: Relay race for peace, Zoom Conference, etc.)

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

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



[www.unitedworldproject.org/uww2023](http://www.unitedworldproject.org/uww2023)

including it in the United World Week  
global calendar.



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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](http://www.teens4unity.org/run4unity)





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PEOPLE, PLANET AND OUR  
ECOLOGICAL CONVERSION

DICASTERY FOR PROMOTING  
INTEGRAL  
HUMAN  
DEVELOPMENT

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